

February 14 - February 21
2019

inspire **DANCE** Festival

**University of Rochester's
9th Annual Dance Festival:
A celebration of dance and community**



Festival Program

9th Annual inspireDANCE Festival

Note from the Director

Welcome!

The **inspireDANCE Festival** grew out of a simple idea to find a way to connect student dancers with each other, with the Program of Dance and Movement and with the larger dance community in the Rochester area. With well over 1000 students involved in dance and movement groups and classes on the University of Rochester campus, along with several other excellent local university dance programs and a cohesive community of professional dancers in the Rochester area, inspireDANCE is an opportunity to unify, develop and strengthen the dance community at large. We welcome students and faculty from School of the Arts and Aquinas Institute this year, as well as students from various other local high schools. We are thrilled that each and every one of you, students and community members alike, are joining us for this special festival!

We kick off this year's festival with High School Dance Day, followed by a free concert in Spurrier Dance Studio of diverse **UR Student Dance Groups** including Louvre, BPG/DPG, Rochester Royals, Sihir Belly Dance Ensemble, Phoenix Fire, Axum and Radiance Dance Theater on Friday, Feb 15. We are proud to welcome back **Heidi Latsky, Jerron Herman** and **Greg Youdan** for a fascinating discussion with video and live performance called ***Creative Body/Healing Mind*** on Sat. Feb. 16 – a free event at 7pm in the May Room! We are also proud to host our **9th Annual inspireJAM** on Sunday, February 17, an event that has grown to become an international jam of dancers including bboys and bgirls who gather to learn from our high-profile judges, and to battle in an extremely virtuosic display of all-styles, breaking, flipping, voguing, balancing and head-spinning. On Monday, Feb. 18, we are beyond thrilled to have the renowned **David Dorfman Dance** on campus to offer a master class and to perform a lecture demonstration performance with live dance and music in Spurrier Dance Studio. Both **David Dorfman Dance** and the ***Creative Body/Healing Brain*** events are not to be missed! We are also hosting our first **Contra Dance Night** with live music from New Brew.

Our extensive roster of classes over eight days taught by fascinating guest artists and the excellent Program of Dance and Movement faculty truly offers something for everyone. The festival is designed to encourage you to try out as many new dance and movement forms as you desire, and to experience dance as art, expression, performance, community building, and celebration of diverse cultures.

With leadership and support from the University of Rochester Program of Dance and Movement including Deborah Dowd, Anne Harris Wilcox, Rose Pasquarello Beauchamp, Mariah Steele, Debra Corea and Jon Krause, and students: Shareef Alwarasneh, Alydia Meinecke, Benjamin Hayman, Da'Yana Segears, Rebecca Sheets, Remiah Sundine, Jake Lowenherz, Brianna Terrell, Miiko Philips, Gabriella Murdoch, Kaitlyn Phillips and Alexa Courtepatte, we are proud to offer the 9th Annual inspireDANCE Festival. We extend our appreciation to our generous co-sponsors: the UR Program of Dance and Movement, the Institute for the Performing Arts, the Humanities Project, a program of the Humanities Center, The Office of Jeffrey Runner, Dean of the College of Arts, Sciences, and Engineering, Office for Faculty Development and Diversity, College Diversity Roundtable, Office of Admissions, Office of Student Activities, Ain Center for Entrepreneurship, Frederick Douglas Institute for African & African-American Studies and Arts@UR UCIS Cluster.

With gratitude and with best wishes for an inspiring experience,
Missy Pfohl Smith, Director, Program of Dance and Movement

Contra Dance Night – Participatory Social Dance
With the Country Dancers of Rochester and Live Music by New Brew
Tuesday, Feb. 19, 8pm to 10pm, Spurrier Dance Studio
FREE

About inspireDANCE

The inspireDANCE festival was conceived in January 2010 as a project for the e5 (Experiential 5) Program (formerly KEY: Kauffman Entrepreneurial Year), a UR program that provides students with an additional fifth undergraduate year to work on an entrepreneurial business venture. KEY student Arielle Friedlander realized there was a wealth of dance on the UR campus in pods that were somewhat isolated, and saw the potential for and value of a united dance community. She, along with Missy Pfohl Smith, then the new Director of the UR Program of Dance and Movement, wanted to give students opportunities to grow as dancers, to broaden their perspectives in dance, to communicate with one other, to share the rich and diverse dance activities that exist at UR and in the Rochester region, and to take classes and interact with faculty and professional dancers and choreographers, right on campus. The inspireJAM was conceived in 2013 by student Smon Cheewapansri, sharing hip hop culture and breaking with the UR community. Bboys and bgirls gather from Toronto, Ithaca, Binghamton, Buffalo, Rochester, Syracuse and more, to battle for a cash prize, and to defend the inspireJAM title. We are proud to continue this tradition for the 7th year in 2019 with an All Styles battle, as part of the Annual inspireDANCE Festival.

Festival Event Information

Class and Workshop Information

Shoes cannot be worn in the Spurrier Dance Studio. Socks and bare feet only.

Shoes are permitted in the Spurrier Gym, the O'Brien Studio, the May Room, and in the Leibner-Cooper Room.

Classes are first-come first-served. Festival participants are also welcome to observe class.

Tickets and ID are required for entrance to all classes/workshops, David Dorfman Dance, and inspireJAM.

This year we collaborate with Nazareth College, and inspireDANCE Festival participants can take advantage of a 20% discount on tickets for David Dorfman Dance on Feb. 21 at the Nazareth College Center for the Arts with the code URDORFMAN.

Student Dance Group

Kickoff Concert



Friday, February 15 at 8pm
in Spurrier Dance Studio, FREE!

Several of UR's diverse Student Dance Groups share performances:

Louvre
BPG/DPG
RICE Crew
Rochester Royals
Sahir Belly Dance Ensemble
Phoenix Fire
Axum
Radiance Dance Theater

Join us!

