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CITADEL  
DANCE  
MIX 23



KÉÏTA FOURNIER-PELLETIER  
MEGHANN MICHALSKY  
AND KATHERINE SEMCHUK  
SOFÍA ONTIVEROS

NOV 22–25 / 2023

CITADEL  
LIVE <sup>23</sup><sub>24</sub>  
CITADELCIE.COM

# Citadel Dance Mix

November 22-25, 2023 | 8pm | The Citadel: Ross Centre for Dance

## Pillar of You

Kéïta Fournier-Pelletier

in collaboration with the performers

## Ojalá...

Sofía Ontiveros

in collaboration with the performers

15-minute intermission

## Maybe we Land

Meghann Michalsky, Katherine Semchuk

Citadel Dance Mix 2023 is presented in partnership with Dancemakers

**DANCEMAKERS**  
CENTRE FOR CREATION

and made possible (in part) by the Government of Canada.

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*Audience warning - these performances use haze and strobe effects*

*Running time approximately 1 hour, 30 minutes*



# Pillar of You

Kéïta  
Fournier-Pelletier  
in collaboration  
with the performers

- Choreographer: Kéïta Fournier-Pelletier, in collaboration with the performers  
Performers: Morgyn Aronyk-Schell, Tavia Christina, Kéïta Fournier-Pelletier, Kiah Francis, Barbara Simms  
Writers: Tavia Christina, Kéïta Fournier-Pelletier, Kiah Francis with contributions from Barbara Simms and Morgyn Aronyk-Schell  
Understudy: Arin Aronyk-Schell  
Outside Eye: Eilish Shin-Culhane  
Sourced Music: *Melt Away*, *Ugly Orange* by yes/and, *maladaptive daydreams*, *first light*, *one after another* all composed by shn shn  
Composer and Sound Designer: shn shn (Shanika Maria)  
Costume Designer: Luc Cimino  
Lighting Designer: Noah Feaver  
Stage Manager: Helin Gungoren

*Pillar of You* explores the pillars – or central building blocks of who we are, with a focus around queer relationships of all kinds and how our queerness intersects with our personal experiences from childhood to today. It examines the experiences of an all-queer cast reflecting on their memories, values and what has carried through to today.

*Pillar of You* is supported by the National Ballet of Canada's CreativAction residency program, Open Space, which was supported by our generous GoFundMe Donors, as well as the Toronto Arts Council.

Special Thanks to: Anonymous, Richard Denesiuk, Lucille Fournier, Maura Fournier, Sandra Fournier, Carloes Francis, Kadri Irwin, Diane Leclerc, Roxanne Lowen, Karyn Maertens, Sully Maleab Proulx, Gwendolyn Mitchell, Bertrand Nayet, David Norsworthy, Katherine Patton, France Pelletier, H  l  ne Pelletier, Justine Pelletier Desrosiers, Martine Pelletier, P  n  lope Pelletier, Suzanne Pelletier, Eilish Shin-Culhane, Chiara Williamson



# Ojalá...

Sofía  
Ontiveros  
in collaboration  
with the performers

Choreographer: Sofía Ontiveros, in collaboration with the performers

Performers: Danielle Davis, Kiah Francis, Aryana Malekzadeh,  
Simon Mazziotti, Frédérique Perron, María Riaño

Collaborator: María Riaño

Lighting Designer: Noah Fever

Stage Manager: Helin Gungoren

Producer: Jasmine Au

*Ojalá...* explores how bodies connect, stumble upon interpersonal betrayals, and search for healing. *Ojalá...* dives into the uncertain risks taken in connections, with the hope it leads us to what we truly seek within.

