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APR 2-12 / 2025

CITADEL DANCE EXCHANGE



CITADEL
LIVE 24/25

the
national
ballet of
canada

IN COLLABORATION WITH THE
NATIONAL BALLET OF CANADA'S
CREATIVE ACTION PROGRAMME

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CITADEL DANCE EXCHANGE

April 2-12, 2025 | The Citadel: Ross Centre for Dance

Creative Team

Artistic Director: Laurence Lemieux
Production Manager: Marianna Rosato
Program Coordinator: Sierra Chin Sawdy
Technical Director: Eliajah Stefura
Lighting Director: Simon Rossiter
Associate Lighting Designer: Sophia Hassenstein*
Stage Manager: Kathy Le

*Lighting Designer for the Toronto works, supported through The National Ballet of Canada's Creative Action Emerging Lighting Designer Initiative

Citadel Dance Exchange is an exciting annual dance series featuring works by some of Canada's most talented artists.

A joint initiative with The National Ballet of Canada's Creative Action Programme, Citadel Dance Exchange brings together works by Toronto-based artists alongside works by Montreal-based artists for 8 days of exceptional dance sure to provoke, move and inspire.

Works by Toronto artists were developed through The National Ballet of Canada's Creative Action Open Space Programme, selected by advisory committee artists, Alyssa Martin, Ashley Colours Perez, and Irma Villafuerte.

**the
national
ballet of
canada**

In collaboration with The National Ballet of Canada's Creative Action Programme

Citadel Dance Exchange is made possible (in part) with support from the Bureau du Québec à Toronto and the Bulmash-Siegel Foundation.

Québec 

BULMASH-SIEGEL
FOUNDATION

WEEK 1 PROGRAM

MTL



Photo: Robin Pineda

Le vent se lève (The Wind Rises)

Choreographer and Performer:
Manu Roque

April 3 - 5, 2025 ONLY
50 minutes

TOR



Version 11:11 (grief & love)

Choreographer and Performer:
Nyda Kwasowsky

April 2 - 5, 2025
18 minutes

TOR



Photo: Janie Auto

New Nostalgia: Embers of Memory

Choreographer: Yui Ugai

April 2 - 5, 2025
18 minutes

Audience Warning – these performances may contain haze, incense, nudity, flashing lights, and adult language and themes

WEEK 2 PROGRAM

MTL



Photo: Moïse Marcoux-Chabot

Soft manners

Choreographer and Performer:
Sovann Rochon-Prom Tep

April 10 - 12, 2025 ONLY
30 minutes

TOR



Photo: Kendra Epik

Elsinore / Soliloquies

Choreographer: Carol Anderson

April 9 - 12, 2025
18 minutes

TOR



Photo: Jerick Collantes

Binary-Codes

Choreographers and Performers:
The Unknown Floor Force - TUFF
(Jayson Collantes, Mark Collantes,
Keimar Russell-Farquharson,
Bryce Taylor)

April 9 - 12, 2025
17 minutes

Audience Warning – these performances may contain haze

CITADEL DANCE EXCHANGE

WED APR 2

8PM

Nyda Kwasowsky (TOR)

Yui Ugai (TOR)

Post-show conversation + mixer

WED APR 9

8PM

Carol Anderson (TOR)

The Unknown Floor Force -
TUFF (TOR)

Post-show conversation + mixer

THU APR 3

8PM

Manu Roque (MTL)

Nyda Kwasowsky (TOR)

Yui Ugai (TOR)

THU APR 10

8PM

Sovann Rochon-Prom Tep (MTL)

Carol Anderson (TOR)

The Unknown Floor Force -
TUFF (TOR)

FRI APR 4

1PM

WORKSHOP -
Marie-Andrée Gougeon

8PM

Manu Roque (MTL)

Nyda Kwasowsky (TOR)

Yui Ugai (TOR)

FRI APR 11

1PM

WORKSHOP - Simon Rossiter

8PM

Sovann Rochon-Prom Tep (MTL)

Carol Anderson (TOR)

The Unknown Floor Force -
TUFF (TOR)

SAT APR 5

10AM

WORKSHOP - Manu Roque

8PM

Manu Roque (MTL)

Nyda Kwasowsky (TOR)

Yui Ugai (TOR)

SAT APR 12

10AM

WORKSHOP -
Sovann Rochon Prom-Tep

8PM

Sovann Rochon-Prom Tep (MTL)

Carol Anderson (TOR)

The Unknown Floor Force -
TUFF (TOR)



Le vent se lève (The Wind Rises)

Manu Roque

April 3 - 5, 2025 ONLY
50 minutes

Choreographer and Performer:

Manu Roque

Apprentice and Performer at creation:

Nils Levazeux

Lights:

Karine Gauthier

Costume:

Marilene Bastien

Artistic Advisors and

Dramaturgy:

Sophie Michaud and
Lucie Vigneault

Sound:

Manu Roque with the support of
Pablo Geeraert

Photos and video teaser:

Robin Pineda Gould

Co-production:

La Chapelle Scènes
Contemporaines

Delegated production:

DLD

Le vent se lève (The Wind Rises) is an organic piece whose primary intention is to observe the transition from inertia to momentum through a luminous and joyful lens. The use of repetitive patterns is articulated with a liberating aim.

The piece unfolds in the wind, the body wandering, twirling and trying to anchor itself in an empty space. The loss of landmarks, the construction of new anchors, the perpetual geometry of the tour, so many images that filter, with the perspective of imprinting nuances in a black and white universe. The work echoes the collective inertia from which we emerge, the current gusts which shake our certainties. How to find a sense of direction in a relatively chaotic context?

Special Thanks:

Judith Allen, Sophie Corriveau, Hugo Dalphond, Nils Levazeux, Enora Rivière, Pierre-Mary Toussaint

This work was supported through a technical creative residency at La Chapelle Scènes Contemporaines.

This project received support from the CALQ and the CAM.

