

A WEEK OF DANCING AND CONNECTING 2019

From the Shropshire Inclusive Dance Website

Unique Voices Shared Visions, AVS Choreographic Lab 2019



16 dancers joined SiD for the AVS Inclusive Choreographic Lab in June. Dancers travelled from Stoke, Gloucester, Nottingham, Stourbridge, Kidderminster, Telford and small villages surrounding Shropshire to attend the sell out week and what fun we had.

Workshop facilitators Annie Hanauer, Vicky Malin and Sarah Blanc arrived from London bringing a wealth of experience through working inclusively with some of the most established and respected artists and organisations in the contemporary dance world. The common thread between the facilitators was that all three artists had worked with the acclaimed Candoco Dance Company.

Each day started with a dance class, rotated between all three dancers. Each facilitator offered their own unique approach to morning class, including taught technical exercises, somatic dance practice approaches and improvisational tasks.



In the afternoons we explored creative choreographic tasks based upon the workshops leader's interests and their choreographic research. The tasks involved lots of creative play and experimentation, individually and in small groups. There was time to talk, reflect and socialize, a gift that does not happen enough. During the final two days we experimented choreographically with our own artistic ideas.



The week was a rich nurturing experience, feeding the soul, whilst enlivening and revitalizing individual practice. I found total delight in reconnecting with dancing friends and the joy of meeting new people. I loved the diversity of the group, encompassing different backgrounds, ages, experience, genders, heights, and body shapes. The group arrived with various mobility aids, expectations and hopes but all of us were incredibly 'open', respectful and willing to take part fully in all the nuggets of ideas, movement explorations and improvisational structures offered. I loved dancing in a large group, as an ensemble, there was so much to feed off and enjoy.



It was wonderful to be approached to host the AVS Lab. SiD learnt that there is a need for a workshop of this nature and the experience brings so much to dancers and artists living and working in Shropshire and for those living outside in the surrounding regions. Maybe this is the beginning of a bi-annual opportunity and future collaborations?

Thank you AVS Lab for this brilliant opportunity. Rachel Liggitt, SiD Co-Director
Photography is by Ewen Macintyre.

This AVS Lab was supported by Candoco Dance Company, The Place and Arts Council England. Thank you to the **Basil Houghton Memorial Trust** for the funding SiD received to host the AVS Lab.