

Dance4 Professional Development Not So Lazy Sunday - Day Schedule

Sunday 28 March 2010

12.00 – 5.30pm

College St Centre, College St, Nottingham, NG1 5AQ

Level: Advanced - Ideal for dance students and experienced movers

Price: £6.00 per session / £15.00 for all 3 sessions



To book call Dance4 on 0115 941 0773 or email info@dance4.co.uk.

12.00 – 1.30pm Class with Jose Agudo

This is an energetic class, focusing on intention, clarity and physicality. Jose's class begins with finding simple alignment in the body. Continuing in this vertical plane, we start to find weight, falling away from the centre place and starting the relation with the space and the breathing. All of this work is to prepare the body to travel and find the broadest movement in space whilst making fast, clean transitions from large to detailed movement.

Jose Agudo trained in contemporary, ballet and flamenco dance in Spain and has worked with Charleroi/Danses, Ballet de Marseille, Ted Stoffer, Joanne Leighton, Didi Veldman amongst others. Jose is currently performing with the physical theatre co. T.R.A.S.H. in Holland and Shobana Jeyasingh Dance Company Last year he created his first professional work '4m2' in collaboration with Claire Cunningham and Scanner.

1.45pm – 3.30pm Masterclass and Repertory Workshop with either...

Mad Dogs Dance Theatre led by Douglas Thorpe

This high impact masterclass will be based on a mixture of Graham and Release based techniques, alongside the opportunity to learn an extract from Douglas's current work, *a mind as beautiful*.

Following a physically demanding warm-up, building core stability whilst testing strength and stamina Douglas will teach an extract of *a mind as beautiful*. This blistering new work will give participants a taste of Mad Dogs Dance Theatre's trademark speed, rhythm and precision. An opportunity to experience dance at its most expressive and visceral.

Douglas Thorpe trained at London Contemporary Dance School before joining Phoenix Dance Company, where he worked with a range of choreographers including Michael Clarke, Philip Taylor, Tom Jobe, Darshan Singh Bhuller, Henri Oguike, and Javier de Frutos. 2008 saw the break-through of Douglas's own choreography under the banner Mad Dogs Dance Theatre with *Dry Toast*. Recently, Douglas has created work for Phoenix Dance Theatre and ACE Dance and Music and has been appointed Associated Artist of Yorkshire Dance as part of its LIFT artist development programme, funded by Arts Council England.

OR

Tom Dale Dance Company led by Tom Dale

Through a tailored warm-up, repertory and creative work, Tom will challenge and stimulate the participants' creativity, making them aware of musicality, dynamics, pure aesthetics and abstraction.

The session will begin with a warm-up tailored to the exact needs of the participants, including physical games, gentle exercises, body awareness exercises and stretches. The workshop will develop an individual sense of self, body awareness, co-ordination and alignment and to get the body ready to work and the mind active. Tom will endeavour to give participants a path to travel, that can become individual whilst operating in an exciting, dynamic field.

Tom Dale's choreographic work includes, *Eddystone Raver*, which was broadcast on BBC2, and his stage pieces including *RISE*, *I Infinite*, *Dual* and *Spheres*. Alongside his company work, he has danced with a number of leading choreographers including Fin Walker, Jochen Heckman, Barak Marshall, Philippe Girardeau, Tom Roden, Chris Tudor and Matthew Bourne. In 2006 he was a semi-finalist for the prestigious Place Prize with, *Whose Futures*.

4.00pm – 5.30pm Composition workshop with Dog Kennel Hill Project

This workshop will be based on their current research practice, *People Working* which aims to present performance in sites usually considered Work-Places. *People Working* is an enquiry on the successes and failings of the work ethic. This research exposes, provokes and unpicks different perspectives and responses to work as a broad philosophical concept.

In this workshop, DKHP will take the word 'exploit' as an umbrella theme, looking at how it relates to movement, performance and what participants might want to say. The workshop will also look at how the collision of individuals' intentions can create tension and humour.

Dog Kennel Hill Project is Ben Ash, Henrietta Hale and Rachel Lopez de la Nieta, an umbrella collective who collaborate, share ideas and co-present dance performance.

For more information about **Dog Kennel Hill Project** visit www.dogkennelhillproject.org