TOR



Choreographer and Performer:

Nyda Kwasowsky

Outside Eyes:

angela schubot,

Aisha Sasha John

Version 11:11 (grief & love)

Nyda Kwasowsky

April 2 - 5, 2025

18 minutes

Experimental, improvisational and multidisciplinary; a topographical journey built to unearth relationality through the spiritual and sensorial experience of exploring materialities; of time, the body, cultural objects that reveal memory and multiplicity from a diasporic racialized context of hybridity. Transformation and liberation of the past, present and future collide in the erotics of grief and love as ONE.

Special Thanks:

This solo was supported by Taipei Interlink Project and programmed the Music Gallery, thank you for all the support and opportunities.

TOR



Choreographer:

Yui Ugai

Performers:

Yuichiro Inoue, Mio Sakamoto,
Derek Souvannavong

Music:

Dylan Tomiharu

Dramaturg:

Maxine Heppner

Paper Arts:

Christine Kim

Costumes:

Michiko Inoue

New Nostalgia: Embers of Memory

Yui Ugai

April 2 - 5, 2025

18 minutes

New Nostalgia: Embers of Memory is my ongoing choreographic dialogue, seeking to embody the delicate beauty of transformation, where nostalgia melds with the spark of renewal. Rooted in the distinctly Japanese aesthetic of cherishing "the good old days (古き良き時代)," this work embraces the duality of honouring tradition while boldly stepping toward an ever-evolving future. My hope is for audiences to witness the profound beauty and resilience within this evolution, finding moments of poignant nostalgia amidst the currents of change shaping our times.

Special Thanks:

I would like to express my heartfelt gratitude for my creative team and collaborators. I am grateful to the Ontario Arts Council, Canada Council for the Arts, The National Ballet of Canada's Open Space Programme, Citadel + Compagnie, and the Citadel Dance Exchange Committee members for their generous support and belief in my creative vision. I am also deeply grateful to the many individuals who have offered their unwavering kindness, generosity, and invaluable contributions in shaping this dance piece. A special thank you to Abbey Richens, Bayley Wyatt, Blythe Russell, Jessica Saftu, Kelsey Bonvie, Shona Kiyama, Atsuko Tanabe, Alyssa Martin, Falciony Patiño Cruz, Ronald A. Taylor, and Gitanjali Kolanad. Your support has been truly instrumental in bringing this work to life.

MTL



Soft manners

Sovann Rochon-Prom Tep

April 10 - 12, 2025 ONLY
30 minutes

Virtuosity, softness, charm and transparency are words that inspire this dance.

Introduced to dance through breaking before engaging with various street dance, club dance, and contemporary dance communities, Sovann Rochon-Prom Tep observes the social and performative nature of his dance and the ways it intertwines with his daily mannerisms.

In *Soft manners*, he offers an intimate look at the gestures he embodies. He traces his desires, both past and present, to withdraw into the margins, blend in, and self-sacralize. His body language echoes an identity quest in constant shift.

This project received support from Mandoline Hybride and La Municipalité de Marsoui

Choreographer and Performer:

Sovann Rochon-Prom Tep

Lighting Designer:

Audrée Lewka

Music Mix and Modifications:

Vithou Thurber-Prom Tep

Executive Producer:

Lorganisme

Stage Manager:

Marianna Rosato

Found Music:

Sewnetuwa by Hailu Mergia

Tell me a bedtime story

by Herbie Hancock

Twisted stars by Ssaliva

Minlbelesh by Hailu Mergia,

Dahlak Band

Mother's Love by

Emahoy Tsege Mariam Gebru

Autopsy d'un complot

by Ahmed Malek

Hold Me Synth-a-pella

by Eris Drew

Hold Me T4T Embrace Mix

by Eris Drew

Québec 

TOR



Choreographer: Carol Anderson
Performers: Sully Malaeb Proulx,
Julia Sasso, Katherine Semchuk,
Natasha Poon Woo
Music Composition and Performance:
Kirk Elliott, Paul Shilton
Outside Eye: Michelle Silagy

Elsinore / Soliloquies

Carol Anderson

April 9 - 12, 2025
18 minutes

Elsinore / Soliloquies reimagines a signature solo created with and for Julia Sasso in 1999. This intergenerational collaboration considers possibilities of legacy, revisiting themes and imagery of this existential solo to weave an evocative meditation. To the magnificent dancers, every thanks.
- CA

a sea poem
some nights
I twist the spirals of shells
and feeling the flesh
between bone and bone
the skeleton hidden and worn
I grieve for all that is lost
and won
and lost again
and thrown into the sea
a body washed by memory
prey to the shadows
that circle me
(program note for *Elsinore*, 1999, by Carol Anderson)

Special Thanks:
Special thanks to Jordana Deveau, Tamara Bernstein,
Zita and Mark Bernstein Family Foundation, Rick/Simon,
Canadian Artists Network (CAN).



Elsinore, 1999,
Julia Sasso
Photo by
Kenneth Grey

TOR

**Choreographers, Interpreters:**

The Unknown Floor Force –
TUFF (Jayson Collantes,
Mark Collantes,
Keimar Russell-Farquharson,
Bryce Taylor)

Dramaturge:

Kosi Eze

Composer:

Dominique “Dom” Dias

Producer:

Bryce Taylor

Costume Design:

Bryce Taylor

Binary-Codes

The Unknown Floor Force – TUFF
(Jayson Collantes, Mark Collantes,
Keimar Russell-Farquharson,
Bryce Taylor)

April 2 – 5, 2025
17 minutes

Binary-Codes derives its name from an inspection of Binary-centric thinking, the idea of things being separate, “us vs them” “1 or 0”. This permeates human thought so deeply often it goes unnoticed in its effects, allowing for streamlining of categorization of the world around us, it also defines boundaries in our capacity to think, grow, wisen. We wish to inspect in depth the many ways these effects manifest due to this predilection. Asking how we as humans can introduce nuance to free ourselves from this model of thinking, and the questions relating to when/why/how should we?

