

IN THE BODY

In the Body, refers to what exists at your most immediate disposal: your body.

In these daily classes, led by Marie-Josée Chartier, you will have the opportunity to discover what an incredible instrument your body can be. A chance to explore its potential in its full eloquence and expressiveness; it is all 'in' there, ready to emerge.

During the two-hour class, we will build a practice of useful exercises that will improve alignment, body/brain integration, strength, coordination, flexibility, spatial awareness and rhythm. From there, we will combine those tools to create and improvise movement studies, based on an array of images and stories. Designed for performers and non-performers alike, each participant will have the opportunity to work at his or her own level in a very trusting, non-judgmental and dynamic environment.

When: **Monday December 15 to Friday Dec. 19, 2014**

10h00 to 12h00 noon

Where: **Artscape, Youngplace**, 180 Shaw Street, suite 209

one block north of Queen Street West

How much: **\$125. for the full week**

Register to secure your place at: marijo@chartierdanse.com. A non-refundable \$25. deposit is required by November 30th. For your own benefit and the benefit of others, no drop-ins will be accommodated. Maximum of 12 participants.

Marie-Josée Chartier is one of Canada's most established and respected dance artists. Numerous grants and awards have acknowledged her work as a performer, choreographer, director and teacher. Since 2000, she is a sought after director and artistic advisor for contemporary opera, multi-media and music productions. She has developed a movement practice adaptable to artists of all disciplines teaching workshops all over Canada and in Latin America. In the world of music she has collaborated with the Queen of Puddings Music Theatre, the Gryphon Trio, Arraymusic, L'Ensemble Contemporain de Montréal, Toca Loca and Tapestry Opera working with Canada's finest singers and musicians.

Please do not hesitate to write if you have questions:

marijo@chartierdanse.com

To know more about Marie-Josée or her Company please visit:

www.chartierdanse.com

Please mail deposit to:

Chartier Danse: 680 Queens Quay West ~ suite 204 ~ Toronto ~ ON ~ M5V 2Y9