



## ***Bridging the Gap*** ***Community-based Site-Specific Dance in Taradale***

Sunday April 26, 2020

9.45 for 10 am – 6 pm

Cost \$95 con \$120 full

Taradale Hall, Taradale, Central Victoria

Join us for a workshop in creating a community-based dance performance, led by American Dance Movement Therapist, Marylee Hardenbergh. The workshop will cover basic concepts of space: our own personal space through kinesphere-mappings, and our environmental space through exercises in site-specific dance principles. The skills learnt and material developed over the day will lead to the creation of a community performance, in which the participants will bring to life an outdoor site in Taradale, before sunset (sunset is at 5:43 pm):

### ***Community Performance***

*Free and open to the public!*

***Rain or shine!***

*Sunday April 26, 2020*

*5:00 PM*

*Taradale Viaduct area*

***All the community is welcome to attend!!***

This workshop is recommended for anyone involved in community dance for pleasure, recreation, or for general wellbeing. Community-based dance performances have a strange and wonderful way of creating rippling, healing effects on the community. Therapeutic aspects include such concepts as:

- Inclusivity
- shared purpose
- a reconnection to something larger
- seeing oneself in a new way

Hardenbergh uses Kinesphere Mapping ('Space Harmony') in the development of large or smaller groups for healing dances/community events/site-specific performances. She will teach a simple exercise that promotes psychological attachment to, and embodiment of, the space around our bodies. This and other forms are used as creative tools for all dancers and movers, and offer an accessible structure for both teachers and therapists. Hardenbergh's teacher, Irmgard Bartenieff, taught how we can all learn to "lean" on spatial tensions, which can also help us strengthen our boundaries and deepen our sense of confidence.

Closer to the time of the event look out for instructions of what colour to wear or what to bring with you if you are only coming for the performance.