Last year, I got to present *Ojalá...* as a duet at Citadel + Compagnie's Night Shift 2022. I feel honoured and deeply grateful to be given the opportunity to re-explore, rediscover, and enrich the concept of this piece. Those who know me closely, know that *Ojalá...* was born out of a deep wound. It feels bittersweet to present this work with deep joy. It is a reminder that creating heals us. Thank you to everyone involved in the workshop, creation, production and showcasing of *Ojalá...* Thank you to my friends and family for all your love and support. Thank you, Danielle, Kiah, Aryana, Simon, Frédérique, and María for all the time, energy, effort, and the trust you put into this work. Thank you for making me laugh every rehearsal, and for helping me grow as a person and choreographer. Thank you, María for the continuous support with this work, from the first version of *Ojalá...* to now. Thank you, Jasmine for all the administrative and management support during this process. Deepest thank you to Citadel + Compagnie for the trust and opportunity to showcase this work!

Thank you to Aluna Theatre for giving me the opportunity to showcase my work in progress of *Ojalá...* for CAMINOS 2023 Festival.

Thank you to the Open Space programme by National Ballet of Canada, Louis Laberge-Côté, and Toronto Metropolitan University for sponsoring studio space for research and creation.

Thank you, Pia Bouman School for Ballet and Creative Movement, where we workshoped and rehearsed the majority of *Ojalá...*!





# Maybe we Land

Meghann Michalsky +  
Katherine Semchuk

Choreographers and Performers: Meghann Michalsky, Katherine Semchuk

Sourced Music: Svarte Greiner, James Holden/The Animal Spirits, Drew McDowall,  
Sarah Neufeld, Colin Stetson, Vessel, Yves De May

Sound Mixing and Original Composition: Projectwhatever

Costume Design 1: Angela Dale

Costume Design 2: Meghann Michalsky, Katherine Semchuk

Outside Eyes: Denise Clarke, Mike Czuba, Helen Husak, Emily Spearing,  
Irma Villafuerte

Photography: Jeremy Mimmagh

Promotional Photography Costume Designer: Alessia Urbani

Lighting and Set Designer: Victoria Bell

Lighting Director: Noah Feaver

“From the moment we are born, we straddle two sets of contradicting needs: the need for stability and the need for freedom.” - Esther Perel

*Maybe we Land* unveils the recurring cycles experienced inside of our relationships. Within the confines of a union, we balance fears of abandonment and vulnerable dependence with euphoric connection and unconditional support. Enveloped and intimately intertwined, we fluctuate between resisting and surrendering to its binding nature.

*Two halves of one whole. Rupture and repair. Rip and restore — Tethered together, at times across chasms, only to return, bound.*

*Again... and again... and again...*

Supported by: Canada Council for the Arts, New Dance Horizons, Evolved Movement Arts,  
Vitlycke Arts Centre, Centro Gruppo Jobel,  
Winchester Street Theatre/School of Toronto Dance Theatre

Additional thanks to dance artists Katie Adams-Gossage and Frédérique Perron for their support, willingness, and energy during our technical residency in April 2023.

## **Arin Aronyk-Schell**

Arin Aronyk-Schell (she/they/he) - From Edmonton, AB, a bountiful city created in favour of the unfavourable I jumped at chances and went crazy at dances and got tied up in so many fictions that I had to run from the hills. I found shelter in Tkaronto; I built a home and left. I made bittersweet, felt tender heartache, learned I have more love. Trying to make amends with polarizing forces. A Gemini caught between two sides - finding comfort in the in-betweens and nowhere nears. Making the most of the leftovers, generating material, gathering forgotten thoughts. I am making mistakes like it's my job, I do it with purpose. I get better every day; I am learning in unconventional ways. I've done a lot and very little. I'm still trying to find the right words. I spent the last year travelling and learning dance in various places from various people including Eleno Guzmán Gutiérrez, James Pett, Rosario Ordoñez Fuentes, Isabel Boenders, Victor Rottier, Akira Yoshida, Astrid Boons, Elia Pangaro, Evangelis Legakis, and performing works by Annick Schadeck and Christian Ben Aim.

