TJDF 2024 WORKSHOP ARTIST

Kay McCabe and Kate Gamble - July 20, 2:00-3:30pm at Lebanon Ballet School

Inner and Outer Landscapes: A Dance Improvisation Workshop
How does the landscape and natural environment influence and shape our internal experience? How do we move through the world in which we exist? This 90 minute dance improvisation workshop will explore movement sourced from these questions. Solo exploration will be the base from which we build a collaboration with the environment, the space and other dancers, fostering an authentic and creative approach to the improvisational process. Kay and Kate will lead dancers in a thorough improvisational-based warm-up and then will offer prompts and structure to play with what moves us. No experience is needed. (Ages 15+)

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. 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. Currently, Kay has been focusing her creative efforts with photography. You can follow her on Instagram @kaymccabevt or at www.kaymccabe.com. Working with Kate for many years has kept her literally and joyfully on her toes!

Kate Gamble founded Open Door Integrative Wellness in White River Junction. She is a physical and somatic therapist working with clients to connect to their inherent grace and ease in the body. She holds a BFA from NYU Tisch School of the Arts and a MSPT from the Mayo Clinic. She has a long career as a dancer, choreographer, and teacher and is presently focused on improvisational dance as a path toward creativity, expression, and authentic connection. She has greatly enjoyed dancing, performing, and co-teaching with Kay for many years. More info here.

Photos by Kay McCabe & Kate Gamble