

master classes

SACRED SPACES WORKSHOPS

Facilitator: Monica Favand or Samantha Persoff

Live Music: Sacred Spaces Players (Guitar, Vocals, Percussion, Bass, etc.)

Length: 1 1/2 – 2 hours

Age Group: 16 – 80

Description: Guided Improvisational Movement Workshops with Live Music

See SACRED SPACES WORKSHOP page for details

CREATIVE MOVEMENT FOR CHILDREN

Instructor: Monica Favand / Tomas Tamayo / Shannon Harris / Denesa Chan

Length: 1 hour

Age Group: 5 – 12

Description: Movement Skills / Dance Games / Group Activities – exploring each child's own creativity.

MODERN DANCE TECHNIQUE (MONICA FAVAND)

Instructor: Monica Favand

Level: Intermediate or Intermediate/Advanced

Length: 1 1/2 – 2 hours

Age Group: Young Adult – Adult

Style: Contemporary Modern Dance inspired by Wigman Technique, Butoh, African Dance

MODERN DANCE TECHNIQUE (TOMAS TAMAYO)

Instructor: Tomas Tamayo

Level: Beginning - Intermediate

Length: 1 1/2 – 2 hours

Age Group: Young Adult – Adult

Style: Modern Dance

INDONESIAN DANCE (TOMAS TAMAYO)

Instructor: Tomas Tamayo

Level: Beginning - Intermediate

Length: 1 1/2 – 2 hours

Age Group: Young Adult – Adult

Style: A mixture of Javanese and Balinese Dance Technique

MARTIAL ARTS

Instructor: Craig Ng

Level: Beginning

Length: 1 1/2 Hours

Description: Kung Fu Technique

Also Available:
Pilates Technique & Chi Kung



t r i p
dance theatre

"...they made family
blood ties into sweet,
mystical communion."

-Los Angeles Times



OUTREACH

BENEFIT PERFORMANCES

As part of our commitment to women and the environment, TRIP Dance Theatre is available for performances at benefits for non-profit agencies. In this way, we support fund-raising efforts for women's shelters, women's rights, women's health, environmental and animal protection.

SACRED SPACES WORKSHOPS

TRIP is pleased to offer Sacred Spaces Workshops weekly in Santa Monica, California and beyond since 1999. These community-based improvisational dance workshops have reached over 1,000 individuals, ages 18-80. Please see the Sacred Spaces page for further details.

RESIDENCIES

TRIP Dance Theatre is available for residencies in which the company offers workshops and/or classes in exchange for payment or in-kind rehearsal space. Examples include:

- **Unknown Theater** (Hollywood) - 4 month residency – rehearsal space in exchange for sacred spaces workshops for resident theater company and performances (2005)
- **La Boca/The Sunshine Mission** (Downtown, Los Angeles) In exchange for space to rehearse and perform our evening length work, "Wanderlust," the company led free dance improvisation workshops for women living in this historic mission. (1988)
- **Hollywood Los Feliz Jewish Community Center** through Los Angeles Modern Dance & Ballet's *Artist in Residence Program*. In exchange for reduced rates on studio rental, the company taught classes at the center and performed a free concert for neighborhood families. (1997)

FREE PERFORMANCES

Furthering its outreach efforts, the company offers performances for free or by donation. Among many others, past performances include: Cheviot Hill Recreation Center (West LA), "May Mother Sea" (Topanga State Beach), "Symphonies for Youth" (Dorothy Chandler Pavilion), LA County Arts Commission's "Holiday Celebration" (Dorothy Chandler Pavilion), East Los Angeles' Elizabeth Learning Center, 1997 & 1998 & 2002 LA County Arts Open House (Highways Performance Space), Arts Manhattan's "Arts Open House Event" (Manhattan Village Mall), and "Women's Visions" (UCLA Armand Hammer Museum), among many others.

DONATED TICKETS / ARTS ACCESS PROGRAM

TRIP Dance Theatre offers complimentary or discounted tickets to non-profit, senior and women's organizations based in communities where we are performing. In addition, TRIP Offers discounted/free tickets and free workshops through its ARTS ACCESS PROGRAM (see attached info sheet). Groups/Agencies that have received donated tickets include:

- **El Camino Nuevo Charter Academy** (2006)
- **everybody dance!** (2006)
- **University of Southern CA – Dominquez Hills** (2004)
- **Culver City Senior Center** (2004)
- **AGAPE Spiritual Center** (2004)
- **Santa Monica Community College** (2003)
- **Los Angeles Downtown Women's Shelter** (2000)



trip dance theatre

"*Breath & Bone* is one of the best, highest quality dances I have seen. I love dancing, and I have seen different types of dances, but I have never seen dancing like this. I realized how important dance is in my life. The dancers made me want to turn a hobby into something greater."

- Armanda Aparicio
Student, CA State Dominguez Hills



arts access

TRIP Dance Theatre 's Arts Access program offers low-income students enrolled in Los Angeles area college and high school arts programs the opportunity to attend a high quality, professional performance by TRIP Dance Theatre at a professional theater – and to participate in an accompanying dance or music master class at no charge. We bring students into the theater – to see a professional performance with other paying audience members, and invite them to bring along a parent or guardian at no charge. We hope not only to introduce professional theater to the student, but also to their families.