## **Morgyn Aronyk-Schell**

Morgyn (she/they) is a Dora Award winning contemporary dance artist and an arts educator for youth and seniors. They are one of the co-creators behind 'blank space', a series of movement-focused, queer-centred multidisciplinary community workshops. Originally from Edmonton, AB, she moved to Toronto to study at the School of Toronto Dance Theatre, graduating in 2019. Since then, she has worked with the Toronto-based dance companies Frog in Hand, Human Body Expression, OVERSIZE.LOAD, Citadel + Compagnie, Wind in the Leaves Collective, Tiger Princess Dance Projects, and Rock Bottom Movement, as well as with independent choreographers Krista Newey, Rumi Jeraj, and Eilish Shin-Culhane. She creates, teaches, organizes, and performs to foster a sense of community and to inspire others to live creatively.

## **Jasmine Au**

Jasmine Au (she/her) is a Toronto-based creative producer and arts manager. She is a 2021 graduate of Toronto Metropolitan University's Performance Dance program, where she graduated with an Honours BFA and a minor in marketing. Jasmine's extensive dance training has informed her post-graduate journey and she is passionate in her pursuit of contributing to the dance form from a producing and managerial standpoint. After completing her studies, Jasmine has gained experience with prominent organizations such as Arts Orillia, CanAsian Dance, Fall for Dance North, The AMY Project, and The National Arts Centre. She is currently the Associate Producer at Toronto Dance Theatre and Artistic Producer at adelheid dance projects. Jasmine is excited to continue supporting the Toronto dance community and unify her academic and administrative background with her dance training.

## **Victoria Bell**

Victoria (V) is a Vancouver based scenographer (lighting, sound, set, and projection designer), technical director and Studio 58 graduate. Victoria is an ADC and IATSE 118 member, and a strong proponent for union membership. She sees her work as focusing on the depth in shadow and its necessity to show detail in the light. Working between vibrant colours and muted tones, while using Physical structure to fully infuse her designs into the world of the piece. She is entangled with the performance as a whole, not just its outward final presentation. She wishes her designs to be objects wielded by the metaphor of the text.

## **Tavia Christina**

Tavia Christina is a multi-hyphenate artist. They embrace their ethereal nature as a driving force in both their artistic expression and research. Their work touches genres between dance, theatre, and performance art. As the Artistic Director of Near & Far Projects, their choreographic research and development are informed by improvisation, voice work, and a deep connection with their surrounding ecology. Their practice is based in somatic movement, improvisation, and spiritual endurance. They have a background in western contemporary dance training from Toronto Metropolitan University, as well as other mediums such as: curation, acting, poetry, and film. They have been a resident artist at the Toronto Heliconian Club 2019-2022, and Naked State 2018. Their film works have been screened at Guelph Dance Festival (Guelph, ON), Mile Zero Dance Festival (Edmonton, AB) and New Blue Dance Festival (Toronto, ON). They have presented work at The Museum (Hamilton, ON), Toronto Fringe Festival, The Citadel, Long Winter, and Dance Makers.

## **Luc Cimino**

Luc Cimino is a multidisciplinary artist working in Toronto.

what is forgotten, what is practiced consistently, what becomes second nature?

a hum, a prayer that's internal.

something tenderly masculine.

work like muscle memory.

mediums include: sculpture, performance, garment construction and writing.