inspireDANCE Full Schedule 2019

THURSDAY, FEB. 14	Event	Instructor	Location
HIGH SCHOOL DAY			
9:40-10:55am	Beginning Contemporary Dance	Anne Wilcox*	Spurrier Studio
9:40-10:55am	Intro to Yoga	Michelle Gipner*	Spurrier Gym
9:30-10:50am	West African Dance	Kerfala Bangoura *	May Room, Wilson Commons
11:05-12:20pm	Capoeira	Todd Russell*	Spurrier Gym
11:05-12:20pm	West African Dance	Kerfala Bangoura*	May Room, Wilson Commons
12:30-1:45pm	Int. Ballet	Rose P. Beauchamp*	Spurrier Studio
12:45-1:45pm	Careers in Dance and Movement Panel in collaboration with the Gwen M. Greene Center	Mariah Steele, William Ferguson Nicole Zizzi, Lara Ionescu Silverman	Gowen Room, Wilson Commons
12:45-1:55pm	Capoeira	Todd Russell*	Spurrier Gym
12:45-1:55pm	Intermediate Jazz Dance	Cheryl Johnson*	May Room, Wilson Commons
FRIDAY, FEB. 15			
2:00-3:15pm	Conditioning/Injury Prevention	Richard Huang	Spurrier Studio
3:30-5:00pm	Harnessing Momentum (Contemporary/Modern Dance).	Julia Burrer	Spurrier Studio
5:15-7:00pm	Improvisational Dance and Music Jam		Spurrier Studio
7:00pm	inspireDANCE Festival Registration		Spurrier Studio
8:00pm	inspireDANCE Kickoff with Student Performances		Spurrier Studio
SATURDAY, FEB. 16			
12:30-2:00pm	Pilates Mat for Dancers	Michelle Pritchard	Spurrier Studio
7:00pm	Creative Body/Healing Mind: Featured Guest Artist Talk with Live Performance and Video	Heidi Latsky/Jerron Herman/Greg Youdan	May Room
SUNDAY, FEB. 17			
1:30-2:30pm	inspireJAM Workshop	Hip-Hop Latin Fusion	May Room
3:00-5:00pm	inspireJAM	Jermaine "Maine Barber/Stacy "Resolve" VanBlarcom With MC DJ ha-MEEN (Ben Ortiz), DJ Sike & J. Bermudez	May Room
MONDAY, FEB. 18			
8:40-10:10am	Mindfulness Workshop	D. Corea*	Spurrier Studio
12:30-1:45pm	Jazz Dance: Context and Practice	C. Johnson*	Spurrier Studio
2:00- 3:15pm	Fundamentals of Movement	M. Gipner*	Spurrier Studio
3:25-4:40pm	Moving With Momentum	David Dorfman	Spurrier Studio
4:50-6:05pm	West African Dance & Dundun	K. Bangoura*	Spurrier Gym
4:50-6:20pm	Capoeira: Brazilian Art Movement	T. Russell*	May Room
8:00	Featured Guest Lec/Dem Performance: David Dorfman Dance		Spurrier Studio
TUESDAY, FEB. 19			
9:40-10:55am	Beginning Contemporary Technique	A. Harris Wilcox*	Spurrier Dance Studio
9:40-10:55am	Intro to Yoga	M. Gipner*	Spurrier Gym
11:05-12:20pm	Odissi, Sacred Dance of India	Uranya Bastt	Spurrier Dance Studio
12:30-1:45pm	Beginning Dance Technique	M. Gipner*	Spurrier Dance Studio
2:00-3:15pm	Qi Gong Way to Health	R. Loughridge*	Spurrier Dance Studio
3:25-4:40pm	Experiencing Tai Chi	R. Loughridge*	Spurrier Dance Studio
4:50-6:05pm	Dance & Peacebuilding	M. Steele*	Spurrier Dance Studio
6:30-7:45pm	Egyptian Orientale	K. Scott*	Spurrier Dance Studio
8:00pm	Contra Dance/Social Dance Event		Spurrier Dance Studio
WEDNESDAY, FEB. 20			
10:25-11:40am	Moving Memories	A. Harris Wilcox*	Todd Union Rm. 106
2:00-3:15pm	Introductory Contact Improv	R. Wood*	O'Brien Dance Studio
8:00-9:30pm	Ballroom Dance Workshop	Kelly Douglass	Spurrier Dance Studio

THURSDAY, FEB. 21

12:30-1:45pm	Intermediate Ballet: Context & Practice	Rose Pasquarello Beauchamp*	O'Brien Dance Studio
11:05-12:20	Intermediate Contemporary Dance	Missy Pfohl Smith	Spurrier Studio
12:30-1:45pm	Anatomy & Kinesiology	Anne Harris Wilcox*	Todd Union Rm. 106
4:50-6:05pm	Flamenco	Paola Escobar	Spurrier Studio
8:00pm	David Dorfman Dance Performance	Aroundtown	Nazareth College

David Dorfman Dance



David Dorfman Dance

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Monday, February 18
Master Class 3:25pm-4:40pm
Lecture/Demonstration Performance
8:00-9:00pm, Spurrier Dance Studio, UR

Aroundtown at Nazareth College Arts Center
Thursday, Feb. 21, 7:30-9pm

This year's festival will for the first time collaborate with Nazareth College Arts Center, bringing in David Dorfman Dance to perform for UR students and the larger community. The Program of Dance and Movement is also planning an additional, more in-depth experience, where David and the company will create a choreographic work on a combined group of students at UR and Nazareth College. The dance will be performed later in the spring on both campuses.

Celebrating 30 years this year, David Dorfman Dance (DDD) has performed extensively throughout North and South America, Great Britain, Europe, and Central Asia. DDD has regularly performed in New York City at major venues including The Joyce Theater, The Kitchen, Danspace Project/St. Mark's Church, La Mama Theater, The Duke on 42nd Street, The Met Breuer, and the 92nd St. "Y"/Harkness Dance Festival. David Dorfman, the company's dancers, and DDD's artistic collaborators have also been honoured with eight New York Dance and Performance (Bessie) Awards. Dorfman's work has enjoyed broad and diverse audiences nationally and internationally by sustaining a vision to create an innovative, inclusive, movement-based performance that is radically humanistic. DDD is company-in-residence at Connecticut College, has its own summer intensive at the college, a winter intensive in Manhattan, New York, and appears annually at the Tisch School of the Arts Summer Dance Residency Program at NYU. DDD's newest evening-length work, *Aroundtown*, had its World Premiere at Bates Dance Festival in July 2017, and its NY Premiere at BAM's Next Wave Festival in November 2017. In May, 2018 DDD partnered with USAID El Salvador to bring dance to youth in El Salvador. Together they pledged to use their bodies for peace rather than gang warfare. All of these efforts help DDD promote its mission of Kinetic Diplomacy: the idea that if you're dancing, you're probably not hurting another human being.

Tickets:

David Dorfman Lecture/Demonstration only- \$10 or included with festival pass

David Dorfman Workshop- \$10 or included with festival pass

All Events at UR included with the Festival Pass

Special Ticket Info for Nazareth College Arts Center:

The UR Institute for the Performing Arts will sponsor a limited number of UR student tickets (including transportation) for those who sign up first-come first-serve via email with Missy Pfohl Smith at m.p.smith@rochester.edu.

Additional UR students may purchase a special ticket for \$10 through Missy at m.p.smith@rochester.edu

Community members/Non-UR Students with a festival pass are eligible for 20% off their ticket code URDORFMAN.

General ticket information for Nazareth College Arts Center can be found at

<https://www2.naz.edu/events/3038/>

Creative Body/Healing Brain

A FREE talk/panel discussion by

Heidi Latsky, Jerron Herman, and Greg Youdan

about the aging body and the physically challenged body in performance and life, and dance as rehabilitation strategy for the neurologically impaired. This event will also include media and performance.



