



Booking Dance Festival Educational Outreach Packet

Jodi Kaplan, Executive Producer

Week 1: Aug 7-16

Week 2: Aug 16-23

A variety of educational outreach activities/workshops are available to schools, studios, community centers and the general public. Included in this packet are details, class descriptions and company teaching philosophies.

To book classes, contact bookingdancefestival@gmail.com

Outreach is offered in conjunction with
The Dance “Festival within a Festival” at The Fringe

Performances Aug 8 – 22, 4pm daily Festival Showcase

For a complete Booking Dance Festival Performance Schedule visit:

www.bookingdance.com



Booking Dance Festival Educational Outreach

Week 1 (Aug 7-16)

Overview

Christine Jowers/Moving Arts Projects

Class title: *MOVING KIDS SALONS/ The Start of Art*

45 minutes to 1 hour

Ages 5-12 and their grown-ups

Class title: *MOVING SALONS*

1 to 2 hour workshop

Geared to adult, non-dancers-ages 13 and up

Class title: *THE HEART OF DANCE*

1 to 2-hour workshop

Designed for serious dance students of all levels

Ingrid Graham/Collaboration Movement

Class title: *Effective Stress Management*

Adults, 18 and over

Keshet Dance

Class title: *Improvisation and Creative Movement class*; creative expression and art appreciation in a Creative Movement or Modern dance class

All ages

Class title: *The Moving Memoir*

Ages 13 and up

MacArthur Dance Projects

Class titles: *Contemporary technique class, Repertory (work being presented at the Festival) Improvisation, Partnering, Composition (site-specific work)*

Music for dance

These classes and workshops are available for children, professional dancers, adults and/or college students.

Body Stories/ Teresa Fellion Dance

Class titles: *lecture demonstrations, repertory, performances (workshop participants and company), and Master classes/ Workshops in Ballet, Pointe Work, Graham, Horton, Nikolais, Contemporary Techniques, Partnering, African Dance, Hip-Hop, Ballroom, Jazz, Theater Skills, Improvisation, and Composition.* (These classes are offered for professional dancers and young adults)

Class titles: *Workshops where students develop an original story to the stage, incorporate students into performances, problem-solving, conflict-resolution, teamwork development, and Master Classes in Ballet, Modern, African Dance Hip-Hop, Jazz, and Creative Movement.* (These classes are offered for children, non-dancers, senior citizens and special needs)



Booking Dance Festival Educational Outreach Week 2 (Aug 16-23)

Overview

Ballroom Dancing for Tough Guys

Class title: *Secrets to Spectacular Social Dancing*

Level: Adult, Professional

Class title: *Connecting in Partnership*

Level: High School, College, Professional

Class title: *Basic Ballroom* (all dances possible)

Level: Ages 10 and up

Class title: *Modern Dance Workout*

Level: College to Professional

Freespace Dance

Class title: *Yoga*

All levels and all ages

Class title: *Creative Movement*

Ages 3 – 5

Class title: *Improvisation*

High School and College

Class title: *Modern Dance*

Elementary, High School, College, Professional

Class title: *Yoga / Dance*

Elementary, high school

Project Smith and Peluso

Class title: *Intro to Dance/Modern Dance*

(Grade School, High School, College, Community, Special Needs)

Class title: *Modern Technique*- Inspired by the Bill T. Jones/Arnie Zane teachings (College, Professional)

Class title: *Modern Workshop*- Inspired by the Jennifer Muller technique (College, Professional)

Class title: *Centering with Mind-Body Connection* (College, Professional)

Ragamala Dance

Class title: *Basic understanding of Indian Arts and Culture:*

Grades K – 12

Class title: *Traditional Pandanallur Method*

Vox Dance Theatre

Class title: *Technique classes in Horton/Graham fusion*

ages 10 - professional

Class title: *Choreography from Vox Dance Theatre repertoire*

College to Professional

Class title: *Lester Horton Dance Technique* (including a short history lesson on who Lester Horton was and the Alvin Ailey lineage.)

