

**MÓTUS
2019**

**Milton Keynes Festival
of Dynamic Dance**
April – July 2019

JOURNEYS

A man in a black tank top and headband is the central figure. His body is artistically merged with a woman's face and floral decorations. The woman's face is positioned vertically along his neck and chest, with her eyes looking upwards. Her hair is styled in a bun with flowers. The man's arms are outstretched, and his legs are visible at the bottom, also adorned with floral elements. The background is a solid light pink color.

Discover | Experience | Explore

Post 16 Performing Arts at Stantonbury International School



Our Performing Arts faculty offers a diverse range of courses, with superb facilities on hand to enable students to flourish, including a professional theatre, purpose-built dance and drama studios, music and media suites and a state-of-the-art recording studio.

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All Post 16 students who choose to study a Music, Dance, Theatre Studies or a Performing Arts BTEC course in Year 12 will be given a £30 voucher to spend on performances at Stantonbury Theatre as well as benefitting from many free tickets to productions all year round.

Like the sound of studying at Stantonbury? Contact Gemma Carter at gemma.carter@stantonbury.org.uk



Courses on offer:

A Level Dance | Theatre Studies | A Level Music | BTEC Level 3 Diploma in Music | BTEC Level 3 Extended Diploma in Performing Arts | BTEC Level 3 Diploma in Creative Media



STANTONBURY
International School

MÓTUS 2019

JOURNEYS is a diverse, twelve week festival across Milton Keynes which explores the theme of JOURNEYS.

Reaching out to artists, individuals, young people, communities, campaigns and political narratives, JOURNEYS has been designed to engage the people of Milton Keynes and beyond with dance. The wonderfully varied twelve week programme offers something for everyone and is MÓTUS' most extensive festival programme to date.

This year the festival will feature cutting edge professional work from companies and artists established and embarking. Included in the bill is Namron, founding member of London Contemporary Dance Theatre and currently in his fifth decade of his dance career. Aakash Odedra presents his critically acclaimed work #JeSuis [Winner 2017 – Freedom of Expression Award – Amnesty International]. #JeSuis is dedicated to people across the globe suffering oppression and torment and whose stories have slipped beneath the headlines and public radar. We are also delighted to be featuring work from Phoenix Dance Theatre, CandoCo., Avant Cymru and the return of D.A.N.C.E. fusing dance with stand up comedy.

Youth Dance takes a front seat this

year with returning platform JUMP START and brand new schools dance event Fluid In Flight. JUMP START 19 will be the fourth of its kind and will feature performances by hundreds of young people as it does each year. Fluid In Flight brings new works made by 10 choreographers with groups from 20 schools (that's around 600 young people!) to the illustrious Milton Keynes Theatre stage.

Partnership and collaboration form a huge part of the MÓTUS journey and this year we are excited to be working with more local partners, organisations and schools than ever before. We are thrilled to be presenting work at Milton Keynes Theatre and you'll see us at the newly extended MK Gallery actively involved with their MK Young Dancer of the Year competition. MÓTUS will create a bespoke work for Milton Keynes Museum's HERstory; an exhibition celebrating the centenary of the first British women getting the vote through 100 curated objects representing the lives, experiences and history of local girls and women. All this AND we're back in the centre:mk presenting three whole days of FREE dance performance.

