



FOR IMMEDIATE RELEASE

May 6, 2016

Guelph Dance Festival Announces Workshops

Guelph, ON (May 6, 2016) – Guelph Dance announces several educational opportunities for the general public during its upcoming Festival, June 2-5, 2016. The workshops will be taught by visiting dance artists who are performing as part of the Festival.

On Saturday, June 4, 9:30-10:45 am, the members of Le Patin Libre, a contemporary ice dance troupe from Montreal, teach an Ice Dance Workshop at the University of Guelph Gold Ice Rink. They will teach some of the innovative moves they use in their choreography (which people can see on Friday, June 3 as part of Guelph Dance Festival Stage A performance). Students will be grouped by ability, so everyone – from novice to trained figure skater – can participate. Some skates will be available at the rink, but students are encouraged to bring their own, as well as their own helmets. The cost is \$20.

On Sunday, June 5, 9:30-10:45, Toronto-based choreographer Julia Sasso (whose company performance Saturday, June 4 on Stage B) teaches a workshop in Skinner Releasing Technique (SRT). SRT is a pioneering approach to moving that evolved from the simple principle that when students let go of habitual holding patterns, they are able to move more freely, powerfully, and articulately. This class is open to people of all ages and levels of experience who are interested in experiencing improvisation, transformation, and an intuitive way of moving. The cost is \$20.

Specifically for youth (2002-05) and teen (1998-2001) are two days of immersive training with visiting Festival artists. Youth Dance Day takes place on Friday, June 3, and will include learning repertory from and performing alongside Aeriosa (Vancouver) in Hanlon Creek Park. Teen Dance Day takes place on Saturday, June 4, and includes the ice dance workshop, a contemporary dance class, and a panel discussion with dance professionals. The cost of these days is \$32 and \$45 respectively (with options to add additional events at low cost).

Registration information for the workshops and for Youth and Teen Dance Days can be found at <http://www.guelphdance.ca/festival/tickets/> or call 519-780-2220. [guelphdance.ca](http://www.guelphdance.ca)

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The Guelph Dance Festival is supported in part by sponsors including the Guelph Tribune, Intrigue Media, CFRU, CJOY/Magic FM, and the Downtown Guelph Business Association, as well as funders including the Department of Canadian Heritage the Canada Council, the Ontario Arts Council, the Ontario Trillium Foundation, and the City of Guelph.

About Guelph Dance

Established in 1998, Guelph Dance—formerly the *Guelph Contemporary Dance Festival*—is a nationally recognized leader in contemporary dance, offering a platform for professional, new-generation, and youth dance artists to share their vision, push creative boundaries, and engage community audiences.

Guelph Dance gratefully acknowledges the support of its funders: the Department of Canadian Heritage, the Canada Council for the Arts, the Ontario Arts Council, the Ontario Trillium Foundation, and the City of Guelph.

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