## **Danielle Davis**

Danielle Davis was born in Al Khobar, Saudi Arabia, and moved to Toronto, Canada in 2005. She started training in ballet at the age of seven at a ballet-based studio, Sean Boutilier Academy of Dance for eleven years. During that time, she also attended an arts high school, Cawthra Park Secondary School where she studied Limón technique, Graham technique, R.A.D., and Cecchetti ballet technique and performed many different works by a variety of choreographers, including Jacques Monfiston, Rodger. C Jeffery, Kristen Carcone, David Norsworthy, Gino Berti, Fanny Ghorayeb, and Nicholas Villeneuve, just to name a few. After graduating from Cawthra Park Secondary School with a Regional Arts Diploma she went on to study for her BFA at New World School of the Arts in Miami Florida. While in post-secondary she has had the privilege of working with Jeffery Lloyd Smith, Toranika Washington Gerard Ebitz, Peter London, as well as Batsheva Company members Zina Zinchenko, Brett Easterling, and Shamel Pitts. In addition, Danielle has also participated in intensive training programs such as Batsheva, Alvin Ailey American Dance Theater, Arch-Core 40, Pre-Mip, Ignite, and Conteur. She has had the pleasure of performing for Walt Disney Land, TEDxToronto, Miss Universe Canada, and the Mississauga Arts Awards. Additionally, Danielle was the former Guest Artist and Rehearsal Assistant with Adele Myers and Dancers. As well as being a part of a community engagement program under the direction of Adele Myers and Dancers called Miami Dance Makers which performed at the Perez Art Museum, Danielle also performed in the Daniel Lewis Dance Sampler in Maya Billig's work, *Brink*. Since then, Danielle moved back to Toronto and has continued to teach and dance throughout the city. Recently, Danielle performed at Fever After Dark in Seanna Bailey and Zuri Skeete's work, *Tell the Vision* as well as being a part of Frog in Hand's Summer Company's 2023 work *Noir*. Danielle's most recent performance was being involved in CAMINOS 2023 Festival performing Sofía Ontiveros' work *Ojalá...* Danielle continues to explore her love and passion for dance through teaching youth and working on new performances and projects.

## **Noah Feaver**

Noah Feaver is a Dora Award nominated lighting designer. He works frequently in Dance and Opera and has designed for companies such as: Edmonton Opera, Toronto Dance Theatre, Tapestry Opera, Soulpepper Theatre Company, Holla Jazz, Citadel + Compagnie, Zata Omm, The Royal Conservatory of Music, Against the Grain Theatre, and Rock Bottom Movement. Noah holds a BFA from Toronto Metropolitan University's Performance Production program and spent two summers as a lighting design practicum at The Banff Centre. He works as a Lighting Design Coach at The National Theatre School of Canada. Noah is a member of the Associated Designers of Canada.



## **Kéïta Fournier-Pelletier**

Kéïta Fournier-Pelletier (she/they) is a queer, Métis, Franco-Manitoban artist from Winnipeg, Manitoba (Treaty 1), currently based in Tkaronto, Ontario (Treaty 13). They are continuously discovering what these intersecting identities mean to them, and the role they play in their art as a dancer, choreographer and educator. They are a 2020 graduate from Dance Arts Institute (formerly the School of Toronto Dance Theatre), also holding a BFA in Performance and Choreography (Hons) with summa cum laude from York University (2023). They have performed and choreographed in festivals such as Skylines Film and Dance Series (Winnipeg, 2018), Toronto Fringe Festival (2019), SummerWorks Dance Festival (2020), Covid Dance Hug TO (2020), and Bloom Festival (2021). They have had the pleasure to work with artists like Aria Evans, Marie Lambin-Gagnon, Marjolein Vogels (Amsterdam) and other distinguished artists. She has an interest in dance-theatre and has collaborated as a choreographer and performer with Theatre Passe Muraille, Tarragon Theatre and lemonTree creations. She is passionate about learning and has travelled nationally and internationally to learn from a variety of artists. Kéïta is interested in creating and performing works that question power, heteronormativity, and other societal norms that reject her identity.

## **Kiah Francis**

Kiah Francis (they/she) is a queer mixed-race performer, born and raised in Tkaronto, Ontario (Treaty 13). They attended the Dance Arts Institute (fka the School of Toronto Dance Theatre), graduating in 2020. They also completed Nightwood Theatre's Innovator program 2022/2023. They have performed in festivals such as Porch View Dances (2023), Common Ground Dance Festival (2022) and Summerworks (2017), and most recently performed in Ana Groppler's work *SOLOsupport* in Night/Shift at Citadel + Compagnie, Aria Evan's *Awakenings* at Colborne Lodge and *Mallo Nights* produced by Wind in the Leaves Collective. They have performed live and on-screen for artists such as Dragonette, Charlie Houston and Gay Jesus (Heath V. Salazar) and this past spring they were a dancer/collaborator on a short film titled *Visinonary*, directed by Shailyn Ma-Fanfair, as part of CONTACT photography festival. When they aren't in rehearsal, they enjoy spending time with their 17-year-old cat, Scamp.