College and Professional level



OUTREACH FOR COMPANIES PERFORMING WEEK 1 | Booking Dance Festival – Jodi Kaplan, Executive Producer

Christine Jowers/Moving Arts Projects

The goal of Christine Jowers/Moving Arts Projects Community Outreach Classes and Workshops is to connect people to the art of dance and inspire them to action. Reaching out to its audience innovatively cj/ MOVING ARTS PROJECTS invites them into the process of making dance and performing. Dance creation and dance history are experienced through active participation.

MOVING KIDS SALONS/ The Start of Art

45 minutes to 1 hour

(geared to ages 5-12 and their grown-ups)

Christine Jowers performs choreography from her repertory and invites the audience to talk, sing, improvise, perform, and choreograph with her. Ms. Jowers engages children and their families by sharing her experiences of learning and performing dances with them. She draws the audience inside the process of creation and introduces “the magic of everyday” as dance. The movement of the playground, of the oceans, of balloons, animals, and flowers are the “start of art”. Dance isn’t only for the professional artists; it is for everybody!

MOVING SALONS

1 to 2 hour workshop

(geared to adult, non-dancers-ages 13 and up)

Similar to the Moving Kids Salon in its informality, Christine Jowers performs excerpts from her repertory and invites the audience to participate in a discussion of what they see. This Moving Salon was created to help people understand modern dance and feel comfortable interpreting it in their own way. Christine answers the often-asked question, of modern dance audiences, “What are you trying to say?” Viewers are also offered opportunities to move and create depending on their comfort level.

THE HEART OF DANCE

1 to 2-hour workshop

(designed for serious dance students of all levels)

Christine Jowers leads an exploration into the art of solo dancing. Dance possesses an inner logic that is revealed in performance. The work and art of the solo dancer is to connect to the internal line or spirit of the movement and reach the audience. Through improvisation as well as the creative exploration of excerpts of MOVING ART PROJECTS repertory, students are encouraged to delve into movement, transcend the steps, and discover the poetry inherent in choreography. This workshop can also be used to study/coach/ and develop students’ performances of their own choreography.



OUTREACH FOR COMPANIES PERFORMING WEEK 1 | Booking Dance Festival – Jodi Kaplan, Executive Producer

Ingrid Graham

Workshop (Adult Program) 18 and over

Title: **Effective Stress Management**

Ingrid Graham, NASM certified trainer and instructor, has created a wellness program that combines elements of yoga, visualization techniques and dance inspired movement for the general population.

The body is perfectly capable of healing itself when it is functioning at optimal levels. This includes the ability to manage and reduce stress in a healthy and holistic manner. The program's intention is to teach the general public how to alleviate stress through breathing techniques and movement patterns.

Ingrid Graham's program increases cardiovascular health, flexibility and body awareness. Everyone can benefit from this class and no prior dance training is necessary. Please bring comfortable clothing, water and a journal.



Keshet Dance Company

In School and After School Classes

Keshet instructors enjoy working with classroom teachers to develop innovative ways to incorporate movement into the classroom routine. These outreach classes can incorporate school subjects, like reading, language, and math with movement for kinesthetic learning and reinforcement of topics already addressed in the academic curriculum. Class length is approximately 30-45 minutes. In addition, Keshet instructors lead classes during after-school programs at schools and community centers providing students an opportunity to explore creative expression, practice cooperation, build confidence, and develop an appreciation for the arts. Classes usually run 45-60 minutes and can take place for a limited time or on an ongoing basis. Class size is typically 15-20 students per instructor.

Community Outreach Classes

Keshet instructors are available at various times throughout the day to lead classes for youth and adults in office settings, during conferences, at non-traditional school settings, during day programs and more. Examples of how the classes can be designed to meet the needs of your group include: general body stretching and strengthening in our Stretch and Strength Pilates-based class; stretching and relaxation in our Yoga class; team building and cooperation in an Improvisation and Creative Movement class; creative expression and art appreciation in a Creative Movement or Modern dance class; conflict resolution through partner dancing. The possibilities are endless!

