

series

8:08

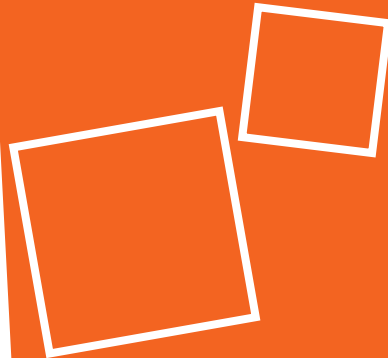
2011
2012

alternative
technique
class
[atc]

series 8:08

is an artist-initiated, artist-run organisation that was founded in 1993 in Toronto, Canada. Series 8:08 is a unique organisation that supports the professional development of dance and dance artists, in various disciplines and of diverse aesthetics, through our three programmes: the Choreographic Performance Workshop (CPW), Season Finale (SF) and Alternative Technique Class (ATC).

The Alternative Technique Class Program offers innovative professional development workshops to professional dance artists, taught by established dance professionals. These are opportunities to explore alternative techniques and practices, as well as the creative visions and processes of diverse dance artists.



Dynamic Expansion: focus on creative process and somatic practices

This workshop is produced in partnership with
Dancemakers Centre for Creation

This workshop is open to dance professionals, those interested in live creation and performance, improvisors and people in the field of body work practices (i.e.: Craniosacral, Feldenkeis, Zero Balancing, BMC®, etc.) with a desire to deepen their artistic research or body work practice through this medium

The dance method Dynamic Expansion is based in connecting with the physical phenomenon of the Craniosacral (C/S) system, and dancing through improvisational forms with this base rhythm.

“The Craniosacral Rhythm, the tidal change in the fluids, moves the bones of the head and the sacrum, these natural changes in pressure cause motion to be felt through the whole body, with slight toning and relaxing, as these fluid pressures expand and relax.” –Robert Harris RMT, C/S therapist/master teacher

In the workshop setting, dancers are introduced to techniques to tune into this profound rhythm and go directly and deeply into this calm, profound self-witnessing and take their system in and out of “slack”.

The techniques evolve to incorporate fully physical, dynamic and subtle dance forms that are guided into improvisations. The movement extends into structured improvisations to move and dance in connection to others and the space. As it evolves to work in partnerships through the practice of witness/self-witness, these improvisations can increase one’s abilities to remain wholly connected to the somatic rhythm while expanding into varied dynamic states of presence.

One is given opportunity to unwind habits on the physical level as well as introducing clear pathways in the brain for release from the mind’s habits. With release in the mind, one is given the opportunity to enter into states of presence which can only enhance one’s performance skills. The practice of remaining fully present requires training, awareness, and high levels of consciousness. As the Craniosacral system is the environment around the brain and central nervous system, the available somatic/and conscious connectivity is astounding.

The work offers several possible applications to one’s personal artistic/creative work practice including: a vibrant palette/range of movement qualities, enhanced depth of focus, heightened and subtle states of presence, refined self-perception skills, released C/S bone motility patterns, new systems of connecting with others and the profound experiences in the field of touch. This workshop will focus on entering states for enhancing one’s creative process, and enhancing one’s intuitive connections, and sensing skills.

In partnership with Dancemakers, Shannon will also be teaching from the 26 to the 28 September, 2011 – *Dynamic Expansion: focus on performing presence*. The workshop with Dancemakers will focus on performing presence and the presence of touch. The Series 8:08’s ATC workshop is tailor made for dancers, performers and body workers refining abilities to witness and be witnessed in fully present states.

Shannon
Cooney

Sept 30 +
Oct 1 2011

10am - 1pm

Location
DMS
314

\$72 / \$65
early bird
(reg before
Sept 26)*

Shannon Cooney



Canadian dance artist received a B.F.A Honours in dance at York University, Canada in 1992. She is a choreographer, dancer/performer and dance educator. Her choreography has been presented in Canada, Europe and in the U.K. She danced and toured extensively nationally and internationally with Toronto's Dancemakers (1994-2006), with the artistic direction of Serge Bennathan. As a performer, she has worked with many esteemed choreographers including Bennathan, Benoît Lachambre, Kim Itoh, Marie-Josée Chartier, Peggy Baker, and Louise Bedard. Cooney has also performed in installation works by visual artists including; Marla Hlady, Jan Komarek, Signe Theill and performed in numerous improvisational events with musicians, dancers, and actors. Her teaching method Dynamic Expansion is a unique melding of the craniosacral system awareness and contemporary dance. Shannon has recently taught for: Meg Stuart/Damaged Goods, Sasha Waltz and Guests, Cie. Toula Limnaios Dance House Dublin, CDC Le Pacifique a Grenoble, CND Lyon, France, Circuit-Est, Montreal, Dancemakers, Toronto, Tanz Fabrik, KIM Physical theatre, Berlin, and P.A.R.T.S. Brussels.

