

Relaxed Sessions: Improvising with Ascension Dance

On **Saturday 7 March** there is an improvising workshop with **Ascension Dance at the Southbank Centre**.

This document tells you what you can expect from the workshop. On the event page you can find another document about what to expect from the space.

The artists

During the session you'll meet performers Ashley, Keira, Frankie and Ben, from Ascension Dance.

Relaxed Sessions facilitator Kirsty Reynolds will also be there to welcome you and support your session.

What will happen in the workshop



First, Kirsty will say hello and will share some helpful information about what is available in the space (including ear defenders and sensory kits) and what facilities there are available in the building (including toilets and rest spaces).

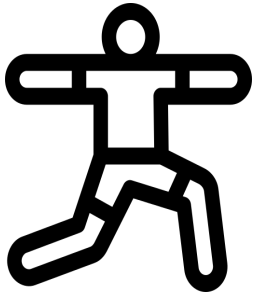


Then, Kirsty will introduce Ascension Dance. They'll tell you some information about the workshop and some more details about what to expect. They'll let you know that you are free to watch, move and participate in whichever way feels most comfortable for your body at any given time.

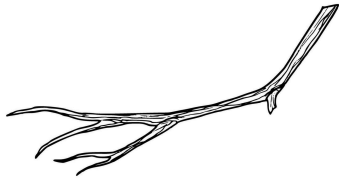


Ascension Dance will say hello and introduce their practice of improvisation. They will do a short performance to introduce you to the session.

Improvising within dance focuses on instinctual movements and imaginative responses, rather than following steps or rigid techniques. Often improvising in dance responds to music, props or themes, which we will explore today.



Ascension Dance will lead a warm up, to get us comfortable moving our bodies to music. There will be some gentle movements and stretches.



Ascension Dance will bring out some props. There will be a few different activities using everyday props such as sticks and shapes made from willow. We will begin moving our bodies and our imaginations in response.



We will transform these objects using our bodies and imaginations into something completely different - a stick becomes a bike handle, a rocket, a fishing rod, a rod or even a pair of wings.



There will be guided group games and creative exploration, participants will balance, roll, jump, freeze, fly and invent together, moving instinctively to the music.



We'll finish the session saying thank you to everyone. If you like you can keep practicing and improvising again at home!

What will happen after the workshop



The session will come to an end. There will be no rush to leave. The space will stay quiet and the lights will stay the same for 15 minutes. You can stay in the space for as long as you like.



After 15 minutes, the curtains will be opened and members of the public may also enter the space. It might get noisier now.



At 1.30pm there will be a craft activity in Blue Side Foyer, Level 2, Royal Festival Hall. You are welcome to join in.

About the craft workshop



The craft workshop will happen next to The Clore Ballroom, Level 2, Royal Festival Hall (where the morning workshop was).



It will be run by Kirsty, who facilitated the Relaxed Session.