



The **North Vancouver Community Arts Council** brings Montreal based dance collective Alt-Shift to celebrate Canada's 150<sup>th</sup> Anniversary in our community through visual art and dance, to inspire an awareness of the place where we live and foster a sense of belonging.

**ART+PLACE** is a special project that proposes a choreographic piece *Entrelacs* around artworks in public spaces. The project activates public space and community through dance weaving with architecture and the design of the artwork, allowing the citizens and curious bystanders to rediscover their usual neighbourhood in a singular and poetic way.

Days leading up to their final performance on Saturday, July 22<sup>nd</sup> at Waterfront place, Alt-shift will be offering community engaged dance workshops.

## PARTICIPATORY DANCE WORKSHOPS

Facilitated by [Alt-shift, Creative Lab](#)

Separated into two groups, participants will discover two activities that are linked to the *Entrelacs* dance presentation. One activity encourages participants in developing the movement in relation to the music, while the other activity is a motion game with the elastics used in the dance creation. Each of the groups spends about 20 minutes with each activity.

1. **To the rhythm of the violin:** research and creation of movements based on actions in everyday life, as during the process of creating *Entrelacs* (eg. chasing a fly, looking under a bed, measuring). Next follows a sequence of short movements created in dialogue with the violinist. This activity is focused on the imagination and the creativity of the participants.
2. **The evolutionary web:** the elastics form a web in space. After exploring how to adjust the tension of the elastic with simple movements, the participants play in turns triggering displacement in others through tensioning and releasing the elastic threads in the activity space. This is a fun and playful activity focused on space exploration and listening within a group.

## PARTICIPANTS

- This workshop is suitable for everyone. Ideal for families. (24 participants maximum per workshop)
- If the group is heterogeneous, children under 7 years old must be accompanied by an adult.
- The workshop can be adapted according to a specific age group as needed (preferably 5 years and older).

## LOGISTICS

- A surface of lawn, concrete, asphalt or wood, flat, clean and safe is needed. The workshop is more interesting in a place with furniture- which allows more possibilities for the installation of the elastics (bench, trees, trash, lamppost, column, fence, hooks etc.).
- Can be done both indoors and outdoors. Plan an alternative in case of rain.
- A surface of 9m x 9m for a workshop up to 12 participants. If there is more than 12 participants, a minimal area of 12 x 12m must be provided for the 2 activities to take place simultaneously.

## ABOUT ALT-SHIFT

Alt-Shift is a creative laboratory founded in 2013 by choreographers Anne-Flore de Rochambeau and Liliane Moussa. Exploring the complementarity of their respective artistic visions, the co-creators are interested in the effects of body memory and the environment on our posture, how we move and approach the world. Inspired by this adaptive potential of the body and the differences that result, they decided to invest the public space and to bring this evolutive quality to life through their choreographic work. They propose choreographic work in situ and immersive, open to unpredictability, artistic collaborations, and the exploration of multiple places of diffusion.

## COSTS & AVAILABILITY

**PRICE:** Workshop price is \$300

**Potential Workshop Dates:**

Wednesday, July 19

Thursday, July 20

Friday, July 21

**Workshops are limited. First Come First Serve.**

## BOOKING YOUR WORKSHOP

**If you are interested in booking a workshop for your organization, contact:**

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Events & Development Manager

North Vancouver Community Arts Council

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**Booking deadline:** July 4, 2017

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