Our goal is to introduce the world of contemporary modern dance and music to a demographic that wouldn't normally have the opportunity or choose to see live theatre. It is our hope that by participating in the **Arts Access** program, these young adults and their families will develop an interest in seeing more contemporary dance & music performances, discover new opportunities for expressing themselves or be inspired to pursue a career in the arts.

Need: Throughout Los Angeles, there are many students who are enrolled in college or high school dance classes, who are not, due to financial constraints and/or family incentive, exposed to live dance and music performances. They need assistance - to find out about the concert, to afford the concert, to deepen their experience through dialogue and participation. **TRIP Dance Theatre offers these students a window into the world of professional live theatre through it's Arts Access program.**

Goal: To expose low-income students who have an initial interest in dance and music to professional-level contemporary live performance; to provide an opportunity for the students to deepen their connection and de-mystify the process of creating the work through follow up workshops and discussion; to inspire some students to pursue careers in the arts; to open new possibilities of what kind of art is possible to make; to develop a future audience (the students & their families) for contemporary dance & music.

Sample Program: Tickets to TRIP Dance Theatre's *Breath and Bone* concert at **Unknown Theatre** in Hollywood in Spring, 2006 would be provided over a two week run. After seeing the performance, students will be invited to return to Unknown Theatre's facilities to participate in either an afternoon dance workshop run by artistic director Monica Favand or a music workshop run by music director Charlie Campagna, with support from TRIP's dancers and musicians. For example, students will learn some of the movement from certain pieces, will be invited and assisted to create their own choreography based on themes from the performance or will learn and experiment with some of the musical techniques used to create the music, including electronic looping and recording techniques. There will also be time for questions and discussion. These workshops could also be coordinated at the student's school.

Evaluation: In exchange for participation in the program, students will be requested to complete feedback forms regarding the impact of this experience, which will be evaluated to inform future **Arts Access** and performance programming.

FOR MORE INFORMATION: Please contact Monica Favand at (323) 468-9938 / trip@tripdance.org



t r i p dance theatre

"This performance was not only a form of entertainment but also an opportunity to learn more about yourself. Just as the dancers expressed themselves and the way they felt about the themes, being a part of an audience we also get the message and realize those issues in our own lives...it was a different but very effective experience that will stay with me forever."

- Bertha Ramos
Student, CA State Dominguez Hills



arts access: *student feedback*

"This performance was the first one I have ever attended. Ever since I was a little kid, I have always wanted to go to a live dance performance...but coming from a poor Latino family, this was always impossible. Now that I got the chance to go, I loved it even more. I had always enjoyed watching performances through television, but watching the real thing was even better. It made me realize how much I love dance.. It also taught me the value of my body...it now makes me wonder if in reality our bodies could talk, what would they say (I know mine would probably never shut up). I think now I try harder to truly listen to what my body tries to tell me."

- Rosa Maria Chairez, Student / CAL State Dominguez Hills

"***Breath and Bone*** is one of the best, high-quality dances I have seen. I love dancing and have seen different types of dances, but I have never seen dancing like this. It honestly gave me satisfaction, being a dancer myself...I realized how important dance really is in my life. The dancers made me want to turn a hobby into something greater.

- Amanda Aparicio, Student / CAL State Dominguez Hills

"You guys have inspired me in every way imaginable. This is the type of dancing and company that I would love to be a part of."

- 14-year old student / LA County High School for the Arts

"***Breath and Bone*** was one of the most free, high spirited programs that I have ever come across...I believe this is what the art of dance is all about."

- Breyanna Tolbert, Student / CAL State Dominguez Hills

"I think I feel like seeing dance more or maybe I want to be small again to dance."

- 33 year-old mother of an *everybody dance!* student.
Breath & Bone was her first professional dance concert.

"In ***Beneath the Water*** one feels like they are under the water with jellyfishes by the water droplet sounds being played. The music used for this piece sounded like an underwater cave. The dancers also used bells in their dancing...The dresses were made in such a way to make the dancers appear as if they were floating underwater...the music brought calmness to the soul.

- Lela Anderson, Student / CAL State Dominguez Hills

"All the elements of ***Breath and Bone*** combine to form a truly enjoyable experience for the audience. The dancers come through with clear passion for their performance..."

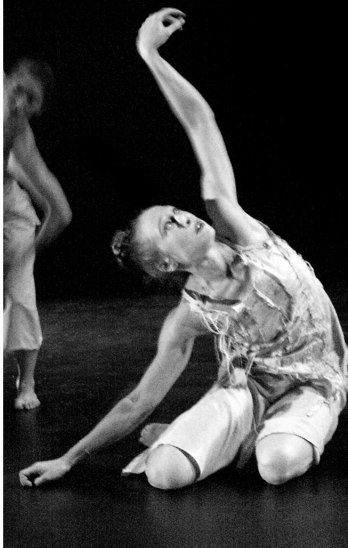
- Dora Medina, Student / CAL State Dominguez Hills



t r i p dance theatre

"The vocal improvisation blew my mind away. I was so impressed with the way that they sang, I actually dropped my jaw in amazement! This is one show that I am truly never going to forget."