**Saturday, February 16, 7:00pm
May Room, Wilson Commons**

The mission of Heidi Latsky Dance, founded and directed by Heidi Latsky, is to redefine beauty and virtuosity through performance and discourse, employing performers with unique attributes to bring rigorous, passionate and provocative contemporary dance to diverse audiences.

"Heidi is a highly respected advocate in the disability community; she has met and sat on panels with leading disabled policy advisors, allies, and partners. Her name is certainly known in the arts and entertainment community, but it is also known to the disabled community as an artist who is committed to them. Our constituents were given unprecedented opportunities to participate and actually see themselves in performance and celebrate their disability. As my colleagues and I spoke about progress, Heidi actively showed it." -Commissioner Victor Calise of the NYC Mayor's Office for People with Disabilities and the NY Academy of Medicine

Jerron Herman is a principal dancer with cerebral palsy and Development Director at HLD. He's featured on Great Big Story, being called "the inexhaustible Mr. Herman" by The NY Times.

Greg Youdan is a former company member and currently serves on the Board of Directors for Heidi Latsky Dance. Youdan is pursuing his PhD in Kinesiology/Movement Science at Columbia University and is researching motor learning/motor control and using dance as a rehab strategy in neurologically impaired populations.

inspireJAM

All-Styles Battle

Sunday, Feb. 17, 2019, May Room, Wilson Commons (Fourth Floor)

1:30-2:30pm Battle registration and a simultaneous workshop:
Hip Hop Latin Fusion with Jayme Bermudez

2 v. 2 All Styles Battle 3:00-5:00pm
\$300 Cash Prize

See Master Class Descriptions and Instructors for workshop details and bios.

Judges: Jermaine “Maine” Barber (Rochester), Jayme Bermudez (Rochester) and Stacy “Resolve” VanBlarcom (Buffalo)

DJ: Sike (Buffalo) and MC: DJ ha-MEEN aka Ben Ortiz (Ithaca), of the Cornell Hip Hop Collection

**\$10 to take a workshop and/or battle;
\$5 to spectate;
FREE with Festival Pass!**

Special thanks to Jon Kraus for his planning and support of the inspireJAM 2019!



Photo: Chi Huang

Master Class Descriptions and Instructors

THURSDAY, FEB. 14: HIGH SCHOOL DAY

We would like to welcome all of our high school guests, including those from School of the Arts and Aquinas Institute to University of Rochester Program of Dance and Movement.

Beginning Contemporary Dance

9:40 am-10:55am *Spurrier Dance Studio*

Focus is on contemporary dance, a form that is an evolving exploration of expression through movement. It will blend the challenges of full-bodied, momentum-driven dancing with a sense of one's own self-awareness and discovery. Through rigorous dancing, move beyond not only physical, but also artistic boundaries and dimensions.

Anne Harris Wilcox MFA, is a Senior Lecturer at the University of Rochester. She serves as the State Affiliate Director for the National Dance Education Association, and has been the former President of the New York State Dance Education Association (President, 2012-2015). She is a NYS permanently certified K-12 dance educator and the Artistic Director of the Present Tense Dance Company, which she founded in 1991. Anne's teaching interests include interdisciplinary studies, K-12 pedagogy, choreography, technique, world dance, and anatomy. In 2013, Anne created, Active Learning Games, LLC, designing and producing kinesthetic educational activities and products for grades K-12 and university. She has been a guest artist at schools and universities in the upstate region, including The Harley School, School of the Arts, University of Buffalo, and Hobart William Smith Colleges, among others. She is a member of National Dance Education Organization and has been both a presenter and a vendor at national conferences. She has received several grants from New York Foundation of the Arts and the New York State Decentralization program. Her choreography has been featured at Rochester's Fringe Festival and at Geva's Nextstage, and many other venues throughout New York State. She lives in Rochester with her husband and three children.

West African Dance

9:30am-10:50am *May Room*

Dynamic dance traditions of Guinea, West Africa. Accompanied by live music, students learn footwork and movements for several rhythms and acquire familiarity with the physical stance common to many styles of West African dance. Learn to execute movements together with the rhythmic foundation provided by our drummers and become familiar with the origins and cultural significance of each dance, and the songs that accompany them.

Kerfala "Fana" Bangoura: Born in Conakry, Guinea, master drummer and dancer Kerfala Bangoura began his professional career in 1990. He has performed with numerous private ballets in Guinea, including the Macaca Ballet, Kounkoré Bamba Ballet, and Ballet Fareta, where he received his attestation and diploma – a certification of artistic excellence – in both drumming and dance, enabling him to work with the national performing ensembles of Guinea. Named "Master Drummer" by the Guinean Ministry of Culture in 2008, he was a featured djembe soloist for two of Guinea's national groups, Percussions de Guinée and Les Ballets Africains, for over 8 years. Since his arrival in the United States in the spring of 2009, Kerfala has worked extensively as a performer and educator. He has taught at the University of Oregon and the University of Rochester, as well as numerous classes, workshops, and performances at elementary, middle, and high schools in Portland, Oregon. With his performing group, Mounafanyi, he opened Portland's African Film Festival in 2010, and has also won a grant from Portland's Regional Arts and Culture Council (RACC). Currently, Kerfala teaches at the University of Rochester, leading a percussion ensemble in the music department, as well as teaching dance classes in the Program of Dance and Movement.

Intro to Yoga

9:40-10:55 *Spurrier Gym*

Yoga is defined as "union", the uniting together of ourselves in all aspects- body, mind, heart, spirit. This class introduces the student to a hatha yoga method which integrates a dynamic and engaging approach to living through practicing "on and off the mat." The goal of this class is to learn how to create a deeper, more enlivened relationship to one's self through honoring one's abilities and limitations, while growing one's skills and sensitivity in the supportive environment of the class community. Students will engage with principles of attitude, alignment and action in a full range of hatha yoga poses, breathing techniques, readings on yoga philosophy, reflection, journaling and discussion. Through this ongoing process, students of yoga are encouraged to cultivate a more expansive and clear perception of self and others.

Michelle Gipner began yoga training at CorePower Yoga in Denver, CO, where she completed her first teacher training in 2004. Since that time she has continued her studies at many studios in Denver, CO, Rochester, NY and New York City including YogaWorks, Sky Ting, Katonah Studio in NYC, and with many of the expert teachers in the Rochester yoga community. She currently holds an E-RYT 200 certification through yoga alliance. Michelle teaches at the East Side Wellness Center and Wellness Center in the Village in Fairport and for the YMCA of Rochester. She also teaches on-site corporate wellness yoga in a variety of workplace settings with Inward Office, and works with various student groups and athletic teams at UR.

Capoeira: Brazilian Art Movement**11:05am-12:20pm** *Spurrier Gym*

An art form of self-defense with aerobic and dance elements that brings together a harmony of forces. Through history, movement and culture, students gain self-confidence, power, flexibility, endurance, and tools towards self-discovery. Open to all, Capoeira balances the body, mind, and soul and enables one to break through limits, revitalizing oneself for everyday life.