The Moving Memoir

For the past year Keshet instructors have been developing a new workshop format entitled *The Moving Memoir*. *The Moving Memoir* guides participants through short writing and movement exercises drawing inspiration from their own lives, family histories and/or hopes for the future to create their own “autobiographical” dances. We begin with a gentle dance warm-up and continue with free response writing to questions about personal family histories. From these written responses participants choose significant words and phrases with which to generate gestural dances, beginning with the most literal and following through to the abstract. The movement is further developed when participants teach their own dances to the group and we build transitions between them thus connecting our movements and family stories. The workshop is appropriate for ages 13 and up and is open to dancers and non-dancers alike.



OUTREACH FOR COMPANIES PERFORMING WEEK 1 | Booking Dance Festival – Jodi Kaplan, Executive Producer

MacArthur Dance Project

Educational Activities

MacArthur Dance Project offers the following classes:

Contemporary technique class
Repertory (work that is being presented at the Festival) Improvisation
Partnering
Composition (site-specific work)
Music for dance

These classes and workshops are available for children, professional dancers, adults and/or college students.

MacArthur Dance Project Dancers can also offer:

Tap
Jazz
Musical theater
Movement for actors.
(These specialties could be integrated into another kind of class or remain discreet in their focus.)

Special interest classes/workshops:

Movement for adults with mental disabilities
Creative movement for children with no dance experience



Body Stories/ Teresa Fellion Dance

Educational Programs

Our company's educational and teaching backgrounds include Alvin Ailey American Dance Theater, The Julliard School, Jacob's Pillow International Dance Festival, Sarah Lawrence College, Arts Access Program at Matheny Medical & Educational Center, New York City Public School Programs, Senior Citizen Centers, Early Childhood Development Centers, Conservatoire de Rouen, and The University of Florida Dance Department, among others. BodyStories/Teresa Fellion Dance is certified and well-equipped to teach a very wide range of ages and levels. Below are examples of past programs we have offered. We design specifically for each client from a wide variety of programming options. We look forward to designing a program that meets the unique hopes and needs of your community.

Professional

Our company has led professional master classes and workshops at Alvin Ailey American Dance Center, New Tampa Dance Theater, University of Florida Department of Dance, Pace University, Barnard College, New Jersey Dance Theater Ensemble, Conservatoire de Rouen, New York University, Broadway Dance Center, and The University of Michigan, among others.

Programs that we offer include, but are not limited to lecture demonstrations, repertory, performances (workshop participants and company), and Master classes/Workshops in Ballet, Pointe Work, Graham, Horton, Nikolais, Contemporary Techniques, Partnering, African Dance, Hip-Hop, Ballroom, Jazz, Theater Skills, Improvisation, and Composition.

Young Adults

We have taught young adults as pre-professional and recreational dancers at such institutions as Jacob's Pillow International Dance Festival, ASTEP, Eastern Connecticut Ballet School, Pace University, and several private dance studios, among others.

Our programs include Master classes/Workshops in Ballet, Pointe Work, Graham, Horton, Nikolais, Contemporary Techniques, Partnering, African Dance, Hip-Hop, Ballroom, Jazz, Theater Skills, Improvisation, Composition, Text & Movement, Creative Writing, Rhythm for Dancers, and Student Scene-Writing.

Young Children

BodyStories/Teresa Fellion Dance has experience teaching pre-K through elementary schools in conservatories, private organizations, and public school settings through DreamYard Project, Marquis Studios, City Lights Youth Theatre, Lindamood Bell Learning Processes, and Concordia Language Villages, among others. Our mission is to expose children to creativity with a hands-on approach. We build a foundation of confidence and responsibility that fosters children's growth into prosperous, creative adults.

We offer workshops where students develop an original story to the stage, incorporate students into performances, problem-solving, conflict-resolution, teamwork development, and Master Classes in Ballet, Modern, African Dance Hip-Hop, Jazz, and Creative Movement.



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Body Stories/ Teresa Fellion Dance – continued

Non-Dancers

Our company has worked with all ages of “non-dancer” populations ranging from corporate business groups to juvenile hall programs through such organizations as UBS Bank, Jacob’s Pillow International Dance Festival, and Community Word Project, among others.