Special Thanks:

TOLive, Ontario Arts Council, Citadel + Compagnie, The National Ballet of Canada, 100Lux, Tangente Danse, and Bevy Studios



CAROL ANDERSON, Choreographer Week 2

Carol Anderson pursues an unfolding career as a dancer, choreographer, director, movement educator and writer. She started performing in 1970 with Judy Jarvis, and in 1974 was a founding member of Toronto's Dancemakers. A York U dance faculty member from 2002-2016, Carol continues to teach, move, and write, now devoting her teaching practice to seniors, and in 2021 was a founding creative leader of Flight Festival. Her writing includes dance biographies, notes, articles, and poetry. The 2024 recipient of the Robert Johnston Visionary Artist Award, Carol is honoured to participate in the Citadel Dance Exchange.

MARILÈNE BASTIEN, Costume Week 1

Marilène Bastien works as a set and costume designer. She collaborates with several renowned choreographers including Louise Bédard, Virginie Brunelle, La Tresse collective, Sylvain Émard, Catherine Gaudet, Lucie Grégoire, Hélène Langevin, Alan Lake, Ginette Laurin, Louise Lecavalier, Ismaël Mouaraki, Anne Plamondon, Jacques Poulin-Denis and Manuel Roque. Recently, she designed the costumes for Gounod's *Faust* for the Opéra de Québec (directed by Jean-Romain Vespérini). Still in opera, she designed the set and costumes for *Aliénor* (music and libretto by Alain Vourpy, directed by Kristian Frédrick, Opéra de Limoges, France, 2021) as well as the costumes for the opera *Fando et Lis* (music by Benoît Menut based on the work of Fernando Arrabal, libretto and directed by Kristian Frédrick, Opéra de St-Étienne, France). Her costume designs for the circus include Benoît Landry's recent creation *Après la nuit*, as well as for Cirque du Soleil's *Guy!Guy!Guy!* (directed by Fernand Rainville), *Bôcca* (directed by Pierre Lapointe), *Le monde est fou* and *Tout écartillé* (directed by Jean-Guy Legault). With Cirque Éloize, she designed the costumes for the Opening Ceremony of the GCC Games in Zahra, Kuwait (directed by Susan Gaudreau) as well as for *Serge Fiori Seul Ensemble* (directed by Benoît Landry). In theatre, she recently participated in creations alongside directors Nini Bélanger (*Homicide*, *Splendide jeunesse* and *Petite sorcière* by Pascal Brullemans) and Benoît Landry (*Lili St-Cyr* and *Les eaux claires*). In 2015, Marilène was named protégé of Anick La Bissonnière, winner of the prestigious Siminovitch Prize.



JAYSON COLLANTES, Choreographer and Performer Week 2

Jayson Collantes is a professional B-boy who currently resides in Toronto, Ontario. His credits include WDSF World Breaking Challenge, Japan (2023), WDSF World Breaking Challenge, South Korea (2022), including You Be III - The Vaccine (2020), Battle Of The Year (2019), The Legits Blast Prague (2018). This year Jayson was selected to join Breaking Canada's National team. In addition to competing, Jayson is a company dancer with Bboyizm, discovering mentors who have helped him continue to grow as a dancer. He hopes to pass on the experience and knowledge to future generations. [@jayson_collantes](https://www.instagram.com/jayson_collantes)



MARK COLLANTES, Choreographer and Performer Week 2

Mark Collantes is a multi-disciplinary artist of Graphic Design and Breaking. With his two passions, visual art and dance, Mark has created a symbiotic environment for his creativity to flourish. His style in Breaking is centered around dynamic movements, transitions, and power moves, with a focus on creating a unique approach that is distinctively his own. Mark is a member of The Unknown Floor Force crew, he is also affiliated with Breadcrumbs Crew (Ottawa) and Jamillz (Japan). Mark's ultimate goal is to leave a lasting legacy in Breaking, inspiring future generations of Breakers and artists alike.

[@doc_mon2_uff](#)



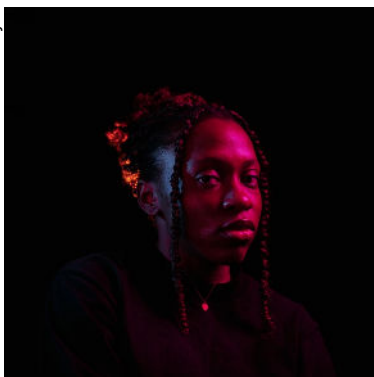
DOMINIQUE "DOM" DIAS, Composer Week 2

Dom Dias, is a producer, DJ, and artist whose electrifying music feels like an ode to his vibrant upbringing in his hometown of Toronto, Ontario. Hailing from a background of Sri Lankan heritage, Dom infuses his music with a diverse array of influences. His music journey began in high school, and soon-after Dom was tearing up house parties, where he fell in love with moving crowds. Dom's career has included deals with labels like Feel Up Records and Main Course. This journey led him to cultivate the talents of artists such as Eryn Martin and Just John, for whom he produced three EPs after signing with Warner Music. [@domdias](#)



KIRK ELLIOTT, Musician Week 2

Kirk is an omnivorous biped habituating the shores of Lake Ontario. Activities, frequently nocturnal, include writing and performing music for television, film, dance and theatre. He toured Canada and the U.S. with Canadian children's entertainers Sharon, Lois and Bram for 30 years, performing over 1100 shows. His collection of 80 or more musical instruments, some very unusual, presently reside in his basement studio lair. He has produced and recorded over a dozen recordings of his own music, winning Juno and Indie Awards and a Dora nomination. Kirk has collaborated with Carol Anderson on over 20 pieces of music and dance.



KOSI EZE, Dramaturg Week 2

Born in Nigeria, Kosi Eze began her creative journey as a young woman. Drawing connections between her ancestral roots and Hip-Hop culture through which the Enugu native discovered her passion for the arts. Educated at the University of Toronto, Kosi has travelled to share her approach in various dance spaces such as; the Meridian Arts Center, the Chautauqua Auditorium, the O2 Forum, Nia Centre for the Arts, SKETCH Working Arts and Sony Centre Among others. Kosi's current focus centres on increasing music and movement literacy. She is a part of EBNFLOH dance company, Symbiotic Monsters and SourPatch crews/movement collectives.

