



Newsletter

Read about our news and latest updates.

May 2024

April has flown by and May is well underway... we're excited to share the latest updates, upcoming events and behind-the-scenes from last month with you. Let's dive in!



April Highlights

April has been an exciting month for us at Unbound Dance Theatre! We started off with intensive behind-the-scenes preparations, gearing up for our upcoming performances of "Fireflies at Dawn" and our first-ever event as a company!

The second half of the month was a whirlwind of activity as we officially launched the company and hosted "Shifting Perspectives: A Symposium on Inclusive Dance Practice." We are incredibly grateful to everyone who joined us, both in person and online and supported the company. Huge thanks go out to our amazing guest speakers, whose insightful talks you'll soon be able to access! If you missed them and want to catch up, stay tuned for details on how to view the recordings.

Following the symposium, we dived straight into the creative process for "Fireflies at Dawn," bringing together the original cast in residency at Yorkshire Dance and working to prepare for our upcoming performances.



Next month...

As we move into May, we are fully focused on continuing the creation of "Fireflies at Dawn," bringing together our entire artistic team to piece together the final touches before our premiere in Bradford with Kala Sangam Arts Centre on June 11th. We'll then take the show on a pilot tour in Leeds and Wakefield, where we can't wait to share our work with audiences.

We'll also be continuing our workshops and outreach work in Bradford and Leeds, furthering our commitment to making dance more accessible and inclusive for all.

This month, as we celebrate Mental Health Awareness Week with the theme of movement, we're reminded of the intrinsic connection between movement, dance and mental wellbeing. At Unbound Dance Theatre, we're passionate about harnessing the power of movement to support mental health and well-being for individuals of all abilities. It's heartening to see movement taking centre stage in this year's awareness efforts, shining a light on the profound impact it can have on our mental and emotional states. As we continue our work at UDT, we're dedicated to promoting the importance of movement as a tool for self-expression, healing and connection.



Fireflies at Dawn

Mark your calendars for the premiere of "Fireflies at Dawn" on June 11th at the Alhambra Studio in Bradford, followed by a pilot tour in Leeds (June 29th) and Wakefield (July 10th).

Step into the depths of darkness with us, where every step is a dance of connection. *Fireflies at Dawn* invites you to embark on a journey of discovery, where emotions take flight and senses awaken to the soft rustle of wings. This enchanting dance theatre piece weaves together the threads of inclusivity, and self-expression exploring the richness of our shared humanity and the strength found in our search for connection. This delicate interplay of sound and motion invites you to discover the lived experience of blind and visually impaired people and to pay attention to how we connect to our senses, ourselves and others. Witness the power of vulnerability in this emotional and sensory show. Co-created and performed by visually impaired and sighted dancers, Fireflies at Dawn continues the company's investigation into how and why we move and dance. The show uses embedded audio description, sounds, lights and touch as well as innovative new wearable technology, echome – to enhance movement perceptions for both performers and audiences alike.

Join us in this visual and aural experience as we journey through the dark forest, guided by the gentle hum of fireflies, leading us towards more freedom and understanding.



The Alhambra Studio, Bradford
June 11th 2024, 7.30pm

Book

Slung Low, Leeds
June 29th 2024, 7.30pm

CAPA College, Wakefield
June 29th 2024, 7.30pm

Book

Book

Workshop for dance professionals & students

June 9th, 12-5pm at Yorkshire Dance, Leeds

Join us for a workshop tailored for dance practitioners and students eager to delve into the world of inclusive dance practice.

Discover our innovative approaches in dance workshops and learn how we craft compelling choreography with inclusivity and community at the core of everything. Engage in hands-on activities, discussions and connect with like-minded dance artists.

Reserve Your Spot

Get in Touch

We hope you're as excited as we are for all the wonderful things happening at Unbound Dance Theatre this month! If you have any questions, suggestions or just want to say hello, we'd love to hear from you. Feel free to reach out to us at info@unbounddancetheatre or connect with us on social media to stay updated on all the latest news and events. Thank you for your continued support!



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