We offer workshops for non-dancers incorporating themes of identity, teamwork, conflict-resolution, and problem-solving into movement, causing a heightened sense of awareness, trust, and communication. We also offer recreational dance and theater classes in Ballroom, African, Comedy-Improvisation, Cross-Training, Fitness, Stretching, Ballet, and Modern, exposing non-dancers to using their bodies and imaginations in different ways.

Senior Citizens

BodyStories/Teresa Fellion Dance has had the pleasure of working with Senior Citizen populations in Maine, Massachusetts, Brooklyn, and Queens through such organizations as Marquis Studios and OUT Music and Dance Festival.

Our programs include, but are not limited to performances, lecture-demonstrations, seniors-in-performance, and classes in Fitness, Social/Ballroom Dances, Modern, and Tap/Musical Theater.

Special Needs

We have worked individually and in groups with physically and mentally disabled populations of all ages through such organizations as Lindamood Bell Learning Processes, Matheny Medical & Educational Center, DreamYard Project, interCATaction/Children’s Adaptive Theater and the NYC Department of Education.

We offer alternative fine arts programming for people with disabilities. This includes Text & Movement, Theater Skills, Poetry, Modified Dance Classes in all techniques, and performances.



Ballroom Dancing For Tough Guys

Lou Brock has been teaching ballroom dance for 35 years. Starting as a teen, Lou has taught and performed around the world. Trained first in all ballroom dances, he has also trained in jazz and ballet and has performed in all forms throughout his extensive career. He teaches out of Dance Manhattan in NYC and is also a regular guest teaching artist at CAP21 division of New York University. Ballroom Dancing For Tough Guys offers a variety of classes other than your “Basic Ballroom”, a class that teaches the simple basics for fun social dancing. Other classes offered include “Secrets to Spectacular Social Dancing”, which teaches the importance of feeling the music and how to use the body in different dances and “Connecting in Partnership” which helps dancers release from any concerns and enjoy the shared company of each other.



OUTREACH FOR COMPANIES PERFORMING WEEK 2 | Booking Dance Festival – Jodi Kaplan, Executive Producer

Freespace Dance

Freospace teaches a broad spectrum of classes in modern, ballet, and jazz. The company also offers specialty workshops in yoga and partnering. Note that the managing director of Freespace Dance specializes in teaching dance to individuals and groups with autism (these workshops are also available).

Modern workshop

Freospace Dance's signature modern class is an inspiring experience incorporating core strengthening exercises and deep yoga stretching. The class offers a fun challenge with inversions and athletic movement encouraging full bodied, bold dancing. This workshop is a collection of Donna's favorite movements from fifteen professional years of experience teaching workshops with companies such as Nikolais and Murray Louis, and Sean Curran Company.

Partnering workshop

Donna Scro has a strong relationship with Pilobolus Dance Theater. Several of the Freespace Dance company members have toured with Pilobolus which has flavored Freespace Dance's penchant for partnering. Freespace Dance's partnering master class focuses on balance, weight exchange, and trust.

Yoga workshop

As a certified yoga practitioner, Donna teaches Anusara yoga classes. Anusara means to step into the flow of grace. These classes open the heart and mind while aligning the body.

Teaching Philosophy

I believe in creating a class in which the dancer connects to their mind, heart and body resulting in a complete artistic experience. The dancer connects to their mind by addressing their fears of challenging inverted and athletic work and is empowered as they master these skills. The dancer connects to their heart through the fullness and expressive qualities of the phrase work and is renewed and reminded of their gifts. Through the physicality of connecting to their core strength and muscular energy the dancer creates a deeper relationship with their body.

— Donna Scro , Artistic Director Freespace Dance



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project: **Smith & Peluso**

College, Community, Special Needs): Teaching movement concepts of shape, space, time and energy. Begin classes with a basic stretches and strengthening exercises to prepare the body for movement. Students will learn a brief combination and then make choices to change the spacing, timing, and the dynamics of the combination.