KARINE GAUTHIER, Lighting Design, Week 1

Introduced to visual art and performance at a very young age, Karine Gauthier developed her passion for light very quickly. Passionate about this creative medium and inspired by the natural landscapes of Abitibi-Témiscamingue, she knew how to inhabit space in light from different angles. She has collaborated on several project realizations, in different countries (Barcelona, Chicago, Helsinki, Mexico, New York, Oslo, Paris, San Francisco, Sao Paulo, Seoul, Stockholm, Tokyo, Nuuk, Buenos Aires, Baku, Vienna, etc.). She has designed lighting for Dana Michel (Silver Lion, Venice Biennale 2017), Clara Furey, Nicolas Cantin, Daina Ashbee, the Other animals collective, Gérard Reyes, Marie B, Alan Lake Factories, Estelle Clareton (2019 dance course award), Audrée Juteau, Andrew Tay, Maria Kefirova, George Nicolas Tremblay, Natte Yaffe, Corpuscule danse, and several other very talented choreographers. She navigates between circus arts and music with artists such as Marco Calliari, Elsianne, Cédric Dind Lavoie for his show archives la NEF, Throw2Catch, Krin Haglund. She also participates in the co-design of Émile Proulx Cloutier and Florence K with designer Jean-François Couture. Karine accepts the challenge of visual artist Andreanne Godin on her exhibition *l'endroit où tu existes encore* to highlight her works at the Oboro gallery. In addition, she has provided technical direction for several dance companies in Montreal and around the world. She has toured with artists Richard Séguin and Jorane. She still provides general management for the Francos de Montreal and the Montreal international festivals on the grand place des festivals. After more than 20 years of career, Karine Gauthier is still as passionate about this luminous path



MAXINE HEPPNER, Dramaturg Week 1

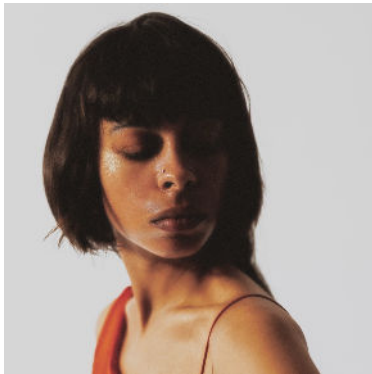
Maxine Heppner is known for bold creations & insightful mentoring & advocacy since the 1970's. Massive ensemble works like *KRIMA!* to intimate chamber concerts have been honoured by awards & commissions from companies, festivals, communities & the trust of colleagues in Canada, Far East Asia & Europe. Her multi-heritage & international dance-inter-medial career has led to her dedication to somatic intelligence as the source of all expression & to collaboration as the only positive form of human interaction. Maxine teaches her performance method (cycles), integrated movement-voice, & embodied musicianship in Toronto & internationally. Her Across Oceans Arts platforms facilitate collaborative art-interactions for professionals & community players. more: at >acrossoceans.org



YUICHIRO INOUE, Performer Week 1

Yuichiro Inoue is a dancer and choreographer who performed as a member of the Toronto Dance Theatre for 18 years. Born in Japan, Yuichiro trained at the John Cranko Ballet School and spent nine years as a member of three Staatstheater companies in Germany before moving to Toronto. He completed the RAD certification and Teacher Training Program at NBS before joining TDT. The recipient of the Hiroshima International choreography award, multiple Dora award nominations and a nomination for the Johanna Metcalf Performing Arts Award, Yuichiro has taught at many of Canada and Japan's foremost dance institutions, has choreographed for award-winning film, TDT, international festivals, and competitions and is a co-founder of 3+ Dance Collective.

Photo: Miki Frances



NYDA KWASOWSKY, Choreographer and Performer Week 1

A multi-disciplinary artist and emerging choreographer of Indo-Caribbean, British and Ukrainian ancestry, she orients towards abolitionist approaches rooted in experimentation, improvisation and community. Liberatory practices motivate her creative senses beyond representation and strive for practices that are transformative and embodied, without erasing her identity both present, past and future. Her work centers around grief, hybridity and longing in racialized diasporic experience. She has studied in somatics and trauma informed practices, is a practitioner in TCM cupping and Auricular Acupuncture and is training in Harm Reduction, Restorative Justice, Polyvagal Certified, craftworks, Earthwork and studying as a Birth Doula. Her most recent explorations look at the intersections of cultural materiality and the moving dancing performing body.

[@de_adyn](https://www.instagram.com/de_adyn)

NILS LEVAZEUX, Apprentice, Week 1

Interested in movement, Nils discovered contemporary dance and improvisation through the somatic approach at the Nantes Conservatory (France). Subsequently, his training at the Contemporary Dance School of Montreal offered him a small revolution within his body and his way of seeing things, danced or not. Since leaving school in 2022, he has been able to further sharpen his relationship with interpretation by working alongside the precision and rigor of the companies SINHA Danse, and Sylvain Émard Danse as well as the hypnotic imagination and sensory states of 'Other Animals. Nils approaches his role as a dance performer with porosity. He visits the movement informed by somatic and philosophical practices and the different bodily training that he follows, always looking to vary plasticity and ways of coexisting.

AUDRÉE LEWKA, Lighting Designer Week 2

Audrée likes imperfect objects and shopping centres after opening hours. Her creative gestures start from said objects or from her friends. She loves the freedom that her DIY aesthetic gives her, allowing her to make rapid prototypes. Unfortunately, performers will tell you, her first prototypes often find themselves in the final show. She likes when it's funny and you don't know exactly why, and she wants to share that on stage. Trained as a scenographer, ex-archaeologist born close to the red light of boulevard des Laurentides, her main tools are costume, space and light. She would have liked to be deep and mysterious, but she is not.

