

REFLECTIVE / VULNERABLE

For Immediate Release

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Form Contemporary Dance Theatre

Reflective/Vulnerable at the Burlington Performing Arts Centre Studio Theatre

Form Contemporary Dance Theatre (FCDT) is proud to present *Reflective/Vulnerable*. Through the use of physically raw movements *Reflective/Vulnerable* guides, pushed, and pulls audiences through emotional extremes. *Reflective/Vulnerable* is a mixed program featuring an interactive video installation from guest artists from **The Burlington Wholeshebang** and several other works of choreography each exploring different worlds of everyday experiences. Some of these worlds are filled with joyful and quirky movement; others examine the wandering rambling thoughts of our mind; and still others offer an intense exploration of control, power, and the individuals who challenge and overthrow. *Reflective/Vulnerable* offers audiences a variety of movement styles, themes, and emotions. With the support of **ArtHouse** and **Michelle Hopkins Dance Studio** we are thrilled to provide children from the Halton region professional dance experience as part of *Reflective/Vulnerable*. We are very excited for you to experience all that *Reflective/Vulnerable* has to offer.

FCDT intends to create art that is inviting for audiences, art that combines extremes in its emotional content and art that is informed by human experiences. We aim to create works of art that have a raw and vulnerable essence.

"Listening is one of the most potent catalysts for creation." Lisa Emmons, artistic director

"The line between accessible art that requires interpretation and pretentious art that is inaccessible is a line I think artists should explore, push, and break." James Farrington, dramaturge

"Nothing should be absolute or immobile; everything needs to be challenged to allow for growth and evolution."
Mateo Galindo Torres, artistic advisor

**Reflective/Vulnerable plays at the Burlington Performing Arts Centre Studio Theatre
440 Locust St., Burlington, ON**

OCT 9th 7:30pm (pre-show talk 7:00pm)
OCT 10th 2:00pm (pre-show talk 1:30pm)
OCT 10th 7:30pm (pre-show talk 7:00pm)

Choreography

Lisa Emmons
Mateo Galindo Torres

Collaborators/Performers

Mayumi Lashbrook
Philippe Poirier
Amanda Pye

Dramaturge/Text

James Farrington

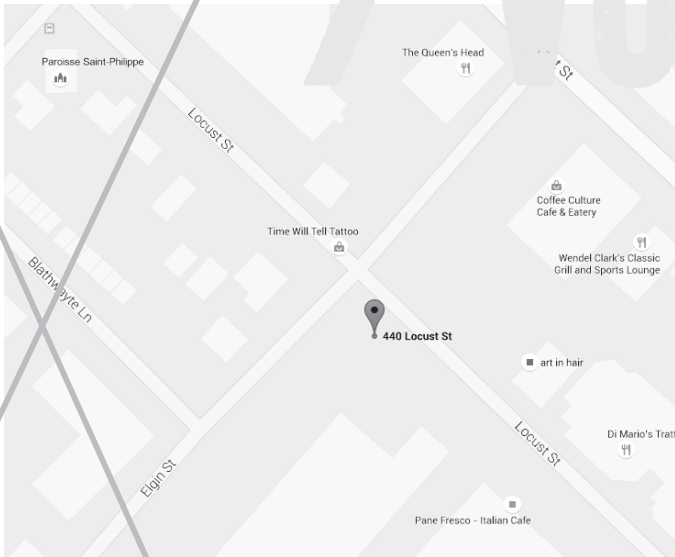
Costume/Set

Robyn Macdonald

Lighting and Stage Management

AJ Morra

with many thanks to Heidi Strauss for her mentorship and outside eye contribution



Tickets can be purchased from the Burlington Performing Arts Centre Box Office

Box Office: 905- 681-6000

www.burlingtonpac.ca/what-s-on.html

FCTD's History

Form CDT is a Hamilton/Burlington based company founded in February 2014. Within Burlington and Hamilton we have been part of **Flounder Festival**, **Burlington Culture Days**, **Hamilton Fringe Festival 14/15** and have collaborated with fantastic organizations such as the **The Hamilton Conservatory for the Arts**, **Burlington Student Theatre** and **Art House**. As well we have participated in **Series 808 (Take Two)** in Toronto, **FRESH BLOOD** in Toronto, **Dance Matters** in Toronto, and 2014's **Hemispheric Encuentro: Manifest** in Montreal. Most recently *Form CDT* has been commissioned by **UNU-INWEH** to choreograph and perform at their 20th Anniversary Celebrations in the Fall of 2016. *Form CDT* is very active in dance and movement education and to facilitate this passion we founded a sister company called **Transform CDT**.