- Armando De La Cruz
Student, CA State Dominguez Hills



arts access: *student feedback*

"***Breath and Bone*** was an amazing dance. Truthfully, I really didn't want to go, and was not looking forward to going to a dance. I thought it would be boring, not interesting, and a waste of my time, ***Breath and Bone*** was different from all other performances I have ever seen. The dance had amazing movements, outfits, mirroring and use of space, speeds and levels...If I were asked to go to a dance like '***Breath and Bone***' I would go in a second...it was a great experience for me, my mom and my sister. I will never forget my first dance that I went to '***Breath and Bone***'."

- Christie Cribbs-Sandoval, Student / CAL State Dominguez Hills

"I really enjoyed the entire performance. I really could relate to the ***Ups And Downs*** performance because that is how you feel for different days and different times. One minute you could be happy, and the next minute you could be sad. It expressed everyone's life."

- Ashley Sanders, Student / CAL State Dominguez Hills

"The dancers have a lot of feeling when they dance, and it gives you energy to be a professional dancer, and when you get to class you want to be the best."

- 9 year-old student / Camino Nuevo Charter Academy

"This piece (vocal improvisation) moved me in a way that the air moves a feather in space, ever so gently rocking it back and forth till it softly lands on the ground....The dancers technical ability was extraordinary! The flexibility of each was very entertaining to see as some twisted themselves in circular patterns with all their weight on their head and one shoulder at times. The speed of the solo act (Erica Rebollar) was quite amazing. To see a human being move as fast as she did in the poses and movements was spectacular. The combination of using her hand and feet to demonstrate the ticking of clock was a reminder of how great choreography can add to a performance."

- Chantell Cuaro, Student / CAL State Dominguez Hills

"...***Ups and Downs*** was definitely one of my favorite acts of the night. This performance reminded me of how I start my day. I get off to a slow start; not wanting to get out of bed. By the time I finally do get out of bed and start my day, it seems as though every obstacle in the world is in my way. Half way through my day I am wishing that I had done certain things one way and regretting the outcome of certain situations."

- Jennifer Dixon, Student / CAL State Dominguez Hills

"I've learned a lot of emotional movements through this show. It made me learn more about modern [dance], how they move and how they dance and feel the dance/music."

- 13 year-old student / Camino Nuevo Charter Academy



t r i p dance theatre

"The performance captured me as a viewer and I became lost in the dance ...I believe Modern dance is poetry in motion. *Breath & Bone* helped me realize what modern dance was. *Breath & Bone* created a desire to pay more attention to my environment and myself beyond what I am already doing and explore."

- Ebony Beasley
Student, CA State Dominguez Hills



arts access: student feedback

"Aside from loving the performance, what excited me was seeing how it affected my daughter as she watched. Seeing her get inspired was the highlight of my evening... the best evening me and my daughter have spent. What a way to start off the New Year! Unbelievable! Thanks!"

- 48 yr-old mother of a LA County High School for the Arts student

"Throughout the program, there were themes in each dance that touched each person in the audience. In *'Below Water'*, I personally felt like the girls represented the quiet and tranquil life of exotic fishes that quietly swim from one place to another underwater. They were away from danger; however, towards the end of the music, it seemed like the fish were beginning to lose their way and becoming confused. This is the way some people go through life until something occurs to jerk them awake and force them out of their safe zone. When the girls laid down on the floor at the end of the piece, I thought they had run out of water that was necessary for their survival. It was as if one had come to their lowest point of giving up when there was no other option to follow ..."

- Lela Anderson, Student / CAL State Dominguez Hills

"The music accompaniment was a crucial part of all the dance routines. The musical instruments included violins, guitars, as well as extraordinary vocalists. The first piece's music gave the tone of underwater life. Thus, the viewer is able to feel and believe he/she is underwater too."

- Melissa Gonzalez, Student / CAL State Dominguez Hills

"Their energy was great. I even felt the emotion as if I was in the water. The dance was very original. I have never seen anything like it. They made me forget about my stress and problems."

- Paula Tobar, Student / CAL State Dominguez Hills

"I found this performance of Trip Dance to be something I was not familiar with at all. My first reaction was honestly, "what the heck." Then I found myself being taken out by the whole outer aspect of the show and going into depth with more meaning, more emotion. I put myself in a more inner thought. I asked myself, what are they trying to say? Is this related to just my class or my life as well?... My favorite and most memorable performance was *"The Lights from the Heavens are called stars"*, performed by Erica Rebollar. Her performance reminded me of my own life...The music that was played in her performance matched perfectly with what my life is like. The sounds of the clock represented our lives and how we all choose to live it, sometimes we move along so fast we forget the little things in life...The dance teaches a good lesson..."

- Maria Tofoya, Student / CAL State Dominguez Hills