

Friday, March 30 – OPEN

Ground – EAT & TALK

Studio 4A – REST

Silent dancing, resting, bodywork, advanced classes in the mornings, doors close five minutes after classes start

Studio 4B – LEARN

Doors closed five minutes after classes start. Quiet dancing when there are no classes scheduled

Studio 4D – DANCE

Doors always open (except during Underscore-ish), primarily open jamming, with mixer/warm-ups each morning and afternoon, live and DJed music in the evenings, opening and closing circles

9	Doors open at 9am	All rooms open		
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10		Advanced: What are you Experiencing? – Stu Philips	Beginners: FUNdamentals of Contact & Consent – Michael Haltrecht	Warm-up / Mixer – Suzanne Liska
11				
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12	Lunch on the ground floor [Facilitators & organizers meet each other at 12:15]			
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1		Guided Bodywork – Emily Delea, with Aleks Meuse	POC Jam – Leslie Heydon & Andrew Suseno	
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2				Opening Circle: HWA! Here We Are - Learning to create the dances we want
-				– Vivek, Tanya and team
3				
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4	Parcon (outside) – Andrew Suseno		Listen to Your Underdancer – Neige Torrey Christenson	
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5		Guided Bodywork: Feldenkrais – Harold Tausch		
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6	Dinner – on the town			
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7	Run out to Loblaws, bring food back, and discuss consent – Nicole Bindler			
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8			Conscious Connections – Dana Day Morrison & Jesse Buck	Live Music for Contact – Jeff Burke
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9				
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10		Guided Bodywork: Comfortable Effective Touch – Paul Lewis	Silent Jam	DJ for Boogie – Michael Penarubia
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11				
-				
12	Ends at midnight			

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Studio 4C – PLAY

Open for all ages on Saturday only

9 -	Doors open at 9am	All rooms open			
10 -		Advanced: Architectural Playground – Daniel Bear Davis	Beginners: Fundamentals of Weight Sharing, Yes & No – Holly Matthews	Warm-up / Mixer – James Jesso	All Ages Workshop and Jam – Twyla Kowalenko & Sasha
11 -					
12 -	Lunch - on the ground floor				
1 -		Soundbath – Jesse Buck	Art of Listening: CI & Music – Erik Johnson		
2 3 4 5 -	Parcon Generations (all ages, outside) – Andrew Suseno	Aggressive Snuggling – Eroca Nichols	Inclusive Workshop – Kathleen Rea & Luke Anderson	Warm-up / Mixer – Tim Spronk	
			Fluid Dances: CI & BMC – Nicole Bindler		
		Guided Bodywork: Shiatsu – Milagros Paredes			
6 -	Dinner - on the town				
7 8 9 10 11 -	Reflections on opening circle: run out to - Loblaws and bring food back.		Use Tone & Balance to Change Your Ride – Rob Welcher	Underscore-ish – Vivek Patel & Tanya Williams	Asking for what I want, saying no to what I don't want: Learning to have our boundaries – Jana Sinyor
		Guided Restorative Bodywork – Aleks Meuse, with Emily Delea	Blindfold Jam Workshop – Kayte, Leon & Camille	Live Music – Jen Gilmore	
12	Ends at midnight				

Sunday, April 1 – CLOSE

Ground – EAT & TALK

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Studio 4D – DANCE

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9 - Doors open at 9am	All rooms open		
10 - 11 -	Advanced: Group Swirls, Trios without Tripping – Neige Christenson	Practicing consent: My "yes" and my "no" – Kathleen Rea	Warm-up / Mixer – Richard Kim
12 - Lunch - on ground floor			
1 -	Guided Bodywork: Healing Touch – Soasis Sukuweh	One-on-Ones – Ben Robins	
2 - 3 - 4 -		Soloing / Togethering – Daniel Bear Davis	Warm-up / Mixer – Richard Kim
5 Clean-up and out			Closing Circle into Final Reflections – Vivek & Tanya & team

Photographers:

Helen Filatova, Kim Simons, Savita Patel, Sarah Puja Jones, Fred Hunsberger