



**Pre-Event Guide:
da:ns focus – EveryBody
Inclusive Creative Movement
Workshop
by Stopgap Dance Company**

10 Apr 2025, Thu, 2.30pm
(1hr 30mins)

Esplanade Rehearsal Studio

Meeting Point: Esplanade Mall Level 1,
Outside Toast Box

da:ns focus – EveryBody



- *da:ns focus – EveryBody* is a weekend of dance performances, dance-alongs and dance workshops that celebrate inclusivity, diversity and participation.
- It includes people with and without disabilities, showing that dance can be enjoyed by everybody.

Going to Esplanade



- You are going to a place called Esplanade – Theatres on the Bay. Some people also call it Esplanade.
- You will be participating in a dance workshop at Esplanade. The title of the workshop is Inclusive Creative Movement Workshop.
- This is what Esplanade looks like.

Meeting Point



- The meeting point is at Esplanade Mall Level 1, outside Toast Box. An usher will meet you at the area indicated with the **red** star in the picture above.
- The usher will take your attendance, and they will show you the way to the workshop venue when all participants have arrived.

Rehearsal Studio



- The workshop will be taking place at Esplanade's Rehearsal Studio. An usher will show you the way to the Rehearsal Studio from the meeting point.
- This is what the Rehearsal Studio looks like.

Accessibility features for Inclusive Creative Movement Workshop



- This is a wheelchair-accessible event.
- This workshop is for people with and without disabilities, including people who may need to use a wheelchair. They can dance and move beside others too.

Accessibility features for Inclusive Creative Movement Workshop

- Moving freely during the workshop is alright. You can walk around or sit down while the workshop is happening.
- If you need to use the washroom during the workshop, that is alright. An usher can show the way to the washroom.
- After using the washroom, the usher can help you return to the workshop.
- Sometimes, it may be necessary to leave the workshop to find a quiet place to calm down. It is alright to return to the workshop when you are ready.

Calm Space



- The Calm Space at the Esplanade Rehearsal Studio is just outside the venue.
- There are chairs to rest on in the Calm Space.

What to expect at the Inclusive Creative Movement Workshop

Inclusive Creative Movement Workshop

- This is a dance workshop by Stopgap Dance Company, a group of dance artists from the United Kingdom.
- Four dancers from Stopgap Dance Company will lead this workshop.



Emily Lue-Fong



Hannah Sampson



Jannick Moth



Mignon Riggs

Inclusive Creative Movement Workshop



- The workshop will last for 1 hour and 30 minutes.
- You will dance together with other participants.
- Some people may sit quietly at the side to watch. That is alright.
- During the workshop, there will be fun activities and you will learn about creative movements.

Inclusive Creative Movement Workshop

- The workshop will start with a fast warm-up led by the teachers.
- After that, everyone will join in games and movement tasks.
- Here are some examples of what you might do:
 - Walk around the room
 - Sit or roll on the floor
 - Copy each other's movements
 - Form pairs or small groups and move together
 - Have fun and make new friends
- At the end, everyone will clap for one another.
- A group photo will be taken with all participants and teachers.

See you soon at Esplanade.

Find out more about accessibility at
Esplanade at
www.esplanade.com/accessibility



Find us on    | [esplanade.com](https://www.esplanade.com)

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