Deepening

This workshop is open to Professional or pre-professional dancers and experienced Contact Improvisers. This workshop will not address the basics of Contact Improvisation (CI) for beginners. You must have experience in CI to take the CI component of this class. If you do not have experience in CI and would like to participate in this class, please speak to our ATC Manager to find out with whom you can have a CI fundamentals class prior to the beginning of this workshop.

In this workshop, a Skinner Releasing Technique™ (SRT) class will be followed by the application of its key principles to Contact Improvisation (CI) and Scores for Improvisation Performance. The imagery, music and partner graphics in SRT, cultivate creative, technical and personal process in movement. By learning to undo unconsciously held patterns of movement and thought we can become more available to the dances awaiting an opening. We are all born with natural grace and the capacity for multi-dimensional balance. This workshop will guide us deeper towards this state of grace and balance, dancing with a partner and with ourselves; alone or for an audience.

Participants will need paper or journal and writing instrument (pen, pencil, crayons). Please dress in comfortable cotton clothing in layers. No zippers, buttons or belts.

Dec 7 + 8: 10.00 a.m. – 1.00 p.m. @ DPenthouse
Dec 9: 10.00 a.m. – 4.00 p.m. @ DPenthouse
Dec 10: 10.00 a.m. – 4.00 p.m. @ DHD 1st floor

Eryn Dace
Trudell

Dec 7 - 10
2011

10am - 1pm
+
10am - 4pm

Location
DH

\$182 / \$164
early bird
(reg before
Nov 8)*

Eryn Dace Trudell

is a producer, choreographer, dancer and teacher with an intuitive capacity to inspire movement regardless of the level of experience or physical ability of the participant. Her approach consolidates an accumulated knowledge spanning 20 years in dance. Originally from Toronto, now living in Montreal she is certified in Skinner Releasing Technique, she holds a BFA in Dance from Juilliard, teaches Contact Improvisation, and is the founder of Mama dances (2006).



Performer's Place

This workshop is open to all those interested in movement and performance.

A workshop for the interpreter/performer, about making artistic choices in process and performance. It examines the fluid relationship between the interpreter's artistic choices and the delivery of a performance work.

In the context of a group choreography, participating artists will be guided toward exploring new artistic territory by cultivating their 'point of view' as a performer within a body of work. Susie will first create a choreographic language in collaboration with the artists. This vocabulary will be used within a structural framework that asks that the artists be present and responsible for making 'in-the-moment' movement and action decisions. The resulting work is a performance piece that encourages the performer to interpret and reinterpret moments, discovering the importance of their role as an interpreter of live performance.

There will be a small showing on Friday, 27th January 2012 at 12 noon (Dovercourt Penthouse).

Susie
Burpee

Jan 23 - 27
2012

10am - 1pm

Location
DH
3rd Floor

\$180 / \$162
early bird
(reg before
Jan 12)*

Susie Burpee



Contemporary dance artist Susie Burpee is based in Toronto, where she works as a performer, choreographer, and teacher. She trained at the Professional Program of Contemporary Dancers and augmented her studies at the Limón and Cunningham Schools in New York, and L'École Philippe Gaulier in Paris.

A powerful and provocative interpreter, Susie was a company dancer with the critically acclaimed Dancemakers, Le Groupe Dance Lab, and Ruth Cansfield Dance. As an independent artist, she performs in her own work, and continues to work closely with innovative choreographers Serge Bennathan, Lesandra Dodson, and Tedd Robinson. As a creator, Susie creates works that showcase 'fully human characters, struggling for connection' (The Toronto Star). She has been awarded Dora Mavor Moore Awards for Outstanding Performance and Choreography, and in 2006 she received the K.M. Hunter Artists Award for Dance.

Susie teaches technique classes and workshops for professional dancers and students across Canada, notably, Tedd Robinson's La B.A.R.N. Summer XIntensive, Canadian Children's Dance Theatre, and Dancemakers.

Dancing from Inside Out

Workshop open to professional dance artists, and dance students in their final two years of a professional dance-training program.

What is the miracle of who we are? This master class is designed to encourage the dancer to rediscover the wisdom of the body. The class has been carefully constructed to reinspire the dancer with the awe and curiosity that initiate movement. The work strives to increase openness for continued experimentation, exploration and understanding through movement. The workshop is based on sensitizing the dancer to the connection between thought, emotion, spirit and body. This is the natural kinetic process whereby our inner "landscape" translates into electrical impulses that move through our nervous system transmitting the message to the muscles and connective tissue as to how and with what quality to move.

