

**restless**  
DANCE THEATRE

# education outreach program



## Welcome to Restless Dance Theatre's Education Outreach program

Restless Dance Theatre is Australia's leading dance theatre company working with people with and without disability.

Our artistic voice is loud, strong and original. Restless invigorates, influences and diversifies dance by creating innovative and highly distinctive works of dance theatre. Restless is a place where diversity is celebrated, and all artists thrive creatively.

Restless has many ways your school can connect with our organisation, whether it's through the creativity of a dance workshop, the anticipation of watching a live performance, or the knowledge gained through sessions with our industry professionals.



## About the workshop programs

Our workshops introduce participants to the 'Restless Dance Theatre Method' which combines physical devising techniques and contemporary dance.

In each customised workshop, participants will be able to powerfully express themselves through movement, regardless of their experience level, allowing them to push beyond their perceived limitations. Participants will develop creative self-expression, build confidence, stimulate imagination, improve body awareness, and most importantly have fun, all in a safe and supportive environment.

Restless Dance Theatre is committed to making dance accessible to everyone. Our workshops are designed to meet access needs and individual differences and can cater to groups with and without disability.

Our staff are highly trained and can adjust workshops to cover all neuro-diverse, learning and physical differences.

**We can customise a program that suits you and your students, whether it be a one-off event or a series of differing workshops. These can be adapted to suit your school or environment, whether that be those with dance experience (including performing arts subjects and SACE Dance), or those with no dance experience at all.**

A standard workshop is approximately 60 minutes and can extend to 2 hours depending on needs and time availability.

Individual programs designed to challenge, engage and inspire your students regardless of their previous dance experience or learning environment.

Choose from the following five workshops and masterclass program to achieve your dance and learning goals with our tailored approach.

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PHOTOGRAPHY: Shane Reid



## Company repertoire

The Restless Dance Theatre repertoire workshop provides an insight into the creative development of one of our innovative works and a day in the life of our professional company dancers while they're rehearsing for a performance.

This workshop varies depending on what work the Company dancers are performing or developing at the time.

Participants will get the chance to learn repertoire from the work, develop their own material through creative tasks

used within the performance, and hear about the inspirations and creation of the work from the Restless team.

This workshop begins with a contemporary warm up and improvisation session, and finishes with a Q & A session.





PHOTOGRAPHY: Alexander Waite Mitchell

## Creative movement / devising

The creative movement / devising workshop is designed for anyone who wants to express themselves through movement and choreographic creation.

Restless' work is collectively devised with a directorial eye. The goal of the workshop is to introduce participants to specifically designed tasks that aim to give physical form to emotional truths. The Restless way approaches devising by dissecting a choreographic idea into a series of simple tasks. Each task is designed as a building block to create more complex choreography.

This workshop will encourage participants to create their own physical / dance material that can be incorporated into their own choreographic ideas, helping them to achieve their own creative potential.

The workshop will creatively enable participants with and without disability to be powerfully expressive through movement.



## Contemporary technique

Through our contemporary technique workshops, participants will learn from some of the most experienced contemporary dance artists in the industry.

### Introduction to contemporary technique

AVAILABLE TO ALL STUDENTS

This workshop covers the basics of contemporary technique. Participants will gain a deeper understanding of alignment, learn a combination of exercises and phrases, and be introduced to contemporary improvisation.

### Intermediate / advanced contemporary technique

AVAILABLE TO STUDENTS WITH PRIOR DANCE KNOWLEDGE

In this workshop participants will expand their contemporary dance training, focusing on floor work, technical exercise and the challenge of learning complex choreography. They will be encouraged to develop their versatility as a dancer and enhance their mind-body connection.





PHOTOGRAPHER: Alexander Waite Mitchell

## Creating accessibility in dance

This workshop is specifically designed for teachers' professional development.

The workshop will cover how to create comfortable and inclusive learning environments, how to effectively communicate with participants using inclusive language, and be provided with examples of tasks and ideas that will encourage movement and choreography.

Teachers will receive tools, building blocks, and creative ideas to enhance their teaching methods. We will introduce creative methodologies that underpin Restless Dance Theatre and provide insights into how the Company dancers collaboratively devise work in a creative environment.

Certificate of PD can be obtained



PHOTOGRAPHER: Alexander Waite Mitchell

## Online workshops

Restless Dance Theatre can offer all workshops virtually.

To participate in our online workshops, you will need:

- ✓ An adequate dance space, based on number of students participating
- ✓ A teacher or support staff with current first aid

- ✓ Support for those with access needs
- ✓ A projector or tv for virtual screening
- ✓ Adequate sound system
- ✓ Capacity of 25 students per session

Interested in any of our Education Outreach Program workshops?

✓ Scan here to register your interest





PHOTOGRAPHY: Shane Reid



PHOTOGRAPHY: Alexander Waite Mitchell

## Masterclass led by Artistic Director Michelle Ryan

During this special-event workshop, participants will gain insight into Michelle's career as a dancer and choreographer and learn about the challenges she has faced as an individual with an acquired disability.

A direct conversation with Michelle will provide participants with valuable information, as well as insight into the thoughts and inspirations that have influenced her as an artist and choreographer.

This workshop will introduce Michelle's dance and theatre devising techniques and encourage participants to

explore their own physical / dance material that can be incorporated into their own choreographic ideas. It's an insight into how Michelle works collaboratively in an inclusive and creative environment, celebrating diversity through the arts.

A Restless workshop will accompany Michelle. **The workshop will conclude with a Q+A session.**



Restless creates dance that is inclusive of everyone, utilising everyone's strengths. When dancing I felt included ... everyone supported each other.

Secondary student  
St Ignatius College

## Dance classes

If your students are interested in getting involved with more Restless Dance Theatre programs, we also offer a range of classes that cater for participants aged 8 to 65.

Classes aim to harness individuality and create a safe space for creative expression. Classes nurture the creative voice of participants and encourage them to express themselves authentically.

Participants will explore their creative abilities and learn basic dance techniques. These classes involve creative movement exploration in a safe and fun environment where the participant's ideas become dance.

**No experience is necessary**, just the desire to take part. Classes are open to people with and without disability and are led by highly experienced tutors in an accessible space. Participating in Restless public classes provides therapeutic benefits which encourage independence and inclusion. Participants gain confidence, life-long friendships and potential career pathways in the arts.

Find out more about our Public Classes Program







## Get in touch

Find out more about  
Restless Dance Theatre  
and our Education Outreach  
Program Workshops:

### Public Program Team

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# restless

DANCE THEATRE



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Restless Dance Theatre public programs are proudly supported by:

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