Assemble and prepare for departure ►

Credit and thanks

Helen Parlor

Artistic Director

Chris Bradley-Goodship

Director

Mat Ort

Technical Manager

Nigel Brittain

Filmmaker

Jane Russell

Photographer

Jon Clark at High Resolution

Design

This project has been supported by funding from the MK Community Foundation



Supported using public funding by
ARTS COUNCIL ENGLAND



Gallery

Westbury Arts Centre



Milton Keynes Festival Fringe

WALTON Community Council
Getting to improve our community

What's on, where and when

Saturday 27 April 10:00 – 13:00

Friday 3 May 18:30

Saturday 4 May From 11:00

Sunday 5 May From 11:00

Tuesday 7 May 18:00

Saturday 11 May From 11:20

19:00

Sunday 12 May 10:00 – 16:00

Monday 13 May 19:30

Tuesday 14 May 18:00

Wednesday 15 May 20:00

Thursday 16 May 19:30

Friday 17 May 19:30

Saturday 18 May 19:30

Sunday 19 May 10:00 – 13:00

14:00 – 17:00

Monday 20 May 14:00

Wednesday 22 May 19:30

Tuesday 28 May 10:00 – 13:00

Wednesday 29 May 10:00 – 13:00

Thursday 30 May 10:00 – 13:00

Friday 31 May 10:00 – 11:30

Saturday 1 June 10:00 – 12:00

Sunday 2 June 11:00 / 14:30

Saturday 29 June 15:15

Monday 8 July 19:00

MK Gallery Young Dancer of the Year Finals	MK Gallery	£3/£10 Family Ticket
HERstory, MÓTUS	Milton Keynes Museum	FREE
JOURNEYS	the centre:mk	FREE
JOURNEYS	the centre:mk	FREE
OU Takeover with Hannah Delaney	The Hub Theatre, OU	£6/£4
JOURNEYS	Queen's Court ONLY	
JUMP START 19	The Venue MK	£11/£9
Well-Being Event	Westbury Arts Centre	Early Bird £35/£50
#JeSuis Aakash Odedra Company	The Venue MK	£12/£10
OU Takeover with D.A.N.C.E.	The Hub Theatre, OU	£6/£4
D.A.N.C.E with Dan Nicholas	The Craufurd Arms	£10.00
ADJUSTMENTS: 0519	MK Gallery	£6.00
The Rite of Spring and Left Unseen	The Venue MK	£12/£10
An Evening with Namron	The Venue MK	£12/£10
Contact Jam with Adrian Look	The Venue MK	£15.00
Workshop with Namron	The Venue MK	£15.00
Debate Event with Charlotte Vincent	The Venue MK	Pay What You Feel
Intoto, Intoto Dance	The Venue MK	£12/£10
Youth Dance Workshops with Hannah Delaney	The Venue MK	£40 [3 days]
Youth Dance Workshops	The Venue MK	£40 [3 days]
Youth Dance Workshops and sharing	The Venue MK	£40 [3 days]
Family Dance Workshops with Hannah Delaney	The Venue MK	£5/£3/£12
Family Dance Workshops	The Venue MK	£6/£4/£15
Yellow Is The Colour Of Sunshine	The Venue MK	£7/£5/£20
Parade Of Colours: Art In The Park	Willen Lakeside Park	FREE
Fluid In Flight	MK Theatre	£10.00





MK Young Dancer 2019

The Live Final

10:00 – 13:00 Saturday 27 April

The Sky Room @ MK Gallery

£3 / Family Ticket £10

Book at www.mkgallery.org

MK Gallery presents shortlisted dancers for MK Young Dancer 2019 – the search for Milton Keynes' most exciting young dancers, choreographers and all round movers and shakers. Watch dancers perform in a range of styles and genres and find out who will be announced MK Young Dancer of the Year 2019.

This event is presented in partnership with MÓTUS, Milton Keynes Theatre and Matthew Bourne's New Adventures dance company. MK Young Dancer 2019 is supported by Milton Keynes Community Foundation.



MÓTUS

HERstory

Friday 3 May

Milton Keynes Museum

FREE

Book at www.motusdance.co.uk

HerStory is a unique exhibition sited at the Milton Keynes Museum which celebrates the centenary of British women receiving the vote.

Through a collection of more than 100 objects that provide insight into the lives and journeys of women throughout history. MÓTUS will create a bespoke physical response to the exhibition for a sited performance at the Museum and will bring a representation of the work to our live programme in the centre:mk on May 4th.

MÓTUS presents JOURNEYS

Our live FREE events will once again animate the centre:mk's fantastic spaces for a whole weekend. Join us on a JOURNEY with some of the UK's leading dance artists.

Saturday 4 May

Middleton Hall

11:00 Adrift, Kapow Dance Circus Theatre
14:00 Adrift, Kapow Dance Circus Theatre
14:30 HERstory
14:50 Intoto Dance
15:10 Dystopia, Autin Dance Theatre
15:30 Laced Within Our Borders, NGYT
15:50 Intoto Dance

Queens Court

11:00 Laced Within Our Borders, NGYT
11:20 HERstory
11:55 Dystopia, Autin Dance Theatre
12:25 Intoto Dance
12:45 HERstory
13:00 Laced Within Our Borders, NGYT
13:20 Dystopia, Autin Dance Theatre