Photo: Kenza Vandenbroek



SULLY MALAEB PROULX, Performer Week 2

Sully (he/they) is a Québécois-Lebanese freelance dance artist based in Tkaronto. After training at the Canadian Contemporary Dance Theatre, they earned a BFA in Dance from The State University of New York at Purchase College, graduating summa cum laude in 2020, and received additional training at the London Contemporary Dance School and Springboard Danse Montréal. Sully has performed works by and with artists from near and far, across Canada, in NYC, Spain, and India. In 2024, Sully was part of the Dora Award-winning ensemble of James Kudelka's *The Man in Black* with Citadel + Compagnie.

SOPHIE MICHAUD, Artistic Advisor and Dramaturgy Week 1

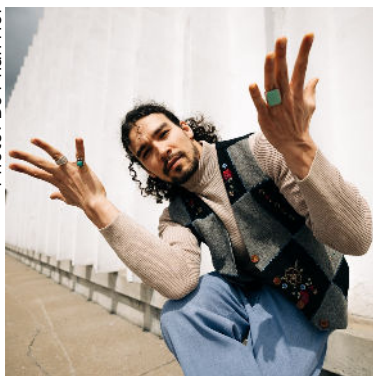
Having completed a bachelor's and master's degree in dance as well as a doctoral program in Arts Studies and Practices (UQAM), for thirty-five years, Sophie Michaud has specialized in supporting choreographic projects. As a rehearsal director, artistic and dramaturgical advisor, she has collaborated with many choreographers of diverse generational and stylistic backgrounds. As a researcher and practitioner, she develops a reflection on the modalities of communication and ethics that she reinvests in each of the contexts in which she intervenes, giving primary importance to the interweaving of artistic and relational issues and their manifestations in the studio. To date, she has accumulated more than two hundred participations in stage, film, in situ choreographic creation projects and multidisciplinary productions. At the same time, since the early 2000s, she has worked to promote the profession of dance rehearsal director in Quebec. A writing consultant and artistic mediator, she is also a trainer and mentor. At the Regroupement Québécois de la danse, she contributed to the development of training for emerging artists. Currently, S. Michaud is part of the teaching staff of the École de Danse Contemporaine de Montréal (EDCM).

Photo: Drew Berry



NATASHA POON WOO, Performer Week 2

Natasha is a Dora Award-winning dancer and freelance artist based in Toronto who frequents the stage with companies including Rock Bottom Movement, Côté Danse, and Compagnie de la Citadelle. She has been a guest teacher for companies and institutions such as the Limón Dance Company, Toronto Dance Theatre, The Fifth, ProArteDanza's SIP, and performing arts schools across the GTA, in addition to her 12+ years of rehearsal directing experience with Canadian Contemporary Dance Theatre and Human Body Expression, among others. Natasha is a proud alumna of CCDT, SUNY Purchase's Conservatory of Dance, and Codarts: Rotterdam Dance Academy.



SOVANN ROCHON-PROM TEP, Choreographer and Performer Week 2

Sovann Rochon-Prom Tep, aka Promo, grew up immersed in Montreal's breaking community. He became a member of the Sweet Technique group, with whom he participates in many competitions, further developing his talents. To date, he has chalked up over thirty victories and is frequently invited to take part in competitions around the world, either as a participant or as a judge. He has worked with dance companies such as Animals of Distinction and RUBBERBAND. Sovann continues to refine his approach through his own creations and the different workshops he teaches. He has been a member of L'organisme since 2020 and has created several stage works featuring artists from various artistic communities: *Un temps pour tout* (2019) – presented at La Chapelle, Festival TransAmériques, Festival FURIES and Musée d'art de Rouyn-Noranda – and *Sam & Angèle* (2022). He has also produced many street dance battles and events over the years, creating opportunities for local and international dancers to exchange. In 2022, received the Jacqueline Lemieux Prize from Canada Arts Council, for his contribution to dance in Canada. [@sovannpromo](#)



MANU ROQUE, Choreographer and Performer Week 1

In addition to an exciting and diverse career as a performer (Cie Marie Chouinard, Sylvain Émard, Paul André Fortier, Daniel Léveillé, etc.), Manu also choreographed short works (*Brendon et Brenda*, 2002; *Ô mon bateau*, 2004) before creating and dancing *RAW-me* (2010), a solo that received numerous awards at the Vue sur la Relève festival and OFFTA. This was followed by the duo *Ne meurs pas tout de suite, on nous regarde*, created and performed with Lucie Vigneault. He founded the Manuel Roque company in 2013 and created an in-situ project for the Esplanade of Place des Arts in Montréal in January 2014. The solo *Data* (2014) focusing on the mutation of matter was first performed at Usine C, then reprised at the Festival TransAmériques (FTA) 2015, the June Event Festival (Paris) and on tour. In addition to his participation in the European project Migrant Bodies, where he created *Matière Noire*, Manu choreographed *Aurora* for graduates of the École de danse contemporaine de Montréal and then *4-OR*, which was presented in Montréal in December 2015 by Tangente and Parcours Danse. The solo *bang bang* was created in Lyon in April 2017, then at the FTA 2017 and won the 2017 choreographic work prize at the Prix de la danse de Montréal. He was also invited in 2018 to the studio du Québec in Paris, a 6-month research and artistic renewal residency offered by the CALQ and the Cité des Arts in Paris. His creative universe combines kinesthetic virtuosity with a polymorphic questioning of the contemporary human condition. His interest in the body in movement is expressed through the notions of integrity, curiosity, attention, kindness towards others and oneself, and generosity in physical engagement. [@manu__roque__](#)



KEIMAR RUSSELL-FARQUHARSON, Choreographer and Performer Week 2

Keimar Russell-Farquharson's journey into the art of breaking first started when he was 11 years old and has continued growing stronger for the past 17 years. These days Keimar represents 3 different crews, two based in Canada, by the names of Saiko Skematics and The Unknown Floor Force, and Jamillz. Keimar has travelled the globe to compete, destinations include Singapore, Paris, London, LA and Prague. Breaking continues to be Keimar's passion 17 years into his practice, as a dancer Keimar continues to innovate and hone his personal style, making him one of Canada's premier Breakers.