Modern Technique- Inspired by the Bill T. Jones/Arnie Zane teachings (College, Professional): beginning with Laban fundamental floorwork, moving on up through yoga flow sequences, progressing through a standing barre focusing suspension, isolation, and succession. Culminating in an across the floor which utilizes petite allegro, inversion work and eventually becomes part of a rep phrase

Modern Workshop- Inspired by the Jennifer Muller technique (College, Professional): Class focuses on the cycle of breath in the body and its use in high levels and low levels of movement. Stresses the importance of using the abdominals . Class begins with gently exploring breath and abdominal work using the torso and progresses to full body movement at the barre and across the floor

Centering with Mind-Body Connection (College, Professional): Getting centered listening to our own impulses in guided improvisation- coming in and out of contact with other people's worlds and staying grounded in our own. Channeling the energy of the group through breath and sensation, moving into round robin format where the sensation of awareness becomes more clear. To cool down and recenter while sharing, gentle yoga partner stretches and time for meditation.

Contemporary Ballet with Laughter (High School, College, Professional): Barre with some added breath-inspired spice, center to find our own while tossing in some torso, and across the floor with sweeping, lofting pelvis focus to get us really cooking with fire!

Modern Dance Partnering (High School, College, Professional): This partnering master class focuses on trust, balance, and weight sharing. Elements of contact improvisation will be explored. Partnering is just as much about the psychology of relationship as it is strength of the body.

Using the Floor/Inversions Class (High School, College, Professional): For dancers with some experience. Focuses on movement on the floor and rebounding, and transitioning from the floor to standing.

Jazz Instruction (Grade School, High School, College)- Class focuses on proper alignment and includes a ballet centered warm-up in addition to strengthening the abdominals, legs, and arms. Dynamic elements are investigated as well as practicing various leaps and turns. Dancers learn to maximize the space.



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Ragamala Dance

Ragamala Dance offers one of the most respected and sought-after residency programs, encouraging students to explore the arts and culture of India while inspiring them to respect diversity.

K-12

Ragamala conducts extensive educational outreach programs for K-12 students through performances, assemblies, workshops, residencies, and lecture demonstrations. Tailored to the age, skill-level, interests, and curriculum of the participants, these beautiful, educational, and fun-filled sessions instill a basic understanding of Indian arts and culture. Topics include: Introduction to India, Movement and Rhythm, Indian Music, Folk Dances of India, Kolams (Floor Drawings of South India); Festivals of India; Daily Life in India; and Foods of India.

Community Educational Programs

Any of Ragamala's diverse educational programs may be tailored to and presented in a variety of settings, including community centers, senior citizens' homes, libraries and places of worship.

College and University

Ragamala's college residencies are customized to reflect the maturity and interests of the students. Residency activities can be structured around Indian dance, drama, music, religion and mythology, and literature. Artistic Director Raneer Ramaswamy works closely with the institution to integrate the residency into one of the college's Arts or Humanities departments, including the departments of Dance, Drama, Asian Studies, Music, Religious Studies, Women's Studies, History, and English.

Bharatanatyam Workshops

Ragamala conduct workshops and residencies in the traditional Pandanallur method for all levels of Bharatanatyam dancers, as well as non-dancers. Beginning with the ancient myth of how Indian dance was created and continuing with an informative and interactive session that includes the traditional salutation, basic postures, rhythmic and gestural technique, and the four aspects of expressive dance, Ragamala shows participant's how an ancient art form stays eternally relevant and is used in contemporary dance choreography.

Choreographic Commissions

Ragamala enthusiastically collaborates with dancers and musicians of all styles and is available to set Bharatanatyam-based choreography on professional companies and students of college/university dance departments. Raneer Ramaswamy's choreographic collaborations have involved flamenco, African-American, and tap dance companies.



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Vox Dance Theatre

Sarah Swenson & Vox Dance Theater have had experience teaching classes to students age ten through professionals. Most classes are taught with a live drummer or percussionist for the best possible experience. They specialize in teaching fusion technique classes of Horton/Graham, as well as personal repertory workshops for college and professional age students that include the piece they will be performing here at Booking Dance Festival.