## **Helin Gungoren**

Helin Gungoren (she/her) is a Kurdish stage manager and arts administrator based in Toronto with a focus on dance, festivals and events. Some companies she has recently worked with/for include TIFF, dance: made in canada | fait au canada, Aeris Körper, Dance Arts Institute, Pencil Kit Productions, Syreeta Hector Dance, Canadian Stage, Political Movement, and Souleppper Academy. She received her BFA in Performance Production from TMU's School of Performance.

## James Hill

James, also known as Projectwhatever, is a music producer and pianist based in Toronto. As a keyboardist, he's toured with various of his own projects and with the renowned band BadBadNotGood, performing at prestigious music festivals and venues across 35 countries. In 2020, James established his own recording studio, a platform that enabled him to experiment with novel ways of creating music. His diverse portfolio showcases his versatility and wide-ranging expertise in both the Jazz idiom, which orbits around improvisation as a key mode of expression, and electronic music, which uses modern tools and embraces the natural progression of music.

## Aryana Malekzadeh

Aryana Malekzadeh is an Iranian Canadian independent dance artist and arts educator based in Tkaronto. She is a graduate of Dance Arts Institute (formerly The School of Toronto Dance Theatre) and holds a Bachelor of Fine Arts with Honours from York University where she was awarded merit scholarships. Throughout her professional career she has worked for renowned choreographers such as Syreeta Hector, Shannon Litzenberger, Newton Moraes, and the Wind in the Leaves collective amongst others. Aryana is also a company member with Little Pear Garden Dance Company with whom she performs regularly. Alongside performing, she is a part of the faculty at York University, where she pursues her passion of teaching and shares her learnings with her students.

## shn shn (Shanika Maria)

An electronic experimental pop artist, shn shn exists somewhere in her own lane. Creating from a space of curiosity, contemplation and care, they question the nature of existence in this bizarre, absurd and exciting world. Formerly performing under the singer-songwriter lyric-based moniker of Shanika Maria, shn shn was born out of an interest in production in 2019 as a way to explore sounds, feelings and movement that words couldn't really express. shn shn has self-released two EPs: *structura* (2020) and *e.strange.d* (2021). Their most recent release *Form(s)* EP is a reworking of their piece commissioned for 'A More Beautiful Journey' augmented reality app and was released October 18, 2023. shn shn continues to expand her practice by providing music for dance performance, films, promotional material, theater, as well as being commissioned to remix other artists' work.

## Simon Mazziotti

Simon Mazziotti (he/him) is a Gen-Z, lefty, triple aquarius, queer movement artist located in Tkaronto/Toronto. Graduated from Toronto Metropolitan University's Performance Dance program in 2021 (formerly Ryerson University). He most recently performed in a new work by Marina Robinson, *Unfurl* as a part of the Toronto Fringe Festival. *Hmm...What's This?* by Renee Smith presented by Peggy Baker Dance Projects, and *Semi-Precious: Semaphore*, a work by Justine Chambers presented at the Vancouver Art Gallery. At this stage in his career, Simon is interested in testing the physical and mental limits of the body through contemporary movement and exploring new ways of approaching creation. Simon is inspired by working with other artists who engage in the act of creating community and supporting anti-oppression practices.