Todd Russell has studied capoeira for the past 15 years. Russell graduated from Capoeira Mandinga, under the supervision of Mestre Marcelo Pereira, in the first international capoeira event; taking place in August of 2006 in Ubatuba, Brazil. Russell has been promoting and presenting capoeira through performing, teaching and providing his knowledge and expertise within this Brazilian art. In October of 2004, he founded the Academia com Expressão, a professional company for capoeira that has performed and offered workshops throughout the United States and abroad, including classes within the Department of Movement and Dance at the University of Rochester; working with Sankofa in Brockport, NY; Pixar Animation Studios in Berkeley, CA; and various groups in Brazil, Japan and China. Russell currently holds classes throughout the year within the greater Rochester area.

West African Dance, Kerfala Bangoura (see bio above)**11:05am-12:20pm** *May Room*

Dynamic dance traditions of Guinea, West Africa. Accompanied by live music, students learn footwork and movements for several rhythms and acquire familiarity with the physical stance common to many styles of West African dance. Learn to execute movements together with the rhythmic foundation provided by our drummers and become familiar with the origins and cultural significance of each dance, and the songs that accompany them.

Intermediate Ballet: Context & Practice, Rose Pasquarello Beauchamp (bio above) **12:30pm-1:45pm.** *Spurrier Studio*

Dance appreciation and technical practice. Practice classical ballet technique and theory with a contemporary perspective and investigate context, history, applications and societal impact of Ballet. Phrasing, musicality and efficiency of movement will be emphasized.

Rose Pasquarello Beauchamp (BFA, Emerson College and MFA, CalArts) is a dance artist, somatic educator, filmmaker, and activist. She is a Certified Laban Movement Analyst (CLMA) which has rooted all of her teaching and artistic work in somatics and body awareness. As the Artistic Director of inFluxdance and Collaborator with SirensProof Films, her work has been featured in cities across the country and internationally. She has taught at various universities for the past 10 years including Alfred University, The College at Brockport, Dean College and the University of Virginia where, as the Head of Dance, she developed the dance program from the ground up. Much of her artistic research in the academic environment centers around collaboration across disciplines, finding ways to integrate dance with architecture, art, psychology, engineering, art, and music. She has spent a great deal of time presenting at international conferences and dance intensives with a focus on dance and social activism. Currently, Rose has been performing and presenting her research internationally. Her focus is exploring metaphor as it relates to socio-political art making.

Panel on Careers Related to Dance and Movement **12:45pm-1:45pm** *Gowen Room***Mariah Steele, William Ferguson, Nicole Zizzi and Lara Ionescu Silverman**

Mariah Steele is a full-time Lecturer in Dance at the University of Rochester, as well as the Artistic Director of Quicksilver Dance, a modern/contemporary dance company she founded in 2010. In addition to her career in dance as a choreographer, performer, teacher and researcher, she has also been an academic tutor, worked for development non-profits such as the Asian University for Women in Bangladesh and has even published a children's book. She holds a B.A. in Anthropology from Princeton University, a MA concentrating in International Negotiation and Conflict Resolution from Tufts' University's Fletcher School of Law & Diplomacy (where she combined her passions by researching using dance in peacebuilding) and an MFA in Dance from Hollins University.

Nicole Zizzi started dancing at the age of 2 and trained in ballet, jazz, tap, hip-hop, lyrical, and Polish Heritage dancing. At the age of 18, Nicole started school at the University of Rochester where she studied Physics and Dance. Nicole's first professional experience came when she worked as stage manager for BIODANCE. For the duration of her time at Rochester, Nicole also performed with student group Louvre Performance Ensemble. In Louvre, Nicole held executive board positions as Finance Coordinator, Production Manager and President. Nicole moved to Boston and performed for Onstage Dance Company, and Onstage Repertory, a collaborative choreographic project, and Unyted Tek'Nēkz, of Unyted Style Productions. In October 2015 Nicole and her dance partner, Lisa Costello, founded their own company; Evolve Dynamicz. Since it's founding, the company has performed at events across the Boston metropolitan area as well as in New York City. Nicole has taught classes and manages, dances, and choreographs for Evolve and has dreams of one day becoming an architect— merging her passions for the arts and sciences. Nicole is currently pursuing a Master's of Architecture at Northeastern University.

William Ferguson (Executive Artistic Liaison/Personal Assistant to Garth Fagan) joined Garth Fagan dance in 1989. He became an instructor at the Garth Fagan Dance school in 1990 and Artistic Director/Choreographer of the Garth Fagan Dance School Ensemble in 2000, a position he still maintains, conducting 7 hours of classes and rehearsals weekly in a year-long program, choreographing a new dance every year. The Garth Fagan Dance Student Ensemble performs annually during the Company's Rochester Season and in and around the Rochester and the outlying area during the year. A Principal company member since 1996, Bill was an integral member of Garth Fagan Dance. Bill retired from the stage in 2008 to bring his wide range of skills to bear for Garth Fagan Dance-

Bill manages in conjunction with Founder/Artistic Director/President, Business Manager and Board the administration, programming and strategic plan of Garth Fagan Dance. Bill plans, organizes and controls all aspects of Touring, has a role in fundraising, marketing, community engagement, and more. Outside of Garth Fagan Dance, Bill is the Vice-president of the Board of the Joseph Avenue Arts and Culture Alliance whose mission is to provide dynamic arts and cultural experiences for underserved families and youth in a safe, inspiring place for artistic expression—instilling pride and serving as a catalyst for community transformation.

Dr. Lara Ionescu Silverman is a biomedical engineer specializing in orthopedics and tissue engineering. She is the Director of Research and Development at DiscGenics, a clinical stage biotechnology company focused on developing regenerative cell-based therapies that alleviate pain and restore function in patients with degenerative diseases of the spine. Dr. Silverman received her Doctorate in Biomedical Engineering at the University of Pennsylvania. Concurrent with her studies, she worked at the UPenn Technology Transfer Office assisting with patenting novel inventions. She also studied dance throughout college at Princeton University, receiving a Minor and performing in a Dance Senior Thesis, while earning a degree in Chemical Engineering.

Capoeira: Brazilian Art Movement, Todd Russell (see bio above) 12:45pm-1:55pm *Spurrier Gym*

An art form of self-defense with aerobic and dance elements that brings together a harmony of forces. Through history, movement and culture, students gain self-confidence, power, flexibility, endurance, and tools towards self-discovery. Open to all, Capoeira balances the body, mind, and soul and enables one to break through limits, revitalizing oneself for everyday life.

Intermediate Jazz Dance 12:45pm-1:55pm *May Room*

Vernacular jazz movement as it relates to jazz music and its historical context. Stylistically eclectic courses will blend the challenges of full-bodied, culturally influenced dancing with a sense of one's own self. Development of basic skills, energy, strength, control, continuity, and rhythmic and bodily awareness.

