

## Saturday – OPENing

	4A – Silent dance and healing	4B – Learning and exploration	4D – Sun and community
9	Doors open and registration		
10	Open jamming...	10:30 Beginners – Henry & Melissa	Mixer into jam... – Tanya W & James
11	Lunch on ground floor		
noon	Lunch on ground floor		
1	...	...	Circle – Brad & Tara
2	...	Mixed ability – Tara	...
3	Dinner on the town		
4	...	Improv for contact – Charlie	...
5	...	...	DJ jam – Michael P
6	Clean-up and out [Plouge – Darinka, 204A St George, \$5]		

## Sunday – PLAYing

	4A – Silent dance and healing	4B – Learning and exploration	4D – Sun and community
	Doors open and registration		
	...	Shadow of contact – Tara	Mixer into jam... – Miguel & Olga
	Lunch on ground floor		
	(Sutherland-Chan offering massage)	Ensemble improv – Suzanne	...
	...	1-on-1s – Charlie	1hr photo lab – Puja
	Feast at Collège français, 100 Carleton St		
	...	Meaning exploration – Twyla	...
	...	...	Live music jam – Jen Gillmor
	Clean-up and out		

## Monday – CLOSing

	4A – Silent dance and healing	4B – Learning and exploration	4D – Sun and community
	Doors open and registration		
	...	Solo / duo / group – Tara	Mixer into jam... – Daniel & Deborah
	Lunch on ground floor		
	...	Underscore-ish – Vivek & Nancy	...
	...	...	Circle – Brad & Tara
	Clean-up and out		

### Locations – 4th floor of National Ballet School

**Home plate: welcome / registration / support / info desk**

**4A – Silent dance and healing**

**4B – Learning and exploration**

**4D – Sun and community**

**Lunches**

**Allen Gardens**

A single table for all your questions and requests. A good place to get pointed to a field hand (peer support volunteer).

4A is a quiet space, for silent dancing, bodywork and rest. To the left of the drinking fountains.

4B has all guided activities like classes and workshops. To the right of the drinking fountains.

4D is the room with the big windows, where we'll have the circles, jamming with and without music, and sunlit photography.

Our mostly vegan, gluten- and nut-free lunches are on the ground floor.

Picnic or dance in the park one block south. Visit the beautiful multi-climate greenhouse.

### Saturday – OPENing

**Beginners – Connecting through contact improv dance**

**Saturday mixer into jam**

**Opening circle**

**Mixed ability – Every body in: The joy of dancing together**

**Dinner on the town**

**Improv for contact**

**DJ jam**

**Clean-up and out**

**Plouge**

A class for complete beginners. Create dances through fun, simple activities. Taught by Henry Wai and Melissa Addison-Webster. Starts at 10:30.

A warm-up led by Tanya Williams and James Jesso, on the theme of OPENing.

Led by Brad Johnston (programming coordinator) and Tara Brandel (featured teacher).

All-levels class Led by Tara Brandel, Director, Croi Glan Integrated Dance Company, Ireland.

Pick a restaurant or neighborhood that interests you and head out with a group. Descriptions and sign-up sheets provided.

Apply general improv skills to contact. Learn to listen, accept, explore and advance with clear choices. Led by Charlie Hamu.

Michael Penarubia plays music to support contact improv jamming.

We need to be completely out of the building by 11:30 pm. Please help by collecting your stuff efficiently and chatting outside.

Darinka Blagaj hosts separate event: a late-night, non-verbal after party at The Smile Office, 204A St George St. \$5.

### Sunday – PLAYing

**Shadow of contact**

**Sunday mixer into jam**

**Ensemble improv**

**1-on-1s**

**1-hour photo lab**

**Feast at Collège français**

**Meaning exploration – What does dance mean to you?**

Tara Brandel facilitates a safe exploration of the often unspoken issues surrounding our experiences of contact improv.

A warm-up led by Olga Chwa and Miguel McIntyre, on the theme of PLAYing.

Draw upon our physical, mental, and emotional states as inspiration to compose dances as a group in the moment. Led by Suzanne Liska.

Facilitated learner-directed individual coaching in pairs. A chance to get personal instruction at whatever level you are at.

An invitation to create photos and videos together in a sun-lit room, on either side of the cameras. Facilitated by Puja.

Tanya Kowalenko has prepared a tricolor Indian feast. Served at 100 Carleton St, just around corner on this same block.

A body and arts-based exploration. Twyla Kowalenko leads movement, drawing, and discussion related to her doctoral research.

## Monday – CLOSing

- Live music by Jen Gillmor** Bass guitar, cello, kamel n'goni, didgeridoo, found/made objects, flutes, percussion, berimbau, saw, jaw harp, and sequencing.
- Clean-up and out** We need to be completely out of the building by 11:30 pm. Please help by collecting your stuff efficiently and chatting outside.
- Solo / duo / group** Tara will help us tie up what we've learned / created over the weekend.
- Monday mixer into jam** A warm-up led by Daneil Proulx and Deborah Maia, with the theme of CLOSing.
- Closing circle** Lead by Brad and Tara.
- Underscore-ish** An Underscore-inspired group improvisation. Facilitated by Vivek Patel and Nancy Hughes.
- Clean-up and out** We need to be completely out of the building by 5:30 pm. Please help by collecting your stuff and chatting outside.