

Including: School Performing Arts Courses (16+), Youth Dance Groups, Further & Higher-Education Performing Arts Courses (dance-specialist and other, from Diploma to Post-Graduate), Professional Performers and Teachers (e.g. actors, singers, dancers, choreographers).

INFORMATION SHEET B: PERFORMING ARTS SPECIALISTS

Much of SpiralArts' teaching work and own creative research has focused on offering new perspectives and inspiration to artists. The company is skilled at integrating arts and has pioneered projects with singers, actors and musicians, including 'The Moving Musician' project at the Guildhall School of Music and site-specific work at the Eden Project.

SpiralDance serves as the common denominator for these creative and exploratory workshops. This dance style is exceptionally adaptable – accessible for non-dance specialists/beginners, yet equally challenging for advanced dancers, with more complex moves added to the initial form.

SpiralDance stimulates and expands movement vocabulary for dancers, choreographers and teachers. The SpiralDance forms can also be used as themes for improvisation or inspiration for choreographing other dances.

For singers and instrumentalists, SpiralDance develops the necessary qualities of the performer, with workshops looking at spatial awareness, focus and projection, musicality and interpretation. Similarly, for actors, the natural imagery and improvisation that is the core of SpiralDance offers an unusual and insightful means of exploring movement, emotion and expression.

In fact the ways in which SpiralDance can add a new dynamic to dance and other art forms are limitless. Some possible and previous workshops/projects are outlined below to provide a taster of how performing arts groups or performers may benefit from experiencing a SpiralArts session. However, given the extensive possibilities and the company's own enthusiasm for creative research, the group would be only too happy to use its combined arts experience to discuss and create new projects with you.



TYPES OF WORKSHOP SAMPLE WORKSHOP OUTLINES

SpiralArts can provide tailored SpiralDance or integrated arts workshops for performing arts students and professionals. For example:

**SpiralDance within Jazz Dance/ Contemporary/ Martial Art/
Partner Work (i.e. exploring the spiral movement within these styles)**

**New Insights into Choreography
(E.g. exploring sources of inspiration, telling stories
through dance, interpreting music, working with live music)**

**Inspiration for performing arts research projects
(E.g. How does dance and body awareness enhance the stage presence
and vocal ability of a singer? To what degree does dance/movement bring
vitality to a painting? How is the subconscious revealed through dance?)**

Bringing dance to music, voice, drama, painting, composition and poetry/text

(Creative) Professional Development for Actors/ Singers/ Instrumentalists