Sunday 5 May

Middleton Hall

11:00 Adrift, Kapow Dance Circus Theatre
13:10 KAYA, Ceyda Tanc Dance
13:30 Adrift, Kapow Dance Circus Theatre
14:00 KAYA, Ceyda Tanc Dance
14:30 Dystopia, Autin Dance Theatre

5 May – Queens Court

12:00 Dystopia, Autin Dance Theatre
12:30 KAYA, Ceyda Tanc Dance
13:15 Dystopia, Autin Dance Theatre



Laced Within Our Borders, NGYT

NGYT

Laced Within Our Borders

An extract. With a mirror held up to the world we see our imperfections and we hear not only our stories but those too of people that sometimes simply disappear in their silence.

Five finely laced stories, interwoven amidst spoken word, dance theatre and verbatim... an extract from a play that bravely asks and answers questions about our own individual hopes and dreams; set against the backdrop of England's ever pouring rain. We invite you to hear us, hear them and join the conversation; in search of a place that we all long for...a place we can be ourselves...a place we can call home.

MÓTUS

HERstory

HerStory celebrates the centenary of British women receiving the vote. Through a collection of 100 objects that provide insight into the lives and journeys of women over the last 100 years. MÓTUS performs a physical response to the exhibition at the Milton Keynes Museum in the Centre:MK.



Adrift, Kapow Dance Circus Theatre

Kapow Dance Circus Theatre

Adrift

ADRIFT tells the story of two women lost at sea on a moving wooden raft. In this journey across oceans, we witness the danger, courage and struggles of the characters as they battle the odds and learn to live together in this small and unpredictable landscape.

Performed in the round, using dance, physical theatre and circus, Kapow have captured a risky, exciting and dynamic journey, mixed with a sensitivity and uncertainty which can be understood by many.

The set is a custom-built raft which tilts and spins 360°. The ocean is made from recycled plastics, reflecting an environmental concern.



Dystopia, Austin Dance Theatre



Autin Dance Theatre

DYSTOPIA

DYSTOPIA is a jaw-dropping and thought-provoking performance, looking at our human need for connection and belonging, in opposition with our modern anxieties based on fear and violence.

Striking physicality and an exciting soundscape take the audience on an intense journey through hell and back. The show is ultimately a message of hope and a call for our common humanity.

Featuring a fashion design twist, dance, spoken word and acrobatics, this dance-theatre-in-the-round performance can be enjoyed by all.

Ceyda Tanc Dance

KAYA

KAYA explores human experiences of displacement, drawing on the strength and resilience of those searching for belonging in a new community.

Ceyda Tanc is a Brighton-based choreographer creating dynamic dance influenced by her Turkish heritage and highlighting the intersection of modern Britain's diverse cultures. With a unique movement vocabulary fusing traditional Turkish folk dance with contemporary styles, Ceyda's work challenges gender stereotypes by utilising the virtuoso movements of male Turkish dancers for her all-female company, conveying striking shapes and an emotive and sensual energy.

GRAD BALLET POINTE WORK
ISTD MODERN TAP COMMERCE
MUSICAL THEATRE JAZZ TECHNIQUE
STRETCH CONDITIONING AND
ADULT TAP ADULT BALLET AND
YOGA LAMDA DRAMA CLASSICS
MINI STREET STREET DANCE
CONTEMPORARY NURSERY

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CFDA

Coles Forsyth Dance Academy

MÓTUS presents JOURNEYS

We head back into the centre:mk for another day of FREE live dance.

Saturday 11 May

Queen's Court, the centre:mk

11:20 Adrift, Kapow Dance Circus Theatre*

11:50 Hip Hop for Better Mental Health

Avant Cymru

12:10 Dystopia, Autin Dance Theatre*

12:30 Hot House Dance

12:40 You and I Know, CandoCo

13:00 Cybernetics, Avant Cymru

13:30 Adrift, Kapow Dance Circus Theatre

14:00 Dystopia, Autin Dance Theatre

14:30 You and I Know, CandoCo

14:55 Cybernetics, Avant Cymru

15:20 Dystopia, Autin Dance Theatre

15:45 You and I Know, CandoCo

*For details of the Kapow Dance Theatre event Adrift and Autin Dance Theatre Dystopia, see pages 10 and 11



You and I Know, Candoco Dance Company

Image: Camilla Greenwell

Candoco Dance Company

You and I Know

From the ballroom to the Brit Awards, Arlene Phillips has been a trailblazer in choreographing for popular dance genres for over 40 years. Candoco Dance Company is delighted to have commissioned Phillips to collaborate with dancers, Joel Brown and Laura Patay, in a romantic duet told through a series of vignettes set across time.