Lisa Emmons - Artistic Director, Founder, Collaborator, Choreographer, Dance Performer

I see a rich and vibrant professional dance scene growing in Hamilton and Burlington and I have the desire to contribute and collaborate here. Movement is the most potent form of expression that I have experienced and it is in all of us. When I see movement and when I move I feel the guttural prehistoric instinct in us to thrive and I feel as though I can feel what each of us longs for and what each of us has the audacity to dream. Movement connects us. Recently, I was part of *The Burlington Wholeshebang* with **Dreamwalker Dance Company**, directed by Andrea Nan.



Mateo Galindo Torres Artistic Advisor, Collaborator, Choreographer and Dance Performer

I believe in art as a catalyst for change. I hope my work touches audiences in a deep personal manner that invites audience members to re-organize their core values. I am constantly questioning who I am and what I believe in order to grow as an artist and human being. My work is often politically charged and inspired by social subject matters. In 2015, I was part of *Unless*, a movie directed by Alan Gilsean, as well as part of *Apocalypsis*, composed by R. Murray Schafer, directed by Lemi Ponifasio and conducted by David Fallis.



Mayumi Lashbrook - Collaborator, Social Media Liaison, Dance Performer

I perform, create, and move as a mode of entertainment and catharsis for both the audience and myself. I love engaging with the connections between dance and narrative and sharing those dance/narrative connections with others. I love being temporarily transformed and transported through performance. For me, the body is extremely expressive with the ability to guide audiences to new spaces of understanding and new perspectives. Currently, I am a founding member of **Miscellum Dance Collective** and as both a dancer and assistant choreographer I supported the creation of *Memento Mori*, the collective's first full-length work.



Amanda Pye - Collaborator, Dance Performer

Amanda Pye is a graduate of the Ryerson University dance program. Currently pursuing a career as a professional dancer & actor, recent credits include: **Gadfly Dance Company, Canadian Contemporary Dance Theatre, Shotgun Juliet Theatre Company**. Film & television credits include: *Warehouse 13, The Strain, and Reign*. Amanda is Co-Artistic Director of **ReActive Dance Theatre**, and Co-Founder of **The Garage**.



Philippe Poirier - Collaborator, Dance Performer

Philippe moved to Montreal to begin his studies in dance at the Cégep Saint-Laurent in 2004, and graduated from the École de danse contemporaine de Montréal in 2010. Over the past five years, he has had the pleasure of collaborating with such esteemed artists as Emmanuel Jouthe (*Cinq Humeurs, Écoute pour voir, Suites Perméables, Chairs Miniatures*), Georges-Nicolas Tremblay (*Et si c'était tout simple..., Portraits*) and the **Ottawa Dance Directive** (Tedd Robinson, Noam Gagnon, Andrew Turner). Philippe has also worked with Tedd Robinson - *10 Gates Dancing*, as a dancer (*Grave, Fable, Trembleherd Bells*), assistant and rehearsal director. Philippe assisted Tedd Robinson with *The 60 dancer project*, a large-scale work involving the graduating classes of five dance institutions across the country - for the Canada Dance Festival in 2014. Philippe Poirier has additionally created and performed his own choreography in collaboration with Élise Bergeron (*Alliage Composite, Strictement {a}statique*) and also with Colleen Snell (*Two solitudes*). Philippe is an active founding member of **Atypique - Le Collectif**, where he choreographs, rehearsal directs, as well as supporting the company with technical direction and archiving.



James Farrington - Collaborator, Writer, Dramaturge, Outside Eye

As a playwright and poet I strive to interrogate the seemingly mundane aspects of life to reveal the intense complexities of the everyday. I hope to encourage audience members to examine and consciously engage with their own complexities. For me, finding complexity in the everyday is integral to avoiding stereotyping others and to try and avoid letting one's own individual biases cover over the identity of others and one's own self. Most recently my poem "Horizon" was published in *Grain: The Journal of Eclectic Writing* (fall 2014).



Robyn Macdonald - Collaborator, Costumes, Graphic and Set Design

I am passionate about creating garments that are minimal and architectural in nature. Whether working in dance, theatre, or film, I believe in the revealing nature of why we wear what we wear and I seek to give wordless, layered nuance to a character's personality. This past spring I was Costume Designer for **Peggy Baker Dance Projects** 2015 production of *locus plot* and am currently designing for **The Lower Ossington Theatre's** upcoming production of *Legally Blonde*.



A.J. Morra - Collaborator, Technical Director

My vision is what I see in the world. My job is to reflect the world back, to try and help others see my vision. Everyone needs to make a living somehow and this seems like as good a way as any. Everyday I work in dance helping to mount shows and make people's visions into reality. The day the performers hit the stage is a proud day for me. I am currently the technical director at the **Winchester Street Theatre** in Toronto.

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