Cheryl Johnson has performed off-Broadway, at international dance festivals, in music videos, TV specials, nightclubs, and touring dance companies. In Seattle, she was the dance consultant to the Jimi Hendrix Museum: Experience Music Project and an ambassador of rhythm tap dance hosting festivals, master classes, educational programs, and creating choreography for musical theater and the concert stage. In NYC, she was a member of Gail Conrad's Tap Dance Theatre, Jerry Ames Tap Dance Company and performed as a pioneer dancer for the original creation of MTV. In Rochester she has enjoyed gigs with the likes of the Vision of Sound Concert Series, Bill Evans Dance Company, NYS Dance Force Duets Concerts, and the NYC New Mix Festival. Ms. Johnson is a dance educator at University of Rochester, College at Brockport, Nazareth College, and Hochstein School of Music & Dance. She has been awarded choreography grants for her Experience Music approach to Percussive Expressionism. Ms. Johnson earned a BA in Dance Theatre from SUNY at Buffalo and has had the great privilege of honing her craft with tap masters such as Charles 'Cholly' Atkins, Brenda Bufalino, Gregory Hines, Arthur Duncan, Dianne Walker, Steve Condos and the Nicholas Brothers.

FRIDAY, FEB 15th

Conditioning and Injury Prevention 2:00pm-3:15pm *Spurrier Dance Studio*

The workshop will be dedicated to improving strength, mobility, stability, and power to help prevent recurrence of the many injuries sustained through dance. A great deal of these exercises stress stable movement and fluidity taken from both breaking and martial arts.

Richard Huang PT, DPT, CSCS. Originally from NYC, Richard graduated from NYU's DPT program in 2017 and has been the PT for UHS and Eastman ever since Nov 2017. He has been a street dancer in both house and breaking for the last 8 years. He was a former professional Muay Thai fighter for 15 years. He served in the U.S. Marine Corps and U.S. Army in the infantry for 8 years. He has been a certified strength and conditioning specialist for the last few years but has been training people for over a decade. He has over 20 years of movement training from martial arts to dance.

Harnessing Momentum (Contemporary/Modern Dance Technique) 3:30pm-5:00pm *Spurrier Dance Studio*

We will start by arriving into the room, into our bodies, into our breath through guided yoga and Pilates sequences. Utilizing structured dance phrases, we will explore ways to harness momentum to propel us through space. Class will culminate with a hefty-sized phrase.

Julia Burrer is a dance artist and educator on faculty at The College at Brockport (SUNY). From 2007-2015, she performed and taught nationally and internationally as a dancer with Doug Varone and Dancers. Julia has additionally staged Varone's works on companies and universities throughout the U.S. She has since served on faculty at Marymount Manhattan College, Barnard College, and University of Washington, where she received her MFA. Julia has been a guest artist at Bates Dance Festival and Gibney Dance Center and has led workshops and master classes in the U.S. and abroad.

Improvisational Dance and Music Jam 5:15pm-7:00pm *Spurrier Dance Studio*

This participatory event allows dancers and musicians to collaborate for everyone's expression and enjoyment, with the musician's helping to draw movement from the dancers and the dancers providing images and energy for the musicians. An experienced

musical improviser will ground the musical improvisation to facilitate give and take with the dancers. Several experienced movement improvisers will create some simple structures to facilitate the movement and interaction between the dancers and with the musicians. ALL are welcome! This is a great place to experience Improvisation for the first time!

inspireDANCE Festival Registration/Information

7:00-9:00pm

Spurrier Dance Studio

Student Dance Kickoff Concert

8:00pm

Spurrier Dance Studio

See details on page 4

SATURDAY, FEB. 16

Pilates Mat for Beginners

12:30pm-2:00pm *Spurrier Dance Studio*

This class will take dancers through a vigorous Pilates-based mat workout designed to strengthen the skills dancers need. We will address skills such as balance, core stability, extensions, turnout, and breathing in this class. Participants do not need to have Pilates experience but should bring a mat and be prepared to sweat!

Michelle Pritchard danced professionally in New York City and Los Angeles for ten years before returning to her hometown, Rochester NY, in 2007. She has worked in the fitness industry for over fifteen years as a personal trainer, yoga instructor, golf conditioning instructor, adjunct professor of dance, and Pilates instructor. Michelle holds an MFA in Dance from California State University, Long Beach, a Pilates certification from BASI Pilates, and has taught Pilates and dance at SUNY Brockport, Loyola Marymount University, Orange Coast College, St. John Fisher College, the Nazareth Academy, the Harro East Athletic Club, the Country Club of Rochester, and the Rochester City Ballet among others. Michelle is currently an adjunct professor in the dance department at Nazareth College and the owner of Evolution Pilates studio in Pittsford, New York. She offers Pilates certification courses for dancers at her studio.

Creative Body/Healing Mind Artist Talk/Performance (*see details on page 8*) **7:00pm** **May Room**
Featuring Heidi Latsky, Jerron Herman and Greg Youdan; The event will include discussion, video and live performance.

SUNDAY, FEB. 17

inspireJAM Workshop, Latin Hip Hop Fusion taught by Jayme Bermudez (bio below) **1:30pm-2:30pm** *May Room, Wilson Commons*

InspireJAM All-Styles Battle

3:00pm-5:00pm *May Room*

See page 7 for more details

Jermaine “Maine” Barber has been dancing since he was 4, and taught himself everything. He is a Krumper/freestyler, and he has traveled all over to battle, perform and audition. Maine has performed at events like the Rocawards, Roc the Peace, Afrikan Fest, the Jazz Fest, the Mayor’s Birthday bash, and many other events. He also workshops teaching all ages krump in Rochester. He can be found on Instagram ([_Maine_04](#)) and Facebook (Jermaine Barber). Maine dances to inspire and to encourage the youth to be active and understand they can do anything they put their minds to.

Stacy “Resolve” VanBlarcom is a dancer, arts educator, and accredited public relations professional based in Buffalo, NY. Stacy started Bgirling in 2008, and has more than 25 years of dance training in various styles including breaking, house, locking, hip hop, contemporary, ballet, jazz, modern, and tap. She teaches at Verve Dance Studio in Buffalo, and at schools and arts programs throughout the Buffalo/Niagara and Southern Ontario regions. Stacy is a member of Differential Flava Crew, and an event organizer for Battle @ Buffalo, one of the longest running monthly battles in the country; and Battle @ Buffalo Under the Lights, Verve’s annual Hip Hop festival. Some of her most memorable dance experiences include being the first Bgirl to win Battle @ Buffalo, dancing onstage with Sharon Jones & the Dap Kings, and teaching young women through Urban Arts Toronto.

