



## Dance Performances: Des Arts Dehors / Arts Outside

Saturday May 9th, 11am - 12:30pm.

You are invited to a public showing of five dance performances from Des Arts Dehors / Arts Outside (DADAO) presented by Dance West Network and Alliance Française Vancouver.

Come discover dance performances by:

**Palak Dhiman - Savera: "The Awakening"**

**Sarah Kennedy - "InsatiABLE Or-bits"**

**Rachel Helten / soma anima arts - "Gentle Glory"**

**Linden Tse Yin Choi - "Prayers Through Strawberry Fields / Prières pour les fraises"**

**Punit & Evie - "Loitering"**

*We would like to acknowledge that the land on which Alliance Française Vancouver and Dance West Network operates is the traditional territory of the Coast Salish Peoples, including the territories of the *xw̓məθkwəy̓əm* (Musqueam), *Skwxwú7mesh* (Squamish), and *Səlilwətaʔ/Selilwitulh* (Tsleil-Waututh) Nations.*

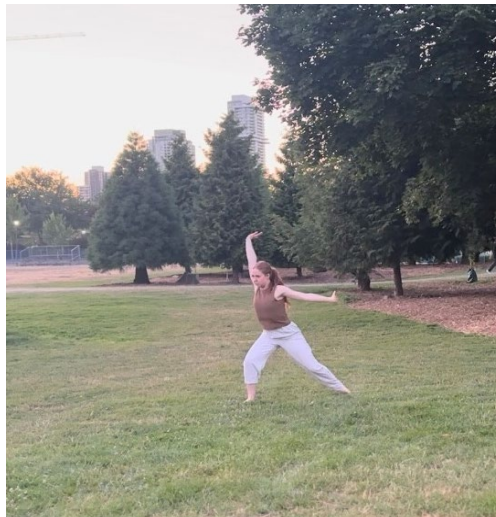
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*Photo by FUZD Media*

**ATRIUM: Palak Dhiman - Savera: The Awakening**

"Savera: The Awakening" is a neo-classical Kathak dance work that reinterprets classical movements through an innovative lens. Set to instrumental music incorporating Indian percussion rhythms, pakhawaj, tabla, bamboo flute, and acoustic guitar, among others, the piece considers the transition to daybreak ("savera") as a metaphor for transcending the inner and outer turmoil of the mind, and realizing a state of peace, hope, and renewal.



*Photo by Roya Pishvaei*

**GALLERY: Sarah Kennedy - InsatiABLE Or-bits**

Perception vs reality.

The world orbits around me.. Do I move with it or stand on the outside?

Day in and day out, stay afloat.

Are you moving? One step forwards or two steps backwards?



**GALLERY: Rachel Helten / soma anima arts - “Gentle Glory”**

Gentle Glory is a solo work by Rachel Helten (choreography + performance) in collaboration with her brother Benjamin Helten (music + performance) that explores gentleness and empathy as pathways to liberation. Drawing from her personal experience navigating mental health challenges, Rachel examines how a deep connection to self, the earth, and the wisdom of animism fosters healing and strength in an often violent world. The piece advocates for emotional intelligence as vital to awareness, celebrating vulnerability as a courageous force for transformation. It calls us to lean in with care, and to honour the sensitivity, sentience, and humanity of all.



**PATIO: Linden Tse Yin Choi - Prayers Through Strawberry Fields / Prières pour les fraises**

In response to the detainment of migrant workers and other immigrants across the U.S., Prayers Through Strawberry Fields/Prières pour les fraises is an act of compassion and solidarity. It is also an experiment: Can our prayers and expressions of empathy move through soil or root systems and mycelial networks to reach those held in captivity across the border? Prayers Through Strawberry Fields reflects on the unseen threads that link us and asks whether love, grief, and solidarity can travel through the living earth like a quiet underground passage, to offer friendship and support to those held unjustly.



*Photo by Carla Alcantara*

### **PATIO: Punit & Evie - Loitering**

Loitering is a dance-theatre duet that questions why every moment must have purpose. Rooted in street and contemporary dance, it explores drifting without direction as quiet rebellion and tender joy. Memories of skipping school, wandering malls, and chasing places we might never reach become metaphors for resisting productivity's grip. Through playful partnering, grooves that break apart, and bodies leaning into uncertainty, the work asks why some are free to linger while others are judged. Beneath its surface, *Loitering* probes our inner wandering - daydreams, hesitations, unspoken fears, finding truth in simply being, without needing to arrive anywhere.

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### **FUNDERS & PROJECT PARTNERS**

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