Danced with passion and sensitivity to a collection of pop songs, Joel and Laura offer audiences a potent and emotive exploration of how we fall in and out of love over and over again, often with the same person. We know you'll fall in love with this beautiful duet.

Avant Cymru

Hip Hop for Better Mental Health

How do you find your colour, for better mental health?

Avant Cymru are a forward thinking theatre company from the South Wales Valley. They have been building a hip hop theatre scene, exploring stories and sharing these through hip hop techniques; dance [breakin', lockin', poppin'], rap, beatboxing, spoken word, graffiti and beats. For MÔTUS 2019 Avant present work celebrating the use of Hip Hop for improved Mental Health, delving into dancers anxieties and episodes of depression, using Hip Hop culture to express these issues. Audiences will be invited to come & join in the conversation using dance, art and music.



The Rite of Spring, Phoenix Dance Theatre



MÓTUS

JUMP START 19

19:30 Saturday 11 May

The Venue MK

£11/£9

Book at www.thevenuemk.com

MÓTUS presents JUMP START 19 – a celebration of the extraordinary talent and energy the young dancers of Milton Keynes and beyond have to offer. In partnership with The Venue MK we bring you an evening of dynamic and original dance work.

Now in its fourth year JUMP START goes from strength to strength welcoming hundreds of young people to each event. If you're looking for an evening of inspiring youth dance performance, this is it.



Aakash Odedra Company

#JeSuis

19:30 Monday 13 May

The Venue MK

£12/£10

Book at www.thevenuemk.com

Aakash Odedra Company presents the Amnesty International Freedom of Expression award-winning production #JeSuis, an enthralling dance-theatre piece about individuals struggling to find their voice in the stand against oppression.

Seven dancers from Turkey deliver a soaring tribute to all the people, whether they are in prison, a refugee camp, or in a house behind closed curtains, whose stories have not yet been 'hashtagged' and where their freedom of movement, their speech,



religion or liberty remains at stake.

Set against a powerful soundtrack, #JeSuis was born from the belief that our ability to speak out and stand together will see us through to brighter times.

★★★★ *"Gritty, authentic and bold"*

The Reviews Hub

Dan Nicholas

D.A.N.C.E

20:00 Wednesday 15 May

The Craufurd Arms

£7 Advance/£10 on the door

Book at www.motusdance.co.uk

D.A.N.C.E is developing a new comedy experience, which sees comedians and dancers working together, creating something new.

We're not sure what yet, but we know it's not like anything you'll have



seen before. Comedians will do their sets and dancers will improvise around them, and they'll swap, with comedians trying their hand [or feet?] at busting a move, and dancers finding out what it takes to tell a joke.

An exciting way to see different art forms working together. Hosted by the loveably/ enigmatic/ lover of shirts with animals on it, Daniel Nicholas.

MÓTUS

ADJUSTMENTS: 0519

19:30 Thursday 16 May

The Sky Room @ MK Gallery

£6

Book at www.mkgallery.org

An evening of dance performance and discussion.

Featuring brand new, experimental



Image: Drew Forsyth

Left Unseen, Phoenix Dance Theatre

and in progress work created by the UK's next generation of choreographers. Following each of four excerpts of work you will be invited to feedback to artists through open discussion, helping to further mould, shape and develop their creations.

MÓTUS presents ADJUSTMENTS 05.19 – the latest in their series of work in progress platforms. Now in its sixth year, these events are a sounding board and a safe space for artists to receive both critique and support. Discussion is open to anyone and everyone and is facilitated to allow dialogue to flow freely. Ideal for dance students, early years professionals or any choreographer looking to develop their understanding of choreographic processes and inspirations through honest audience feedback.

ADJUSTMENTS is a sounding board and a safe space for artists and audiences to discuss and debate Dance. Ideal for anyone with a curious mind and an openness not sharing new ideas – no previous dance knowledge necessary.