Jayme Bermudez started his Professional Dance Career as a competitive Latin Ballroom dancer. He was also the principal dancer for the Movida Dance Company in Rochester for 17 years, before venturing out on his own. Jayme Bermudez started using dance as a way of telling his story to at risk youth in the inner city. He took his trainings in Positive Youth Development and fused them with his passion for dance. Jayme Bermudez later created TRU ART a safe haven for at risk youth in the community and a family of dancers that create, support and experience dance life together. Jayme Bermudez uses TRU ART to bring dance opportunities to young dancers in the community. The dancers that have been a part of the TRU ART experience have found themselves on the World of Dance stage, creating music and dance videos, local and travel competitions, along with doing musical theater and becoming a paid dancer. Jayme Bermudez continues to create and inspire, now fusing Latin Ballroom styles with Hip Hop styles to bring a fresh new style with a younger urban Latinx generation in mind, that have a love and a passion for dance but find their music, rhythm, or styles underrepresented in the urban dance world. It is the TRU ART slogan that guides him as a dancer, and that is you should always “Express The Real You.”

MC: DJ ha-MEEN (aka Ben Ortiz) lives in Ithaca, NY where he rocks dance floors of all stripes with his unique blend of classic Hip Hop, Soul, R&B, Salsa, Boogaloo, Dancehall, Bboy/Bgirl Breaks, and other miscellaneous funkiness. When not DJing, he works as the Assistant Curator of the Cornell Hip Hop Collection (preservinghiphop.org).

DJ: Sike, a DJ from Buffalo, NY, is well-known for his ability to not only play music seamlessly from vinyl records, but also mixing multiple genres in a single set. No stranger to inspireJAM, he played at the 2nd Annual show five years ago. He also plays a large portion of events at the SUNY schools as well.

MONDAY, FEB. 18

Mindfulness Workshop

8:40am-10:10am *Spurrier Dance Studio*

This experiential course invites pausing and reflecting on the habits of mind, cultivating awareness of the present moment, which is the only moment available to learn and live. Students will be guided in meditation and insight techniques, relaxation, and other mindfulness practices. Incorporating mindfulness into daily life, class discussion, reading, and writing assignments will support understanding and personal growth. Maximum 40 students (including the 18 students). Due to the quiet nature of this class, no latecomers will be admitted.

Debra Corea, RYT, is dedicated to bringing curiosity and awareness to the nature of the mind and the experience of residing in a human body. Introduced to yoga and meditation in 1973, Debra has been fortunate to practice alongside many wonderful teachers. She has completed diverse yoga teacher trainings including Open Sky Yoga's Essential and Pranayama Teacher Trainings, Kripalu's Yoga Teacher Training, Advanced Relax and Renew, Spirit Rock's 500-hour Mindfulness Yoga and Meditation Training, Insight Yoga, and Integrative Restorative (iRest) Yoga Nidra, and Yoga for Scoliosis. Debra is also an authorized Continuum Movement teacher. In 2008, she accompanied Thich Nhat Hahn, her most influential mindfulness teacher, on a pilgrimage in the footsteps of the Buddha in northern India.

Jazz Dance: Context & Practice, Cheryl Johnson (bio above) **12:30pm-1:45pm** *Spurrier Dance Studio*

This course is open to beginning & intermediate level jazz dancers and will include an in-depth exploration of vernacular jazz movement and its relationship to jazz music. Through inter-active discussion, movement, and research we will investigate the context, history, applications, and societal impact of jazz dance in America and throughout the world. Technique classes will blend full-bodied momentum-driven dancing with subtlety, rhythmic challenges, and self-expression. Emphasis will be on a working knowledge of the elements of jazz, embodiment of rhythm, accent, dynamics, and disciplining the body to move with clarity and sound anatomical principles. A range of styles of jazz music will be used for performing class sequences and improvisations.

Fundamentals of Movement, Michelle Gipner (see bio above). **2:00pm-3:15pm,** *Spurrier Dance Studio*

Movement through the use of technique and improvisation. Emphasizes spontaneity, joy in moving, self-awareness and is based on experiential anatomy and developmental movement patterns. Provides strong foundation for further study in dance, theater, or sports. No previous dance training required.

Featured Guest Artist

David Dorfman Workshop: Moving With Momentum **3:25pm-4:40pm** *Spurrier Dance Studio*

(Intermediate to Advanced Modern/Post-Modern Technique)

Material will range in styles from release-based post-modern work connecting with the floor, to an eclectic standing modern class. Concepts such as a weighted and grounded approach to movement, harnessing the body's momentum and force ("throwing your weight around"), varying approaches to physical contact, emphasis on intent and focus, and compositional choices through improvisation may be included. We will have fun!

See page 7 for more details

Capoeira: Brazilian Art Movement, Todd Russell (bio above) **4:50pm-6:20pm.** *May Room*

An art form of self-defense with aerobic and dance elements that brings together a harmony of forces. Through history, movement and culture, students gain self-confidence, power, flexibility, endurance, and tools towards self-discovery. Open to all, Capoeira balances the body, mind, and soul and enables one to break through limits, revitalizing oneself for everyday life.

West African Dance & DunDun, Kerfala Bangoura (bio above) **4:50pm-6:05pm** *Spurrier Gym*

Taught by a long-time member of Les Ballets Africains, the national ballet of Guinea, instructor Fana Bangoura will introduce students in this course to dynamic dance traditions of West Africa and will join with them the power of percussion. Students will also become familiar with the origins and cultural significance of each dance, and the songs that accompany them. By breaking down the drum parts alongside the traditional dance movements, students experience dancing and drumming in perfect unison. This opportunity is geared for both drummers and dancers and is highly recommended for all skill levels.

MONDAY, FEB. 18, continued**Lec/Dem Performance, David Dorfman Dance 8:00pm *Spurrier Dance Studio***

See page 7 for more details

TUESDAY, FEB. 19**Beginning Contemporary Technique, Anne Harris Wilcox (see bio above) 9:40am-10:55am. *Spurrier Dance Studio***

Focus is on contemporary dance, a form that is an evolving exploration of expression through movement. It will blend the challenges of full-bodied, momentum-driven dancing with a sense of one's own self-awareness and discovery. Through rigorous dancing, move beyond not only physical, but also artistic boundaries and dimensions.

Intro to Yoga, Michelle Gipner (bio above) 9:40am-10:55am *Spurrier Gym*

Yoga is defined as "union", the uniting together of ourselves in all aspects- body, mind, heart, spirit. This class introduces the student to a hatha yoga method which integrates a dynamic and engaging approach to living through practicing "on and off the mat." The goal of this class is to learn how to create a deeper, more enlivened relationship to one's self through honoring one's abilities and limitations, while growing one's skills and sensitivity in the supportive environment of the class community. Students will engage with principles of attitude, alignment and action in a full range of hatha yoga poses, breathing techniques, readings on yoga philosophy, reflection, journaling and discussion. Through this ongoing process, students of yoga are encouraged to cultivate a more expansive and clear perception of self and others.

Odissi, Sacred Dance of India 11:05-12:20 *Spurrier Dance Studio*

Come and discover Odissi, one of the 8 classical dances of India. This dance form, well over 2000 years old, allies grace, strength, fluidity and story telling. You will be introduced to the basics of technique and choreography. The masterclass will conclude with a short performance. Open to all!