## Meghann Michalsky

Meghann Michalsky is a dance artist working in Alberta. She is the co-creator of Project InTandem and YYC Contemporary Technique Training, two programs that offer opportunities to emerging artists in Canada. She was awarded the 2019 RBC Emerging Artist Award - she is the first Dancer/Choreographer to receive this award. Since completing her BA in Contemporary Dance, with a concentration in Choreography and Performance, at the University of Calgary, she has rigorously pursued her training in Canada, Europe, and Israel. As a dancer, you've seen her dance for an array of individual artists and companies, including Karissa Barry, Laja Feild of LajaMartin, Davida Monk, Linnea Swan, kloetzel&co, & Dancers' Studio West to name a few. Her movement signature has been described as vigorous, raw, and intricate. Her knowledge of Hip-Hop and Krump movement principles has influenced her development of isolated, rhythmic, bound, and fast-twitch movement qualities into her contemporary choreographies.

## Sofía Ontiveros

Sofía Ontiveros is a queer, Mexican dance artist and choreographer based in Tkaronto, Ontario. Sofía is a 2021 graduate from Toronto Metropolitan University's The Creative School BFA Dance Program. The TMU faculty chose her for the Lipson Family Endowment Award for an Emerging Choreographer. Her most recent works include *Universo de textos, pt.1-6*, live streamed online through Aluna Theatre's CAMINOS 2021, *Siéntate bien* performed live at Underscore Projects through CREATO's Nature with Nurture 2021 exhibition, and *Ojalá...* showcased at Citadel + Compagnie's Night Shift 2022, co-produced with Fall for Dance North. *Continued on next page...*

## MEET THE ARTISTS

*Continued from previous page...* As a performer, Sofía has worked with various artists/companies like Kelly Shaw, Justine Chambers, Bobbi Jene Smith, Or Schraiber, Seanna Bailey, Zuri Skeete, The Bentway, Aluna Theatre, Teatro Línea Sombra, and A Front Company. Additionally, Sofía is eager to continue her commercial dance training. She trains every Sunday with Kode Red Academy, a performance and dance training company run by choreographer Jac Valiquette. Sofía deeply enjoys creating in her life; cooking at home for loved ones, writing, dancing, acting, singing, playing the piano. She values curiosity and continuously learning new skills and knowledge. In her works, Sofía questions and explores social constructs, and how they play on individual or interpersonal relationships. Writing is important in her dance explorations, whether as pre-choreographic inspiration or as part of the movement. Merging and embodying texts in dance composition aids her in both research and personal growth/healing process. She is constantly left with important reflections post-choreographic research.

### **Frédérique Perron**

Frédérique Perron (she/her), from Abitibi QC, is a dance artist based in Tkaronto ON. She graduated from The School of Toronto Dance Theatre (2022) from which she received a first opportunity to present her choreographic research at SummerWorks' Lab (2022). While immersing herself in movement-based art, she ascertained her deep desire to investigate ways to expose humanity in performance spaces. Her creative investigations want to offer intense sensations, connection to impulses and space for individuality. She presented works in various stages of development at SABO by Marie-Josée Chartier and Darryl Tracy (2023), Gathering (2023) by Meaningful Movement and Nautanki Festival (2022). She has professionally performed creations by Katie Adams-Gossage, Frog in Hand, Kaelin Isserlin, Sofía Ontiveros, Near&Far Projects and Brianna Clarke, among others, in CAMINOS 2023, dance: made in Canada/fait au Canada (2023), Prospects by Aeris Körper (2023), SummerWorks (2022) and Toronto Fringe Festival (2022).

### **María Riaño**

María Riaño is an emerging dancer, choreographer and instructor in Toronto. She began her training in Bogotá, Colombia where she was born. She is a 2021 graduate of the Toronto Metropolitan University Creative School for the Arts in performance Dance. Maria has had the chance to work in projects/companies such as CAMINOS Festival, Citadel + Compagnie for Night Shift 2022, Nostos Collectives, Foolish Operations, The Bentway, Frog in Hand and Angela Blumberg. María draws inspiration in her art from constant investigation, the eagerness of life and human connection. This, as a result, is where Maria's movement derives from, a place that is open-minded and curious.