Phoenix Dance Theatre

The Rite of Spring and Left Unseen

19:30 Friday 17 May

The Venue MK

£12/£10

Book at www.thevenuemk.com

Phoenix Dance Theatre present a culturally distinctive 21st century re-working of the iconic ballet, The Rite of Spring.

For his first work created in the UK, Haitian-born contemporary and



The Rite of Spring, Phoenix Dance Theatre



folklore choreographer Jeanguy SAINTUS re-envisioned The Rite of Spring introducing the sacred arts of Haiti in his bold approach to the near riot-causing original by Vaslav Nijinsky.

Performed alongside The Rite of Spring will be Left Unseen, which explores inclusion and isolation and our instinctive reliance on the five senses. Using precise choreography, moments of unison, interaction, sporadic bursts of movement and sudden stillness Lebrun poses the question, how sensitive and aware can we become when we lose one of our senses.

An Evening with Namron

From Asphalt to Maplewood

19:30 Saturday 18 May

The Venue MK

£12/£10

Book at www.thevenueuk.com

The inspiring autobiographical story of Namron, né Norman Murray. Through dance, photography, film and spoken work, Namron leads you through his journey: from being a child in Jamaica with no dance background to becoming a founding member of London Contemporary Dance Theatre and one of the most celebrated dancers in British Contemporary Dance.

Having worked with pioneering choreographers including Robert Cohan, Alvin Ailey, Siobhan Davies and Richard Alston and with a dance career spanning 55 years, Namron has plenty of stories to tell in the deeply personal and inspiring performance.



Charlotte Vincent

Holding Space

14:00 Monday 20 May, The Venue MK

£ pay what you feel

Book for free at www.motusdance.co.uk

Join Vincent Dance Theatre's Artistic Director Charlotte Vincent to gain insight into the company's innovative approach to socially engaged creative practice.

Vincent will discuss research process, tensions between creative risk, emotional well-being, the challenges of working with professional and non-professional collaborators, process and reach of VDT's performance and film installation work to engage new and diverse audiences. Vincent will also screen an excerpt from *Art of Attachment*, a VDT production [2018] collaborating with women substance misusers from Brighton Oasis Project.

London Studio Centre Presents

INTOTO DANCE

19:30 Wednesday 22 May

The Venue MK

£12/£10

Book at www.thevenuemk.com

An evening of three diverse, newly commissioned works – from the daring physicality of Nathan Johnston to the gutsy and visceral style of Victoria Fox Markiewicz (TRIBE//) to the alluring and emotionally charged work of Luke Brown (LSC alumnus, ex INTOTO member, Luke Brown Dance).

With its 27 year history as a repertoire company, INTOTO DANCE continues to support emerging choreographers, as well as commissioning work from established artists in the world of



contemporary dance and dance theatre. INTOTO DANCE presents a rich programme performed by the talented undergraduate dancers from London Studio Centre, one of the country's most prestigious performing arts colleges.

"It was incredible, dramatic, impressive, thought-provoking"

Audience member, 2018

"I've been struck by the dancers' versatility and creative openness."

– Ben Duke, award winning Lost Dog Artistic Director

Parade Of Colours

Art At The Lake

15:15 Saturday 29th June

Willen Lakeside Park

FREE

Art at the Lake is a large scale inclusive community arts festival run by Milton Keynes Islamic Arts, Culture and Heritage (MKIAC).

This year the theme is "Creativity and Connection" where we are exploring the effect of the digital world on our lives and future. This annual festival provides a rich mix of culturally diverse international and national artists, including dancers, musicians and a vibrant colourful parade. Alongside the performers are the Art Marquees where people can participate in arts workshops and digital arts. In the Community market people can purchase produce and experience world cuisine from the many stalls. For more information go to www.mkiac.org

Avant Cymru: Blue Scar

Cybernetics

With science progressing at lightning speed how do we, as humans, connect and communicate as technology starts to overtake us?

Avant Cymru's dancers present 'Cybernetics' a Hip Hop Theatre piece which communicates the science of automatic control systems in robots and machines alongside living things. This performance will be packed with lockin', poppin', breakin' and new flow mixed with surprising elements of theatre where the balance between humans, technology and control is pushed to its limit.