Through the use of dance exercises, "games", imagery and guided movement motifs, the dancer is reawakened to the joy of movement. We work with the body's natural impulses towards health and the extraordinary possibilities of expression. The class is designed to be fun but is surprisingly challenging, requiring focus and taking the dancer through a full body warm-up. The dancers are encouraged to "listen" to their bodies, their impulses, their inner conversations and emotions, and to use this information to expand their existing physical, artistic and creative capacities. In this class, dancers learn to hear and trust their inner landscape and imbue the shape, line and articulation of their movement with fuller meaning and beauty.

The motifs used through the workshop are designed to deepen the dancers' performance capacities, their knowledge of the choreographic process and possibilities, and to reinforce and expand the imagery, focus and techniques that they use daily. The dancer learns to move towards health, fuller expression, creativity and the knowledge of how to share, give and be responsible to and for his/her own unique artistry as a "Human Dancer".

Margie
Gillis

Feb 16 - 17
2012

10am - 4pm

Location
DH
1st Floor

\$150 / \$135
early bird
(reg before
Jan 17)*

Margie Gillis



has been performing her solo dance concerts for over thirty-nine years. As choreographer and performer of over a hundred original solo dance works, she has earned rave reviews throughout the world for her intimate, emotional and intelligent portrayals of the multiple facets of the human soul. Margie Gillis teaches masterclasses for dance students and professionals in various cities throughout the world, including New York where she has taught at the Juilliard School. Both the Quebec and Canadian governments named her an Honorary Cultural Ambassador. In 1988, she was the first modern dance artist to be appointed to the Order of Canada. In 2001, she received a Career Grant from the Conseil des arts et des lettres du Québec for her exceptional contribution to Quebec culture. In September 2008, Canada Council for the Arts announced that Margie Gillis had been selected by a peer assessment committee to receive the Walter Carsen Prize for Excellence in the Performing Arts. Margie Gillis is an artist with social commitments. She has lent her voice to a number of organizations dedicated to the fight against AIDS. She has also been a spokesperson for OXFAM and for the Planned Parenthood Foundation. The Stella Adler Studio and Bill T. Jones honoured her relentless social commitments by awarding her the inaugural MAD Spirit Award in the fall of 2008. Her latest creation, "Threads", premiered at the National Arts Centre in March 2010. In 2011, she received the Lifetime Artistic Achievement Award from the Governor General's Performing Arts Award Foundation.

The Mystery of Making Dance

Level of Participants: Participants do not need to be professionally trained or even able-bodied, but must have the capacity to focus and concentrate for extended periods of time. The work is not “technically” difficult but is nevertheless, demanding and rigorous. This workshop is for professional dancers, actors, musicians as well as for people who just want to spend time with their bodies, moving and who have an interest in creating work. Participants may choose to take only the technique class.

Do you have an existing piece (or section of a piece) that you want to interrogate?

Do you have a work-in-progress that you want to develop?

Do you not have a piece but only an inkling that there is one somewhere inside you and you want to find a way towards it?

Making dance is a strange and mysterious process and this workshop does not pretend to provide an answer. We will, however, share tools to explore and nurture impulses, consider the gaze of both artist and audience, and delve into the complexities of composing with time, space and the human body as best as we can.

This workshop will consist of a technique class in the morning, followed by an afternoon session that explores composition and creation.

Using a somatic approach, the technique class proposes that through an inquiry into sensation, we can discover and map out the spaces in and around the body to reveal a space that is sentient and in partnership with the body. The work uses breath and imagery – twin tools found in both contemporary somatic techniques as well as traditional qigong methods – to address resistances and blockages while honoring the interconnectedness of the whole body. Special attention is placed on the role and function of curves and spirals, as both strategy and landscape of the dancing body. Participants can expect a range of experiences – from simply lying on the floor breathing, to more formal qigong exercises – to take them into a dance that comes merely from observing the sensations in their body and adjusting with and around those sensations.

Extrapolating from these principles, the afternoons will be spent exploring the creative process as an experience of the whole body – thinking, feeling, observing, adjusting.

Lee Su-Feh

Feb 25 + 26
2012

10am -
4:30pm

Location
PBS

\$150 / \$135
early bird
(reg before
Jan 24)*

Lee Su-Feh



is a choreographer, dancer and dramaturge. Born and raised in Malaysia, her formation has been influenced by a range of practices, from traditional South-East Asian performance forms to more contemporary and experimental techniques and ideas. Currently based in Vancouver, she is Artistic Director of battery opera, whose award-winning work interrogates the contemporary body as a site of intersecting and displaced histories and practices.