Uranya Bastt fell in love with Odissi in her early twenties and never looked back. She founded the Abhyāsa Odissi Project in 2017 and is working to promote the Odissi art form.

Beginning Dance Technique, Michelle Gipner (bio above) 12:30pm-1:45pm *Spurrier Dance Studio*

Introduction to dance technique, specifically in Jazz, Ballet and Contemporary Modern Dance. Emphasis will be on the development of basic skills, energy, strength, control, breath, alignment, continuity and connectivity, and rhythmic and bodily awareness. No prior training is necessary or expected.

Qi Gong Way to Health 2:00pm-3:15pm *Spurrier Dance Studio*

Qi Gong is an ancient Chinese internal art and an early forerunner of Tai Ji Quan. It is an Eastern Movement Discipline (EMD) which embodies a holism of Eastern martial arts and Eastern meditation. This course is a study of the philosophical roots, mindful practices and physical movements of Qi Gong in order to better understand and attain the integration of body, mind, and spirit. Topics will include traditional Chinese cultural concepts such as Yin-Yang theory, Five Element theory and Qi theory and their potential inclusion in modern Western culture. Qi Gong provides the dancer and athlete with healthy lifestyle practices and fitness training for better breathing, body awareness, focus and concentration, mental presence, imagery, and cultivating and expressing energy flow.

Robert Loughridge has been an instructor at the University of Rochester in the Program of Dance and Movement since 2001 teaching courses in Tai Chi and Qigong. In addition to his study of Taijiquan and Qigong, his martial arts background of over 35 years includes advanced black belt levels in Isshin Ryu Karate and Tae Kwon Do. He earned a B.A. in English from Alfred University and a M.A. in English from SUNY Brockport. He is especially interested in introducing students to the idea of the "Scholar Warrior," as expressed in the saying "One's martial achievements lie in the cultural and one's cultural achievements lie in the martial" and embodied in the ideal of achieving mastery through an integration of many arts including brush painting and calligraphy, poetry, music, philosophy, martial arts, sport and dance.

Experiencing T'ai Chi, Robert Loughridge (bio above) 3:25pm-4:40pm *Spurrier Dance Studio*

Dancers, musicians, actors, painters, philosophers, poets, warriors, healers, and artists of every discipline historically have utilized the Chinese internal arts of Tai Chi and Qi Gong as tools for the mobilization of qi, or energy, in order to achieve health, healing, and mind-body-spirit integration. This course combines movement, meditative, and breathing exercises and traditional forms with readings, video viewings, creative exercises, exploratory projects, and discussions of literature and philosophy to explore how the practice and philosophy of these transformative arts can lead to mental and physical balance, body-mind integration, self-discovery, creative expression, and peak athletic and enhanced artistic performance.

Dance & Peacebuilding, Mariah Steele (bio above) 4:50pm-6:05pm *Spurrier Dance Studio*

This course offers an introduction to Peacebuilding and Conflict Studies, while asking how dance and movement practices – experienced both as participants and spectators – can actively participate in creating a better world for individuals and communities. With perspectives drawn from diverse fields including psychology, anthropology, sociology, physiology, education & dance, students learn how conflict depletes individuals' ability to interact with others and how dance practices can help replenish these capacities.

Middle Eastern Dance: Folkloric/Bedouin 6:30pm-7:45pm *Spurrier Dance Studio*

Traditional Folkloric roots of Middle Eastern Dance, focusing on specific Bedouin dance styles of North Africa (Raks Shaabi). Discourse and research will address issues of gender and body image. Improving strength, flexibility and self-awareness of the body, the class work will include meditative movement, dance technique, choreography and improvisation. No experience necessary.

Katrina Scott (A.K.A. Kalilah) began her Middle Eastern Dance Career many years ago. In 2001 she created Sword and Scarab holding positions such as Artistic Director, and Choreographer, Stage Manager, and Publicist. She started her Middle Eastern Dance career with Egyptian Oriental (Raks Sharqi) and Turkish cabaret styles of dance. She prefers the more North African Folkloric aspects of the dance (Raks Shaabi). Consisting of dance styles such as; Cane (Raks Assaya), Tunisian, Moroccan, and Algerian. Kalilah currently teaches at the University of Rochester, guest teaches at surrounding Universities, has taught in several Community Centers, and many Dance Studios as well as within her home studio. Kalilah has received many awards for her teaching, and is highly respected for her knowledge and efforts in supporting the education, cultural and historical aspects of Middle Eastern Dance. Sword and Scarab has sponsored many events such as The Rochester Raks Series.

Contra Dance/Social Dance Event 8:00pm-10:00pm *Spurrier Dance Studio*

Margaret Mathews, Caller: With more than 35 years experience as dancer, musician and caller, Margaret's easy-going, engaging style gets everyone out on the dance floor. Her ability to smoothly adjust the dances to the experience level of the dance community make it a fun and accessible evening for all. In addition to contra dances, she calls for traditional Old Time square dances, Civil War reenactments, hoedowns, weddings and other joy filled occasions. Her dance calling has taken her up and down the East coast, from the Carolinas to Vermont, as well as the Northwest and Canada. When not calling, Margaret plays bass in Wild Root String Band, a Southern Old Time band.

New Brew is Eileen Kalfass on fiddle, Jane Knoeck on keyboard and accordion and Tom Santasiero on mandolin and foot percussion. Warming, peppy, deeply satisfying is the rich sound of New Brew. This trio infuses their special energy in dance music old and new: Breton, English, and Scottish country, Parisian café tunes, Renaissance bourrées, hot swing, and music rooted in Scandinavia, Canada, New England, and southern Appalachia.

WEDNESDAY, FEB. 20**Moving Memories, Anne Harris Wilcox (bio above) 10:25am-11:40am *Todd Union, Room 106***

Moving Memories enables UR students and senior citizens the opportunity to participate in a mutually enriching and artful mission. Together seniors and students work to create a performative piece based on a significant memory from the senior's past. Both parties share in all aspects of decision-making: topic, aesthetics, stage craft, choreography, narrative, abstractions, music, and more. Students work with social workers and geriatric specialists prior to the partnership to enhance their understanding of senior living.

Introductory Contact Improv. 2:00pm-3:15pm *O'Brien Dance Studio*

Using playful approaches, students will experiment by working together using sight, rhythm, and co-balancing. Students will experiment with shapes and movement created by leaning away, leaning in, falling, and traveling together. The experiences in this class can help students feel greater improvisational freedom and creativity and as a source for developing choreographic ideas, particularly using partnering.