MÓTUS

Fluid In Flight

19:00 Monday 8 July

Milton Keynes Theatre

£10 Book at www.atgtickets.com/venues/milton-keynes-theatre/

MÓTUS brings together pieces by 10 acclaimed UK choreographers who have worked across 20 schools in Milton Keynes to create an original showcase of youth dance performance celebrating the creative voice of our young people.

Fluid in Flight is a guaranteed evening of jaw dropping energy showcasing everything dance from Jazz to Contemporary to Urban. A night for all the family.

tutti frutti

Yellow is the Colour of Sunshine

11:00 & 14:30 Sunday 2 June

The Venue MK

£6/£5/£15 Family ticket

[4 people, maximum 2 adults]

Yoshi and Hani are as different as chalk is to cheese:

one big, one small, one noisy, one quiet.

Side by side they play by the blue sea, run through the green fields and dance in the yellow sun-shine.

But one day the sky turns grey and everything starts to change...

Will the sun ever come out again?

Yellow is the Colour of Sunshine is a new play told in words, sign, colours, music and movement about feelings, emotions, empathy and how we communicate.

Award winning writer Brendan Murray collaborates with tutti frutti to bring you a show full of beautiful multi-coloured delights, for children to think about, be inspired by and enjoy.

Recommended for children aged 3–7 years and their grown ups.
"tutti frutti productions are offering up something quite unique in contemporary Children's Theatre at the moment"

Always Time for Theatre

Workshop and classes

OU Takeover

19:30 Tuesday 7 May

£6/£4 – pay on the door

The Hub Theatre, Open University

Earth-bound and Feel Food Friendly

Wellbeing Classes and Workshops

09:30 - 17:00 Sunday 12 May

Westbury Arts Centre

£50 for the day

Book at www.motusdance.co.uk

A day of activities to make you feel good! (Right on your doorstep.)

Earth-bound and Feel Food

Friendly have teamed up to bring you a programme of dance, yoga and nutrition to promote happiness and wellbeing. The programme will introduce ways to sustain a healthy and balanced lifestyle without setting unrealistic goals. Healthy habits will be introduced and activities guided by trained Professional Dancer, Yoga Teacher and Massage Therapist Sioda Adams and Registered Dietitian Philippa Smith. We believe that a healthy lifestyle is down to a good balance of nutritious tasty food, fitness through fun and sociable exercise, creativity and connecting with nature whilst taking time to be present in the moment.

OU Takeover

19:30 Tuesday 14 May

£6/£4 – pay on the door

The Hub Theatre, Open University

Adrian Look

Contact Jam

10:00 – 13:00 Sunday 19 May

The Venue MK

£15 [£25 when booked with
the Namron Workshop]

Book at www.motusdance.co.uk

**Adrian's workshop will focus on
creating material using contact
improvisation and partner work as a
tool for expression and story telling.**

By diving into a state, we will devise shorter duet and group segments, all of which are created through improvisation. Following the tradition of German Tanztheater, we will work with the approach of questioning and answering alongside general improvisation.

Namron Yarrum

Workshop with Namron

14:00 – 17:00 Sunday 19 May

The Venue MK

£15 [£25 when booked with Contact Jam]

Book @ www.motusdance.co.uk

Professionals, hobbyists, movers and

groovers OR even if you've never experienced contemporary dance before – here is your chance to try it with the legendary NAMRON.

A founding member of London Contemporary Dance Theatre, Namron's career spans over 55 years and he has worked and danced choreographies created by Siobhan Davies, Robert Cohan, Alvin Ailey, Robert North and Richard Alston – to name a few. Namron's teaching experience is extensive; with over half a century under his belt he will take you through his approach to contemporary dance with a lot of fun along the way. Be prepared to SWEAT, LAUGH and see HISTORY in motion.

Hannah Delaney

Youth Dance Workshops

10:00 – 13:00 Tuesday 28 May

Wednesday 29 and Thursday 30 May

Sharing work on Thursday 30 May

The Venue MK

£40 [3 days]

Book at www.motusdance.co.uk

Let your movement speak volumes in MÓTUS' youth dance residency this May half term.

Hannah will offer dynamic movement phrases, creative tasks and the freedom to have your say, looking at communication of our unique talents and personalities.

Inspired by Tutti Frutti Productions' Yellow Is The Colour Of Sunshine, this youth dance residency will explore all the things that make us different as people, whilst acknowledging that we stand side by side to build each other up and show each of us at our best – enjoy the chance to bring your unique character to a dance piece that will celebrate our individuality as part of a beautiful whole.

