

## TJDF 2024 WORKSHOP ARTIST

**MC Debilina & Ellen Smith Ahern – July 18, 11:00-12:30pm at Norwich Library**

### *Intergenerational Movement & Storytelling*

MC and Ellen will guide participants through simple improvisational games and call-and-response structures to explore creative movement and voices. Come ready to try new things, to play, to listen and to build connections through art. All activities are possible from seated or standing positions, and movers of all styles and abilities are welcome. Open to young movers 6-14 yrs old and adults 65 yrs+!

Ellen Smith Ahern and MC DeBelina are dance artists based in the Upper Valley. Independently, they each create work, teach and perform in a wide variety of settings, engaging audiences of all ages and backgrounds. Together they've collaborated on dance film production and performed in The Quarry Project, the epic, site-specific work of fellow VT artist, Hannah Dennison.



Participants in *Sounds That Moved Us* (2023), an Intergenerational Dance Film Workshop led by Ellen Smith Ahern & MC DeBelina

We won't be making a dance film this time around, but if folks want to get a sense of last year's workshop, check out *Sounds That Moved Us*: <https://vimeo.com/844571652>