[@incognoir](#)



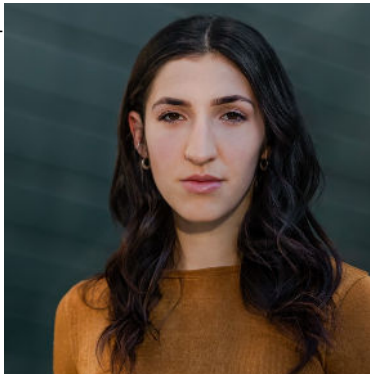
MIO SAKAMOTO, Performer Week 1

Mio Sakamoto is a Toronto based dance artist originally from Japan. She is a Dora nominated performer, choreographer, dance filmmaker, and Co-Founder of MillO Dance Projects. Mio has performed (selected) *Architecture of Violence* by Jaber Dance Theatre (Sweden), *Soft* by Chimera Projects Dance Theatre (Toronto), *Act II* by Jarkko Mandelin (Toronto), *Nine Bronze Pieces* by Maxine Heppner (Italy), *Miigis: Underwater Panther* by Red Sky Performance (North American tour), and *TouchX & I am the Child of...* by Kaeja d'Dance (Toronto). She's a recipient of 2020 RBC Newcomer Arts Award by TAF and 2021 & 2025 Artist in Residence of Kaeja d'Dance.



JULIA SASSO, Performer Week 2

Julia has danced in seminal works by Carol Anderson, Serge Bennathan, Anna Blewchamp, Danny Grossman, Bill James, James Kudelka, Lar Lubovitch, Christopher House, Jean-Pierre Perreault, Doug Varone, and many others. She performed internationally with Dancemakers (1984-2000), where she was Assistant Artistic Director and principal company teacher for a dozen years. Sasso choreographs extensively for the concert stage and for theatre, feature film, and television. She has created and produced five full-evening length ensemble dance works, smaller-scale dances, auto-solos, and countless works for pre-professional students locally, across Canada, and abroad. She is a highly regarded teacher of contemporary dance techniques.



KATHERINE SEMCHUK, Performer Week 2

Katherine (she/her) is a Tkarón:to/Toronto-based dancer, choreographer, educator and rehearsal director. A graduate of Victoria School of the Arts (Edmonton) and The School of Toronto Dance Theatre, she has enjoyed working across the country with Mile Zero Dance, Project InTandem, Kaeja d'Dance, Mateo Galindo Torres, Sasha Ivanochko, Tia Kushniruk, Naishi Wang and William Yong. She works closely with mentor Peggy Baker, assisting, learning repertoire and creating new works. *Maybe we Land*, created and performed with Meghann Michalsky, was nominated for a Dora Award and toured nationally in 2023. Currently she is a company member with Radical System Art (Shay Kuebler/Vancouver) and Côté Danse (Guillaume Côté/Toronto), and on faculty at Dance Arts Institute.



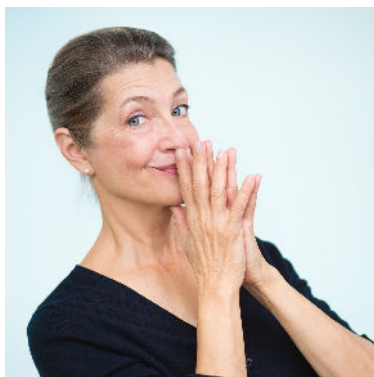
DEREK SOUVANNAVONG, Performer Week 1

Derek Souvannavong is a dance artist based in Tkaronto (Toronto). Souvannavong is a graduate of the BFA Hons. Dance Program at York University, receiving several awards for choreography and performance. He has premiered solo work *"this identity: woven"* co-created in collaboration with Peggy Baker. Souvannavong has performed in various works by Danny Grossman, Frog in Hand, Tracey Norman, and other Toronto based companies/artists. Of Lao heritage, Souvannavong is intrigued by traditional Lao dance forms and wishes to continue exploring relations between Lao dance forms and western contemporary dance, weaving together his Lao heritage into his work.



PAUL SHILTON, Musician Week 2

Paul is the piano player for *Larry's Jazz Guys* who appear regularly in the Forum series with the Stratford Festival, and at the Jazz Room and Registry Theatre in Kitchener/Waterloo. He has produced and arranged two CDs of jazz standards featuring his wife, singer Barbara Fulton. His Stratford Theatre composing credits include *All's Well That Ends Well*; *Julius Caesar*; *Romeo and Juliet*; *The Adventures of Pericles*; *Edward the 2nd*; *An Ideal Husband*; *Dark Lady of the Sonnets* (a Stratford/CBC radio co-production recorded live at the Glenn Gould Studio), as well as the 2024 production of *Twelfth Night*.



MICHELLE SILAGY, Outside Eye Week 2

Michelle's dance work has been presented in Amsterdam, Vienna, New York, Winnipeg, Montreal, and Toronto venues including The Gardiner Museum, where she presented *ReTrace*, a multi-generational, multi-ability performance. Her Inclusion Practice encompasses DanceAbility Advanced Certification with founder Alito Alessi. Michelle shares innovative movement practices with communities throughout Canada, informed by her directorship of The Young Dancers' Program at the School of Toronto Dance Theatre (1990 to 2022). Recent projects include coordinating Moonhorse Dance Theatre's Dance Encounter Series, working with the Wild Soma Collective and extensive partnership with Andrea Nann and Dreamwalker Dance Company's sharing practices. Michelle is developing *The Reverie Duets*, celebrating seasoned contemporary dancers and dancers who are dis/abled.



THE UNKNOWN FLOOR FORCE (TUFF), Choreographer and Performer Week 2

The Unknown Floor Force (TUFF) is one of Canada's premier Breaking crews and was established in 2015 by brothers Mark "Montuu" Collantes and Jerick "Anyo" Collantes. The crew is currently based out of Tkaronto (Toronto), ON, and has expanded to 10 members. As a crew TUFF has been competing across Canada since 2017, making their international debut in 2018. TUFF in recent years has widened its focus, beginning work as a creative entity. Organizing community centric Breaking programming and professional dance works in the GTA since 2023. These activities include: 2 for the Scene (monthly free community breaking practice), organizers of League of Our Own (Breaking Community Cultural Event), creators of *Binary-Codes*, and TUFF Training (Accessible Breaking Education Intensive).