Hannah Delaney

Family Dance Workshops

10:00 – 11:30 Friday 31 May

10:00 – 12:00 Saturday 1 June

The Venue MK

Friday £5/£3/£12 Family ticket
[4 people, maximum 2 adults]

Saturday £6/£4/£15 Family ticket
[4 people, maximum 2 adults]

Book at www.motusdance.co.uk

Don't miss fun family dance workshops this May half term with MÓTUS, where little ones and their grown up(s) can join in together.

Inspired by Tutti Frutti Productions' Yellow Is The Colour Of Sunshine, we'll brighten your day with games and creative movement full of colour, that will ex-plore storytelling and encourage your wild imagination, to be brought to life through dance. Suitable for children aged 3+ plus parents/carers.



Helen Parlor

Artistic Director

Helen started her journey in dance back in 1993 training at Swindon Dance's rich and inspiring foundation course before heading up North to begin three years vocational training at Northern School of Contemporary Dance.

Spanning a career of over 20 years, Helen danced professionally for Dansconnect before joining Motionhouse in 2000. Over 6 years Helen performed Atomic and devised/performed Fearless, Volatile and Perfect alongside large scale sited projects.

In 2006 Helen moved to Norway performing with Panta Rei Danseteater as part of the Cultural

Rucksack programme throughout Norway and beyond which included creating work for Royal State Cultural visits to New Delhi and Mumbai and developing the MUDA project in Dar Es Salaam, Africa. In returning to the UK Helen became the rehearsal director for Motionhouse and their touring work Driven.

In 2008 Helen joined Mobius to tour Such is Life alongside developing choreographic projects to include Full Force Dance Company in partnership with The Point, Eastleigh, Forbidden at Goodrich Castle alongside Dancefest and A Fools Journey in partnership with FringeMK.

In 2012 Helen was the Assistant Choreographer for London 2012 Paralympic Opening Ceremony. In 2014 Helen directed and internationally toured her own full length touring work 'Close Distance', supported through Arts Council England. Helen regularly works alongside theatre as a movement director, creating 'Tightrope', 'Freefall' and 'Hidden' with Stuart Mullins and enjoys theatrical and artistic collaboration.

Helen is delighted with the variety and quality of work featured in the 2019 programme and how JOURNEYS will reach out, communicate and inspire audiences.



Chris Bradley-Goodship

Director

Chris' journey has been long and varied with Dance featuring throughout his life.

As a small child Chris's family were heavily involved in the UK folk scene and his experience in dance began in Tap. His contemporary training began in 1996 with Nottingham Educational Theatre Company and he completed his vocational training in 2001 gaining a First Class Honours from De Montfort University in contemporary Performing Arts. His first professional engagement saw him creating new work with ex-Michael Clark dancer Julie Hood for the NottDance 200 festival and since then he has toured extensively through the UK and Europe as a performer, teacher and maker of dance. In 2002

Chris toured with Eusebia and Co., doubling up to deliver outreach work for the company to schools. His work with the company led him to work with State Of Emergency on The Mission 2003 performing work by Michael Joseph and subsequently to performing with Springs Dance Company. After relocating to Milton Keynes and the surrounding area in 2008, his performance work continued over the next four years working extensively with Mercurial Dance, Mobius Dance Theatre and Keira Dance. Alongside this, Chris was a lead artist for 4 years on Warwick Arts Centre's Boys Dancing initiative delivering dance to thousands of young men around the West Midlands. Chris performed with Parlor Dance in Close Distance and in Keira Dance's Threads from 2012 to 2014, in Cscape's Taste in 2015, with Wriggle Dance Theatre from 2015 to 2017. Most recently he has been working with the Wayne Sables Project on Intense Attachment and as a dancer-musician in Painting Venice with Earth-Bound. Chris is an associate artist at MK Gallery, heavily involved in their youth dance provision and sits on the Board of the Arts Gateway Milton Keynes. Chris is immensely proud to have been part of the directorial team for MÔTUS since its inception in 2013 and is delighted to be presenting another festival to the people of Milton Keynes in 2019.



SUMMER SCHOOL 2019

DANCE / MUSICAL THEATRE / ACTING
1 WEEK WORKSHOPS FOR 6 - 16 YEARS



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