

# HALLOMAI DANCE

## INFORMATION BOOKLET



### **Who are Hallomai Dance?**

Hallomai Dance is a UK based contemporary dance company focused on creating outdoor interactive performances and facilitating workshops for young people, their families and the wider community.

### **Who makes up the Company?**

Hallomai Dance is made up of creative dance and movement artists, each with a unique performance presence. Artistic Director, Anna Nicholls, is a London based movement artist, producing, choreographing, and performing for Hallomai Dance. She holds a First-Class BA (Honours) degree in Contemporary Dance, from Trinity Laban Conservatoire of Music and Dance. Anna has great knowledge of community engaging work and is currently working for the Royal Academy of Dance, delivering creative/contemporary dance classes to young people with complex learning needs and physical disabilities.



# PERFORMANCES & WORKSHOPS



## Performances for Young Children

Hallomai Dance produce outdoor, interactive performances for young children and their families. Currently, the company are getting ready to present **Joy is Ours (2022)** at Fringe Festivals and Community Events in 2023.

We aim for our performances to be inclusive and accessible, supporting audience members with additional needs by providing support to individuals and family members.

## Workshops (Children & Adults)

Hallomai Dance provide workshops for children, young people and adults. Our workshops focus on playfulness, well-being and, building connections with others. We based this off contemporary techniques and somatic practices, which encourage self-exploration.

We offer workshops for young children and their significant adults, young people and, adults (including dancers and other creatives). Our aim is to create safe spaces for all to dance freely.





Hallomai workshop series gives participants the opportunity to explore the interactive outdoor work, **Joy is Ours**.

# JOY IS OURS

## WORKSHOP SERIES



This workshop gives our participants the opportunity to unleash their childlike impulses and desires; moving, playing, and laughing together to create mass euphoric energy and joy. For all ages, this workshop will delve into Hallomai's movement vocabulary and dedication to accessible, engaging dance work, which they are continuously researching and developing.

Through improvisational and structured tasks, we will explore the themes of connection, playfulness, and community; the key themes of **Joy is Ours**.

Participants will be led through the process by which the piece was originally created. This includes delving into our memories and realities of what it means to be joyous and authentically ourselves, opening the space for honest and meaningful interactions between participants.

Exploring touch and sensory stimulation through contact and props, a key element of Anna's practice with young people with complex needs, there will be a great focus on creativity and individuality. For older movers, will also play with choreographic scores and repertoire, whilst upholding one another as a collective. This will give participants a chance to share ideas in a collaborative, supportive environment.

Hallomai Dance believe this workshop series to be self-exploring and healing. We are looking at the beginning of movement development within ourselves as individuals, starting from the small expressions, building this up and leaving room for free movement and key emotions. We will hold space together and offer times of stillness and reflection during every session. Hallomai want to put excitement, joy, and community at the heart of our dance experiences.