## **Katherine Semchuk**

Originally from Amiskwaciwâskahikan (Edmonton), Katherine is a dance artist currently based in Tkaronto. An alumni of Victoria School of the Arts and The School of Toronto Dance Theatre, she has spent the last few years connecting with communities across Canada. Good Women Dance Collective (GWDC), Kaeja d'Dance, Mile Zero Dance, Nostos Collectives, The Platform TO, Peggy Baker, Shay Kuebler/Radical System Art, Tia Kushniruk, Mateo Galindo Torres, Meghann Michalsky, Sasha Ivanochko, and Naishi Wang have been integral in informing Katherine's evolving practice. Through the investigation of an improvisational practice and the creation of solo/duet work, she continues to dissect her voice as a dance artist. She is currently working on a project called *Inner Works: A Solo Study* which includes collaborative making with Tia Kushniruk, Sasha Ivanochko and Peggy Baker. Her choreographic work has been presented by Expanse Festival, Fluid Fest, FODAR (Market Dances), Mile Zero Dance, and New Dance Horizons.

## **Eilish 미정 Shin-Culhane**

Eilish 미정 Shin-Culhane is a queer, mixed, movement artist, currently living and working in Tkaronto. Her movement is based in Western contemporary dance, holding a BFA from Marymount Manhattan College. Eilish feels equal parts mover and maker - dancer and choreographer - and strives for continual challenge within both realms. They have had the privilege to perform in works by Peter Chu, Bill T. Jones, Nicole von Arx, Nova Bhattacharya, Frog in Hand, Anton Lachky, and Adam Barruch. They have been commissioned and presented by Peggy Baker Dance Projects, Hanna Kiel and the George Brown Mentorship Program, TDT's Pilot Episodes Program, TO Live's Discover Dance, and the Hamilton Fringe Festival. Over her career, she has been supported by the National Ballet's Open Space Programme, the Toronto Arts Council, and the Canada Council for the Arts. Eilish continues to be inquisitive in both her mover and maker selves - valuing community, play, and curiosity.

## **Barbara Simms**

Barbara Simms (she/they) is a freelance dancer, performing artist, and choreographer currently based out of Tkaronto. As a dancer, she has a strong desire to absorb as much knowledge as possible, and to deeply understand a variance of teachings and methodologies. Choreographically, their work is informed by a connection to the natural world and finding fascination within mundanity and redundancy. They are interested in finding moments of striking visual imagery in which bodies and natural landscapes are given equal weight and exist in relation to and alongside one another. Barbara is a 2021 graduate of the Performance Dance program at Toronto Metropolitan University.

Citadel + Compagnie is an artistic and community entity with a dual purpose. It is at once both place and people.

The Citadel: Ross Centre for Dance is a remarkable building nestled in the Regent Park neighbourhood of Toronto. Since 2012, The Citadel has established itself as an open and welcoming space for artists to rehearse, create and perform, and where the community can learn, communicate, and share.

The Citadel plays host to a range of presentation platforms and residency programs for some of Canada's most interesting choreographers and dance companies. It is also the home of the Citadel Dance Program, providing free dance education to local children and youth, and neighbour Toronto Council Fire's Indigenous dance program, *First Fire*.

Compagnie de la Citadelle is the professional dance company within Citadel + Compagnie. Founded in 2000, the Compagnie is known for its creative processes and intimate performances of classic works and new creations. Through remount initiatives, the Compagnie also dedicates itself to the preservation of important Canadian dance work, making available iconic repertoire to a new generation of dance artists.

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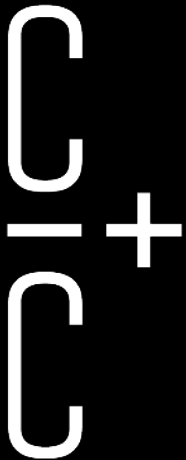
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