



Shifting Perspective, Breaking Boundaries: Introducing Unbound Dance Theatre



Hello! I'm Sandrine Monin, I'm a dance artist and choreographer, and I've spent the last 20-odd years immersed in the world of dance and movement. Over two and a half years ago, I delved into research on dance and accessibility for the Blind and visually impaired (B/VI) community. Little did I know, this would be a profound turning point in my practice, reshaping not only my perspective on dance but the very essence of why and how I teach, create and share dance.

A Transformative Experience

Working with the B/VI community brought back to the surface something that I've known since I was little, but that years and years of training, performing and – shall I say – conditioning had muffled: dance isn't confined to what you see, it's about what you feel. Shifting to the unique perspective of B/VI people challenged me to rethink the limitations we place on dance through a visual lens. It wasn't about shapes or flow; it wasn't about choreography or performance; it wasn't even about narrative or storytelling. It was about redefining the purpose of dance. What started as a project became a transformative experience and I (re)discovered the immense power of dance to deeply connect people on a level beyond the visual.



The Birth of Unbound Dance Theatre

The impact was profound; following a strong desire to build a community forged from the belief that dance should be a liberating force accessible to everyone, I founded Unbound Dance Theatre. Why should dance be confined to visual aesthetics? Why can't it be a medium for everyone, irrespective of their ability, visual or otherwise? Unbound Dance Theatre stands to create inclusive spaces that transcend cultural, physical and societal barriers.

Dance Beyond Sight – Inclusive Practice

The mission is bold, to champion inclusivity, connection and expression. Rooted in the experiences and learnings from the B/VI community, Unbound Dance Theatre aspires to break down barriers and nurture a dance culture where everyone feels recognised, valued and free to express themselves fully. It's a space where individuals can be themselves, explore their creativity through movement and challenge limits. Through our work, we want to dismantle preconceived notions of what dance should look like and focus on how it feels and touches us. Our research and development focus on an inclusive dance practice that unlocks the potential for movement to connect us all. We are particularly interested in understanding how movement and sound intertwine, and are working with an innovative sound and movement interaction technology – Echome – that creates kinesonic experiences.

Looking into the Future

When Dance isn't limited by visual standards, it becomes a universal language, accessible to all. *“Movement is for joy alone, a human right because it is a human need, and a pathway to health and expression and discovery of identity, an invitation into satisfaction and a doorway to play.”* (Dr Hillary McBride)

Unbound Dance Theatre stands as a response to a profound need—a yearning for connection, expression and freedom, irrespective of abilities. Unbound Dance Theatre exists to connect with communities through dance, promote well-being and challenge norms.

Movement becomes a tool for expression, acceptance, growth and the seed of positive societal change. It's a step towards a more inclusive and compassionate society.

We invite you to stay connected with Unbound Dance Theatre by following us on social media or sign up to our mailing list. Get updates on upcoming events, behind-the-scenes glimpses and stories from our inclusive dance community.

Thank you for joining us on this journey of dance, connection and liberation.

www.unbounddancetheatre.com

Sandrine Monin,
founder

