

SBDC
& OWTA
PRÉSENTE
PRESENT



OVATION

OVATION SHOW LINEUP

CHAPTER 1 • ART EDUCATES

The impact on education, cultural preservation, and identity

1. BATTLE OF MAN

DANCERS: Full company

CHOREOGRAPHY: Sonia Balazovjeh

The performing arts have an incredible way of evoking emotion and creating dialogue. It brings people to a place where they can share and relate to one another through a medium that sparks joy, sadness, curiosity and wonder. The arts are often defined as a frivolous luxury. What if they were taken away? What if the world as we know it was absent of creativity? The void may be deeper than you think.

2. SPACE WEAVER

DANCERS: Sonia Balazovjeh, Dawn Patulli

CHOREOGRAPHY: Sonia Balazovjeh, Dawn Patulli

Creation is a primal behavior. As our bodies enter the world, we instinctively begin to explore our surroundings and our capabilities. The human body naturally creates as it develops and grows, starting a process that continues throughout our lives.

3. LAND OF ALL

DANCERS : Full company

CHOREOGRAPHY: Anmarie-Paule Legault

The creative process is inseparable from individuality. Everyone is inspired by different things at different moments. Some draw from personal experiences; others from the environment around them. Creativity breeds inspiration. We seek outlets for our artistry. The light that results illuminates and creates the beauty around us.

4. UNBROKEN & 5. ULTESTAKON

DANCERS: Full company

CHOREOGRAPHY: Company collaboration

Sharing our creative light is what brings art to fruition. Once the personal creative journey has begun, we aim to share this light with others. Art nurtures a symbiotic relationship bridging time, culture, values, history and humanity.

6. No 88

DANCERS: Nicole Legault, Jaime Scaife, Geneviève Cloutier-Mongeau, Samantha Savard Lamothe, Nathalie Parmentier

CHOREOGRAPHY: Alyssa-Marie Crawford

Self-expression takes many forms; however no medium is more powerful than the arts. Through writing, music, dance, drama or paint, expressing oneself is a fundamental need that all are entitled to. Five performers express what dance means to them and how it has shaped their identity. Their choreography is based on 5 different words: Focus; Escape; Clarity; Struggle; Expression.

CHAPTER 2 • ART HEALS

The impact on health, healing, and growth

7. TIME

DANCERS: Alyssa-Marie Crawford, Nicole Legault, Vanessa Mumme, Nathalie Parmentier, Dawn Patulli, Samantha Savard Lamothe

CHOREOGRAPHY: Vanessa Mumme

Artistic creation is a powerful vehicle for personal transformation and emotional healing. Therapeutic recreation increasingly uses creativity and art therapy as an essential part of the healing process. Creation fosters a sense of control and promotes enhanced self-esteem.

8. HIDDEN FIGURES

DANCERS: Full company

CHOREOGRAPHY: Sonia Balazovjeh

Whether it be dance, drama, music or paint, studies show that engaging with creative activities has the potential to reduce stress and depression, as well as alleviate chronic disease. Hospitals all over the world are including “Art Gardens” as part of the healing process. Exposing patients to works of art, as well as engaging them in creative outlets has sparked a revolution on how we envision healthcare and the healing power of the arts.

CHAPTER 3 • ART CONNECTS

The impact on connection, community, and communication

9. DECEPTION BAY

DANCERS: Full company

CHOREOGRAPHY: Samantha Savard Lamothe, Nicole Legault

Elusively travelling from one end of the stage to the other, the dancers explore the performance space, disconnected from the audience. Stuck in a creative purgatory, they are unable to engage with the energy nor the environment that they are suspended in.

10. BIG GOD

DANCERS: Full company

CHOREOGRAPHY: Sonia Balazovjeh, Dawn Patulli

Frustration, loneliness and anxiety are fueled by the effects of misunderstanding and miscommunication. Human connection and discourse is barricaded by distraction. Efforts to relate, to express, to connect are a practice in futility, where feedback mechanisms are instead replaced by the omnipresent, 21st-century “ghost”.

11. WHERE THE LIGHT COMES IN

DANCERS: Full company

CHOREOGRAPHY: Sonia Balazovjeh

Recognized as one of the next major public health crisis, diminishing human connection causes relentless physical and mental trauma. Together, we suffer and grieve the loss of human contact.

12. HUMAN

DANCERS: Full company

CHOREOGRAPHY: Sarah Steben

Communicating with others has become harsh, bold, irrational and ugly. As we further desensitize our emotions and cower from empathy, we robotically and shamelessly broadcast our opinions - deaf and blind to their repercussions.

13. FEEL LIKE I'M DROWNING

DANCERS: Full company

CHOREOGRAPHY: Samantha Savard Lamothe

We are drowning in the loneliness of an online world disconnected from human connection. Suffocating amidst the superficiality of our digital identity and the scarcity of genuine relationships, we primitively struggle to keep our head above water to maintain social status in the intangible cyberspace.

14. WE INSIST

DANCERS: Full company

CHOREOGRAPHY: Marie-Michelle Darveau

OVATION encourages us to consider the effects the arts have on education, health, communication and connection. More than ever, performing arts education is needed to connect future generations to help them develop a sense of belonging, nurture creativity and problem solving skills, and allow them to connect with the world around them.

15. SOLO BOWS & FINALE

DANCERS: Full company

CHOREOGRAPHY: Company collaboration

The creation and consumption of art is proven to reduce stress, increase empathy, develop critical thinking skills, relieve mental exhaustion and boost brain connectivity. While you were enjoying OVATION, we hope that you, too, have enjoyed these benefits. Thank you for being a part of the #ovationmovement.

For more information about Overture With The Arts, visit www.owta.org

To keep up with The Sonia Balazovjeh Dance Company, like us on Facebook and follow us on Instagram (@sbdcmontreal), or visit www.sbdcmontreal.ca