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Meet Leigh Square's Latest Artist-in-Residence:
Kyrst Hogan – Deconstructing Dance
July 4th to September 15th 2016

The City of Port Coquitlam is excited to welcome our summer Artist-in-Residence: Kyrst Hogan to the Leigh Square Community Arts Village! Kyrst Hogan is a multidisciplinary performing artist and instructor. She is an Artistic Associate with Vancouver's long-running dance series, "Dances For A Small Stage", has worked as a professional dance and theatre artist nationally and internationally, and been called "a dynamic cabaret chanteuse" by Canada's Globe and Mail!

During her time at Leigh Square, she will be working on a program titled "Deconstructing Dance" for the Port Coquitlam community. This program aims to demystify the art of dance and make it more accessible to persons of all abilities, shapes, types and cultures. If you've been interested in dance at any time in your life, but felt alienated from participating for any reason, now is the time to re-connect to your inner dancer and experience the joy of dance in a warm, supportive environment. No experience necessary, just an interest in dance and an open heart!

Kyrst will not only be piquing the public's interests in her dance creations as they walk by, but will also be offering the following workshop opportunities for the community:

Dance Deconstructed

Kyrst Hogan believes that dance should be for everyone. If you are interested in the world of dance but have been afraid or intimidated by other dance classes, this course is definitely for you. Whether you used to dance as a child or if you've never danced a step in your life, all ages and abilities are welcome to experience the joy of learning to move through space with grace and joy. Dance helps with coordination, confidence and poise as well as being a fun way to stretch your muscles, be creative and reduce stress! We'll break down the mystique of dance technique and create a new language to learn and communicate dance movements in a fun and welcoming atmosphere. All students will have the option of participating in a public showing at the culmination of the course.

DATES: Wednesdays July 20 - August 24

TIMES/PRICE: 3:30-5pm - Youth (13-18) - \$50

TIMES/PRICE: 6:30-8pm - Adults (18+) - \$65 (Senior - \$50)

Prop-ography

Kyrst Hogan is known for her innovative use of prop and costume elements in her dance and choreography. Your prop can become a dance partner, an extension of yourself, or an outer expression of an inner emotion. In this fun workshop, you'll have the opportunity to explore a number of different conventional and non-conventional dance prop elements and discover how they can add shape, form and interest to dance. Students will learn to create their own phrase of choreography with their chosen prop.

DATES: Saturday July 30

TIMES/PRICE: 12:30-2pm – Adults (18 +) - \$22 (Senior - \$15)

TIMES/PRICE: 2:30-4pm - Youth (13-18) - \$15**Community Dance workshop****A Dancer's Grace - July 7**

Discover the power dance can have in your life! Working with the core idea that dance is for everyone and lives in all of us, Kyrst teaches simple skills designed to help you achieve some of the grace and poise of a dancer. Find out how these tools can help you in your everyday life as well as help you better your own perception of yourself in relation to dance.

The Dancer's Stretch - August 4

Using core elements drawn from ballet and modern dance, Kyrst leads a gentle class of dance stretching and toning taught to soothing classical music. Learn the mechanics of these exercises and how you can incorporate them into your daily routine to help you add flexibility, strength, length and tone to your muscles.

Dance Deconstructed Public Showing and Discussion - August 25

Join our instructor and some of her students from this summer's workshops as they share their accomplishments. The event will open with a presentation by our artist in residence, followed by performative demonstrations by members of her classes and will wrap up with an open discussion.

Celebration on the Dance Floor - September 1

There is something inherently spiritual about grooving to your favorite music! Dance is a universal language that most often evokes joy and celebration. In this workshop, learn fun dance moves that can help give you more confidence at social dancing occasions or just at home, dancing by yourself!

LOCATION: The Gathering Place at Leigh Square**TIMES: 6-7pm****AGE: Open to all ages****PRICE: FREE**

Members of the public can visit Kyrst at The Gathering Place in Leigh Square Mondays 10-2pm, Wednesdays 3-8:30pm, and Thursdays 2-7pm from July 4th to September 15th. To view more of Kyrst's work and practices, please visit www.burgundyarts.com

If you are interested in applying for a residency, please email Leigh Square at arts@portcoquitlam.ca or call 604.927.8400 for more information. We are currently seeking artists for the 2017 in-take.

The Leigh Square Community Arts Village encourages and facilitates community development through arts, culture and heritage within Port Coquitlam and serves as a cultural meeting place and 21st century community arts centre. Please see www.portcoquitlam.ca/leighsquare for more details.

*Photos available upon request

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