

Contact: Julia H. Cain
Joy of Motion Dance Center
Phone: 202-907-5113
press@joyofmotion.org

Street Address:
Joy of Motion | Friendship Heights
5207 Wisconsin Avenue NW
Washington, DC 20015
www.joyofmotion.org

FOR IMMEDIATE RELEASE

UpRooted Dance and Joy of Motion Dance Center co-present “TOWARD BEING,”
a shared evening with Spacetime Dance

Washington, DC: UpRooted Dance, a 2018-19 Resident Company of Joy of Motion, will present **TOWARD BEING** on Saturday, **May 18 at 8 PM** and Sunday, **May 19 at 7PM** at the Jack Guidone Theater at Joy of Motion | Friendship Heights.

In a fast-paced and chaotic world, where multi-tasking is the norm, dancers find their own version of “hygge” a Danish word for a mood of coziness and comfortable conviviality with feelings of wellness and contentment., “Toward Being” includes original works from UpRooted Dance’s Artistic Director Keira Hart-Mendoza and Artistic Director Spacetime Dance’s Katie Sopoci Drake.

“As dancers, educators, choreographers, artists, some of us parents, but more importantly humans, we wanted to explore the “down moments” in our life that feed us and nourish us through life’s fast tempo and many demands,” says Hart-Mendoza.

SHOW INFORMATION

Saturday, May 18 at 8 PM

Sunday, May 19 at 7PM

Jack Guidone Theater at Joy of Motion | Friendship Heights
5207 Wisconsin Ave NW, Washington DC, 20015

Tickets at joyofmotion.org/shows

ABOUT THE COMPANIES

Joy of Motion Dance Center:

A non-profit charitable organization founded in 1976, Joy of Motion Dance Center has since developed into “the area’s most comprehensive dance institution” (Washington Post), engaging 60 faculty members and teaching artists, providing more than 300 weekly classes, and drawing nearly 9,000 unique students and artists annually to three studio locations (in two Wards of DC and in Bethesda, MD). Our mission is to cultivate a diverse community of dance students, educators, artists, and audiences in the DC metropolitan area by providing exceptional dance education and performances that open doors for learners of all ages and abilities.

UpRooted Dance:

Based in the DC Metro area, UpRooted Dance creates intersections between dance and other art forms. Artistic Director Keira Hart-Mendoza collaborates with interdisciplinary creatives to craft vibrant works. UpRooted Dance uses movement, sound, images, and text to immerse viewers through thought-provoking storytelling. This versatile company produces pathways from audiences to explore dance on stage and in unexpected locations.

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