Roy Wood took his first dance at Ohio University as part of his interest in experimenting with activities he knew nothing about. Due to the combination of physical exhilaration, social connections, and joy of learning, he proceeded to take more dance classes – modern, ballet, jazz, swing, finally joining the professional modern dance training program at Ohio University, all while pursuing his BS in chemical engineering. Roy has studied modern dance with Gladys Bailin of Nikolai Dance Theater, Afro Caribbean and modern with Garth Fagan Dance, jazz with Bob Koval, and mime with Greg Goldstein. He has performed and choreographed with a number of companies, including Park Avenue Dance, Present Tense, Hallmarkworks, Elizabeth Clark Dance Ensemble, Rochester Dance Collective, Unitarian Dance, and Rochester Mime Theater. He later co-founded the Rochester contact jam. He has studied with Andrew Harwood, Nancy Stark Smith, Martin Keough, Alicia Grayson, Karl Frost, and others and continues to learn by attending workshops and dancing with experienced and inexperienced dancers alike. He has taught contact improvisation at contact jams, workshops, schools and universities in Rochester, Boston, Hawaii, Austin, Chapel Hill, Buffalo, and Plainfield, MA

Ballroom Dance Workshop 8:00pm-9:30pm *Spurrier Dance Studio*

Join UR's own Professor Kelly Douglass and her fiancé Steve O'Neill to learn a bit of International Waltz & Cha-Cha.

Kelly Douglass started dancing when she was 4 years old at her local YMCA, and her feet have not stopped since! Trained in classical ballet, jazz, modern, and lyrical, Kelly picked up swing and salsa dancing during her undergraduate education at Cornell University, and she added competitive latin and ballroom dancing to her repertoire while a graduate student at Drexel University. She met her dance partner (and now fiancé) Steve while dancing with the University of Pennsylvania's dance team and has been dancing with him for the last five years. When not dancing, you can find Kelly wandering the halls of B&L, where she is the professor for the introductory astronomy courses here at UR.

Steve O'Neill is an engineer at Lockheed Martin during the day, but to take a break from the world of 1's and 0's he finds a bit of empty space and practices his ballroom dancing! Steve started dancing ballroom as an undergraduate at Penn State, then continued dancing at the University of Pennsylvania where he met Kelly, and they have been competing together ever since.

THURSDAY, FEB. 21

Intermediate/Advanced Contemporary

11:05am-12:20pm *Spurrier Dance Studio*

Continuing technical development and comprehension and integration of theory into practice is the focus in this course. Students will practice contemporary dance experientially through examining dance concepts influenced by Laban/Bartenieff theories and by exploring complex choreographic combinations. Classes will explore continuity and connectivity, patterns of total body organization, efficiency of movement, momentum, musculo-skeletal anatomy, strength, alignment, weight sensing, rhythm and somatic practices to develop and improve technical skills. We will also investigate subtlety and individual expression in performance. Experience in dance required.

Missy Pfohl Smith Missy Pfohl Smith directs the Institute for the Performing Arts and the Program of Dance & Movement at University of Rochester directs the contemporary repertory company, BIODANCE, based in Rochester, NY. Rochester City News has called described her work as "Gorgeous...astounding...exceptional" and "Every bit of the performance was an absolute masterpiece." She regularly collaborates with various multi-disciplinary artists and her socially conscious choreography, performance and teaching has spanned across the US and internationally, most recently in Greece, Finland, & Scotland. She is certified in Bill Evans Laban/Bartenieff-based pedagogy and teaches choreography, dance on camera, contemporary dance & social justice & more.

Anatomy & Kinesiology, Anne Harris Wilcox (bio above)

12:30pm-1:45pm *Todd Union, Room 106*

This course will focus on the structure and function of the skeletal and muscular systems primarily in order to explore efficiency of movement, alignment, and body connectivity. Additionally, the class will explore topics that promote well-being such as: nutrition, hydration, rest, joint health, injury prevention, basic injury treatments, and fitness and strength practices that support the demands of dance. The class will include reading, discussion, research, creative approaches, writing, and kinesthetic practice.

Borderline Flamenco, an Experience for All

4:50-6:05 *Spurrier Dance Studio*

This one day workshop is a flamenco experience developed by Paola Escobar to welcome newcomers as well as flamenco lovers to the Andalusian form within an innovative approach to flamenco learning. The class facilitates access to the complexities of the form while it focuses in the exploration of the essential flamenco structures, body organization, emotional tones and movement dynamics (rather than in the intricacies of the technique). In addition, this inclusive method encourages the participants to bring their own movement backgrounds into the room as an entry point from where to assimilate and interact within the flamenco codes. In alignment with the tradition, the class has strong rhythmic and movement components, and it uses improvisation as a fundamental tool for developing an understanding of the flamenco spirit.

Paola Escobar is a Colombian artist who creates transcultural work that combines her Latin-American background with her personal interest in the flamenco tradition, African and Latin American culture, and contemporary art. Escobar's work reflects on memory and cultural identity, and deals with current issues of immigration, hierarchies of power, and cultural perception. Her work organically crosses formal boundaries that traditionally separate disciplines and styles, presenting a holistic perspective of the body that is able to move, speak, and produce sound. Escobar often uses eclectic movements in her choreography, juxtaposing flamenco and postmodern dance vocabularies. Escobar's work happens in black boxes, site specific locations and galleries. Escobar has toured and performed in Festivals in France, Spain, Portugal, Canada, Brazil and Colombia as a company member of L'explose Danza Contemporanea and 34% Visibles Afro Contemporary Project. In 2005, Escobar received the Colombian National Award for her piece Flamenco 24 Horas. Since relocating to Florida in 2005 Escobar has worked as an independent artist for the local companies Bailes Ferrer, Siempre Flamenco, Ballet Flamenco La Rosa and the mixed-ability theater group Antiheroes. In 2015 Escobar's film *La Intrusa*, was selected for Miami Screen Dance 2015. Escobar's more recent choreographic works include *Nomadic Survival Disorder*, or *A Game of Boundaries*, *Zurciendo Souls* (2018) *Vio.graphy*, *The Cabuya Project*, *Red Dots-Black Holes*, *Port Capa*, *Point Fuga* (2017), *A House in the Air*, *Patillal*, *Portrait of Mother and Child*, *Shadow of my Shadow* (2016), *Abandoned Tracks*, *One*, and *La Princesa Aoi* (2015). Escobar obtained an MFA in Dance Choreography at CalArts in 2017, and her BFA in Dance (Summa cum Laude) at the University of Florida, 2012.

David Dorfman Dance Performance, Arountown 7:30pm Nazareth College Arts Center (see page 7 for more details)

Acknowledgements

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All of us gratefully acknowledge the many supporters of inspireDANCE and the Program of Dance and Movement, including James Barbero for his wonderful poster designs, Gary D. Paige for his generous interest and support, and Jeannette Colby for helping us let the community know all about these exciting events! We also extend our appreciation to Dean Gloria Culver, Dean of the School of Arts, Sciences and Engineering, for her support of our Program's activities and mission.

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Keep moving and dancing!

Missy Pfohl Smith
Director, Program of Dance and Movement

The Program of Dance and Movement offers a BA in Dance with two concentrations, Creative Expression & Performance and interdisciplinary Dance Studies. It also offers a minor in dance, a minor in movement studies, 4 clusters and various electives. For more information, visit www.sas.rochester.edu/dan