[@daunknowns](https://www.instagram.com/daunknowns)



BRYCE TAYLOR, Choreographer and Performer Week 2

Bryce Taylor is a Breaker, Dancer and Choreographer originally from Colebrook, ON, and currently based in Tkaronto (Toronto), ON. Bryce began their career as a professional dancer with Canada's Royal Winnipeg Ballet in 2019, later becoming a company dancer for Ballet Edmonton in 2021. In July of 2019 Bryce along with their colleague and friend co-founded Winnipeg's Summer Dance Collective, where they served as WSDC's choreographer-in-residence from 2019-2023. Bryce's choreographic works have been presented by festivals such as dance: made in canada | fait au canada 2023 in Toronto ON, and Aeris Körper's Here&Now 2024 festival in Hamilton, ON. Bryce represents one of Canada's most prominent crews; the Unknown Floor Force, and is a dancer with BBoyizm Dance Company. The majority of their creative work now centers around the stimulation of Breaking in Canada.

[@brycetylrl](https://www.instagram.com/brycetylrl)



DYLAN TOMIHARU, Musician Week 1

Dylan Tomiharu is a Grammy-nominated recording artist and composer for interactive media. His work blends traditional Japanese music with contemporary styles, reflecting his Japanese Canadian heritage and passion for Eastern-Western synthesis. He holds a Bachelor's Degree in Music Composition and a Minor in Japanese Studies from the University of Western Ontario. He is based in Toronto, Canada. My journey into traditional Japanese music began as a way to reconnect with my lost heritage. Today, my mission is to bridge cultures and create a body of work that resonates deeply with audiences worldwide.



YUI UGAI, Choreographer Week 1

Yui Ugai, a dance artist from Hiroshima, Japan, now based in Toronto, Canada, brings over a decade of international performance experience to her work. Holding a BFA and MFA in Dance from York University, where she serves as contract faculty, Yui's choreographic research explores the interplay of heritage and contemporary dance by integrating elements of traditional Japanese performing arts. In 2011, she founded Japan's annual Dance Kotoen festival, fostering youth artistry and community while embodying her commitment to innovation, cultural resonance, and connection through dance.

[@yuiugai](https://www.instagram.com/yuiugai)

LUCIE VIGNEAULT, Artistic Advisor and Dramaturgy Week 1

Lucie completed her professional training in dance performance and teaching at the Université du Québec à Montréal. For over 15 years, she has worked in various artistic projects as a performer, teacher, coach and choreographer. She has danced several new and repertory works by Montreal choreographers including Hélène Langevin, Frédérick Gravel, Manuel Roque, Tony Chong, Marie Chouinard and Daniel Léveillé. In 2015, Lucie performed the solo *Cartes postales de Chimère* by Louise Bédard, a flagship work in the Quebec contemporary dance repertoire. Her work was recognized with the prestigious Prix interprète 2015 from the Prix de la danse de Montréal. For various artistic projects, Lucie also wears the hat of choreographer and rehearsal director. She has choreographed for several productions of Oriol Tomas at the Opéra. In July 2013, during the recreation of Robert Lepage's *La Damnation de Faust* (Ex Machina), she took on the role of assistant choreographer. She joined the team of the Festival Montréal Complètement Cirque in 2014, where she creates the choreographies and assists Anthony Venisse in the creation of large-scale outdoor artistic events.

KATHY LE, Stage Manager (Toronto Artists)

Originally from Surrey, BC, Kathy Le is a movement collaborator in Tkaronto, Ontario. Kathy is a George Brown dance performance alumnus where she went on to receive mentorship from Hanna Kiel upon graduating. Additionally, her performance skills extend beyond the body to assist her as stage manager for movement-based shows. She takes pride in all aspects of production and enjoys bridging the gap between the creative and technical sides of a show. Between her work on and off stage, you may have seen her credited with Human Body Expressions, Rock Bottom Movement, the Canadian Contemporary Dance Theatre, Fall for Dance North, the Garage TO and more.



Photo: Rodrigo Viotti

SOPHIA HASSENSTEIN, Lighting Designer (Toronto Artists)

Sophia Hassenstein is a contemporary dance artist, lighting designer, and movement teacher based in Tkaronto. A lover of learning, she is an alumnus of the Alberta Ballet School (2017), The School of Toronto Dance Theatre (2020), and York University (2023). As a designer, she has worked with such companies like Frog in Hand, Artists in Motion, and She The Company. Her love of capturing gorgeous moments and highlighting the body is greatly complemented by her time as a professional dancer. Through lighting design, dance, and teaching, Sophia values the quiet language of movement and how it informs and shapes her understanding of the world.



Photo by Kendra Epik

MARIANNA ROSATO, Production Manager

A Toronto native, Marianna Rosato received her BFA as a graduate of Toronto Metropolitan University. Marianna spent three years as the assistant stage manager for Toronto Dance Theatre before working as a freelance SM in Toronto. During that time, she stage managed works for Fujiwara Dance Inventions, Tiger Princess Dance Projects, Adelheid Dance Projects, BoucharDanse, Blue Ceiling Dance, the Older & Reckless series for Moonhorse Dance Theatre, the National Ballet School of Canada, and many others. Outside of dance, Marianna spent 11 seasons as the Production Stage Manager for Mainstage Theatre Company. She was delighted to return to her alma mater later in her career to teach Dance Stage Management for almost a decade. In 2014, Marianna began stage managing for Citadel + Compagnie, and after receiving a Metcalf internship, became the company's Production Stage Manager in 2017.



