

The Art of Entering and Exiting: An Improvisation and Composition Workshop

Instructors: Kate Gamble and Kay McCabe

Date/Time: Saturday, July 15, 3:00-4:30pm

Location: Open Door Integrative Wellness

Description: What does it mean to enter into a performance? What is the intention of the dancer? What are they communicating to the audience, to other performers, and to themselves as they do this?

This moment offers a myriad of choices and can set the tone for what is to follow. Being mindful and fully embodied in these choices requires artistry and commitment.

We will play with various options that this moment offers and then allow the improvisational score to evolve from these choices.

Similarly, we will find the nuance and importance of what it means to exit.

Dancers will be given prompts and scores to play with as they generate material and we will have time to give feedback and refine our process.

Dancers are invited to show their improvisational scores to an audience in an informal showing at Open Door that begins at 5 pm on the same day.

The performance is not required.

All levels are welcome.

Bios:

Kate Gamble: Kate is the founder of Open Door Integrative Wellness in White River Junction, VT. She coordinates all services at Open Door. She works as a physical therapist, somatics and dance instructor. Kate's somatic training includes training in the Feldenkrais Method, Bartenieff Fundamentals, Body Mind Centering, Alexander Technique and Axis Syllabus. She completed a certificate in Somatics at Moving on Center in Berkeley, CA in 2019. She trained with the Mark Morris Dance Company/Dance for Parkinson's Disease program. Her dance career included producing her own choreography in New York for three years, founding Lighthouse Dance Project in Massachusetts, and the Full Moon Performance Project in Florida. She was artistic director of Braided Light Dance Project in Florida where she produced several seasons of sold out concerts and established Jacksonville's first modern dance company.

Kay McCabe: Kay McCabe recently retired from Kimball Union Academy in Meriden, NH, where she was the chair of the Arts Department and led the dance program for twenty six years. While at KUA, she created the Arts Scholar Program, guiding students deep dive into their creative process. Kay also oversaw five international tours of the school's winter musical, taking kids to India, New Zealand and England. She thrived on introducing the expressive power of dance to countless students. Prior to teaching, Kay was a professional dancer in NYC, touring internationally with the David Gordon Pick Up Company, Richard Bull Dance Theater and Susan Foster and Dancers. She has produced her own work in New York and New Hampshire. Currently, Kay has been expanding her creative efforts with photography (you can follow her on Instagram @kaymccabevt) and teaches improvisation at Open Door.