Lee Su-Feh is a choreographer, dancer and dramaturge. Born and raised in Malaysia, she started performing in the National Children's Theatre (1980-82) where she was introduced to a range of practices, from traditional South-East Asian performance forms to more contemporary and experimental techniques and ideas. In 1985 she moved to Paris to study contemporary dance. Since 1987 she has trained extensively in Chinese martial arts with an emphasis on the internal systems and presently studies Baguazhang.

Currently based in Vancouver, she is Artistic Director of battery opera, whose award-winning work interrogates the contemporary body as a site of intersecting and displaced histories and practices.

Releasing/Dancing/Flying

Workshop is open to all professional and pre-professional performing artists with movement experience. Participants should bring paper and pens and layers of dance clothes for times of high and low activity.

A series of classes exploring the meeting of the Skinner Releasing Technique (SRT)[™] with Aerial Dancing on the single point low-flying trapeze. SRT is an imagery-based technique that cultivates the letting go of patterns of tension, inhibitions, and expectations, in order to move with suppleness, economy, freedom, and presence. Classes will cover basic aerial skills designed to facilitate improvised play with the trapeze to enhance our releasing practice. We will shift from the floor to the air, exploring a dynamic, multi-directional alignment (wherever we are in space) while moving with an image or a trapeze, and sometimes both.

Nathan
Dryden

Mar 9 - 11
2012

10am - 1pm

Location
SET

\$145 / \$130
early bird
(reg before
Feb 14)*

Nathan Dryden



is an independent choreographer/performer/director/ based in Seattle, WA. He holds a BA in Art and Film Studies from UC Irvine and has been exploring and performing movement based art for the last 20 years. Dryden's work shifts through contemporary dance, improvisation, aerial performance, and theatre. He performed with O-T-O, NEW ARTiculations, ZUZI, and Moving Current dance companies and with various choreographers including: Stephanie Skura, Robert Davidson, Charlotte Adams, Greg Colburn, Guido Tuveri, and Jane Hawley. He is a member of The Gravity Project movement theatre company and is a guest faculty artist at Juniata College Theatre Department. Dryden is a certified instructor of the Skinner Releasing Technique, serving on faculty the annual Skinner Releasing Institute's summer program in Seattle as well as teaching releasing and aerial dance in festivals and universities across the USA, Mexico, Ecuador, Turkey, New Zealand, Australia, and the UK. He is a co-facilitator in Stephanie Skura's Open Source Forms teacher training program that focuses on the deep commonalities of releasing and creative process. His most recent full production, *Stories of Grounded Sky* (2010) is an evening length work of aerial-mime theatre co-created with Rick Wamer (USA).

series 8:08

is offering two Scholarships
to selected participants.

For more information and
to apply, please go to our
website: www.series8o8.ca

NEW

Take Advantage of our 2011/12 Loyalty Discount Rates!

Sign up for ...

- 1 ATC = 10% discount
 - 2 - 3 ATCs = 30% discount
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- ... off the total amount.

Secure your place by paying your deposit now!

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PHONE: 416.504.6429 x40

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* A \$25.00 non refundable deposit is required for each ATC that you register for and is required by the dates listed in order to receive your discount (eg. 3 ATCs require a \$75 deposit (3 x \$25).

This Loyalty discount
programme applies to
all 2011/12 ATCs

Locations

DH

Dovercourt House
805 Dovercourt Rd (north of Bloor Street), 1 + 3 floors

DMS

Dancemakers Studio
Dancemakers Centre for Creation
55 Mill Street, Building 58 The Cannery, Studios 314

PBS

Pia Bouman School for Ballet and Creative Movement,
Scotiabank Studio Theatre
6 Noble Street

SET

StudioElevenTwelve
1112 Dundas St. E (Dundas & Logan)



General Information

ATC participant spaces are limited.
Please register early.

To register, first contact ATC Program Manager, Tracey Norman, then complete the registration process by paying online (www.series8o8.ca) or sending a cheque made payable to Series 8:08. Deposits are \$25 per ATC (non-refundable) to secure your place. Please include your name, mailing address, email address, phone number, and the name of the workshop you would like to attend.

Accommodations: For our out-of-town participants, please visit our website (www.series8o8.ca) for information on housing.

CADA members can apply to receive their rebate from their Training Subsidy Program (www.cada-on.ca).

Throughout the season, we will continue to bring in guest teachers, please do visit our website or find us on Facebook for updates.



Contact Information

Series 8:08 ATC

Tracey Norman, Program Manager

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Yvonne Ng, Artistic Director/Managing Director

Yves Candau, Administrator

c/o Dance Umbrella of Ontario

476 Parliament Street, Second Floor

Toronto, Ontario M4X 1P2

www.series808.ca

The ATC Program was founded in 1998 by past Co-AD, Jessica Runge.



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