Photo: Kristina Smith Photography

SIMON ROSSITER, Lighting Director

Simon Rossiter is a lighting designer who occasionally designs scenery. A long-time collaborator with Citadel + Compagnie he has created designs for more than 18 of the company's works, including *Contes pour la fin du temps*, *A Perfect Day*, *Four Old Legs*, *#lovesexbrahms* (Dora award), *Looking for Elvis* (Dora nomination), *Against Nature*, *Les Paradis Perdus*, and *From the House of Mirth* (Dora nomination). Elsewhere, he has created more than 275 designs, which have been honoured with 3 Dora awards from nine nominations for Outstanding Lighting Design. Simon is also Business Agent for the Associated Designers of Canada, IATSE Local ADC659.



Photo: David Leyes

ELIAJAH STEFURA, Technical Director

Eli (He/Him) is a technician in the city of Toronto. He began working professionally in the industry since his graduation from Toronto Metropolitan University in 2019. Eli joined the Citadel team in 2021.

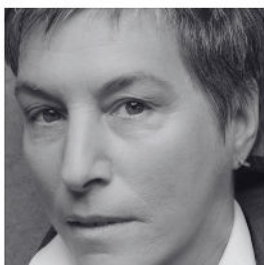


CITADEL DANCE EXCHANGE

WEEK 1 WORKSHOPS

WORKSHOP

Marie-Andrée Gougeon



**FRIDAY
APRIL 4**

1PM-3PM @ THE CITADEL
PWYC (\$5 minimum)

In the form of exchange, we'll discuss the expectations, challenges and obstacles of promoting a choreographic performance and developing markets and audiences. Is there any ideal model to process in this specific journey?

WORKSHOP

Manu Roque



**SATURDAY
APRIL 5**

SATURDAY, APRIL 5
10AM-12PM @ THE CITADEL
\$30 with registration

This workshop is based on improvisation exercises exploring different systems of movement to allow freedom and singularity, using the notions of ground, weight, fluidity, vibration, speed, density... The practice is focused on attention (to ourself, the other(s) and the environment). To refine our observations and concentration, we use tools like duration, repetition, curiosity, generosity. How can we engage in awareness, with as much rigour as fun? How can we constantly renew the pleasure of movement and connections, and share it.

WEEK 2 WORKSHOPS

WORKSHOP

Simon Rossiter



**FRIDAY
APRIL 11**

1PM-3PM @ THE CITADEL
PWYC (\$5 minimum)

Join Lighting Designer and Citadel Dance Exchange Lighting Director Simon Rossiter for a special 2-hour workshop. Learn more about the tools and systems that help illuminate your work on stage, from an expert with extensive experience in dance. This workshop will give you a great overview of lighting basics, with a focus on lighting design for dance.

Open to all levels of lighting design knowledge, and those in all fields (dance, lighting, production, etc.).

WORKSHOP

Sovann Rochon-Prom Tep



**SATURDAY
APRIL 12**

10AM-12PM @ THE CITADEL
\$30 with registration

What it is? What it ain't?

Through guided explorations, Sovann provides a context for each participant to observe, test, or challenge their own practice. Desires, values, culture, vocabulary, history, and community are key words around which participants are invited to examine their relationship with dance.

Open to dancers (ages 18+) of any style and any level.

**CLICK ON A WORKSHOP
FOR INFO AND TICKETS**

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.

Citadel + Compagnie

Artistic Director: Laurence Lemieux

General Manager: Kaitlin Standeven*

Interim General Manager: Jake Ramos

Production Manager: Marianna Rosato

Programs Coordinator: Sierra Chin Sawdy

Audience Engagement + Box Office Coordinator: Rachana Joshi

Financial Director: Simon Rossiter

Administrative Assistant + Digital Producer: Juliette Coleman

Facility Manager + Outreach Coordinator: Kéïta Fournier-Pelletier

Technical Director: Eliajah Stefura

Bookkeeping: Morgyn Aronyk-Schell

Poster Design: Messenger

*on maternity leave

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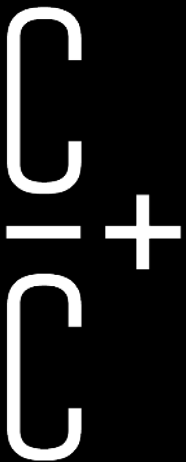
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Citadel + Compagnie wishes to express its deep gratitude towards the following supporters whose significant lifetime giving of over \$100,000 has helped us create not only The Citadel: Ross Centre for Dance but has also helped with our operations, productions and tours. Thank you!

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The 2024/25 season is generously supported by



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Citadel Dance Mix 2024 is presented in partnership with Dancemakers

Citadel Dance Exchange is presented in collaboration with The National Ballet of Canada's Creative Action Programme

Citadel LIVE is made possible with the support of The Metcalf Foundation Booster Fund

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*Monthly donor

This list represents all donations made between February 1, 2024 - February 28, 2025. It has been updated as of February 28, 2025. We apologize in advance for any omissions.



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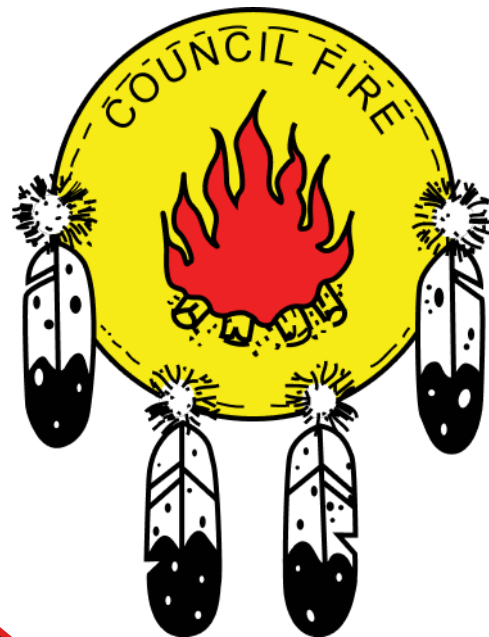
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TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE



Get to know our neighbours

Toronto Council Fire Native Cultural Centre is one of many Aboriginal service providers in the Greater Toronto Area that work together to address the social, health, education, economic, and cultural needs of the Toronto urban Aboriginal population.

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