



ARTSPLUS, *an Arts-in-Education Program*

ARTSPLUS brings performances and educational programs to schools and community centers each year. A specific program is designed by working closely with the needs and goals of principals, program directors and/or teachers. Classes of any level or age group can participate in the program. The students will be working with the company's artistic director, Andrea Ariel and classes often include working with the company's resident composers/musicians to accompany the class. Company members and collaborating guest artists, from a variety of artistic disciplines, may also participate in the program.

The program is designed to foster the expressive capacities of students. Dance is unique in that the body, mind, and spirit are engaged in a total personal expression and communication of the self. Students discover a great deal about their body, mind, language, thoughts, imagination and ideas. They learn what their body can do, how they are put together, what strength and energy they have. They also become aware of space, direction, size, level, and relationship to others. In addition to becoming aware of themselves, they become aware of time, rhythm (patterns in time), tempo and relationships of movement and music.

The program explores these concepts of dance and music through creative movement, dance vocabularies, and improvisation. In addition to body movements, "mental" subjects related to math, science, language, social studies, and nature are incorporated into studies. Class structures include focus on individual investigations, as well as working with partners, trios, small and large groups. Class often begins in a circle during which introductions to each other and to various elements are presented. Physical warm-ups, with the class spread out in the space, continue to introduce elements of body, movement, space and relation to others in the space. Moving across the floor in lines, students explore the many creative possibilities of all the basic locomotor movements integrating rhythmic and melodic patterns as well as expressive responses to sounds, music, images, and words, individually and with partners. Small and large group activities focus on explorations of a particular element or subject, and create an opportunity for students to develop their skills in teamwork, communication and cooperation. These activities can lead to the creation of dances, either several smaller pieces or one involving the whole class, which can be performed at the completion of the program.

Goals of Program:

- To introduce and/or expand an understanding of the art form of dance
- To introduce and/or expand an understanding of music and relationships to movement.
- To advocate and stimulate individual creativity and self-expression.
- To encourage developing a sensitivity to the voice of the self.
- To provide an opportunity for experiencing a new consciousness of individual possibilities.
- To develop body awareness and physical well-being.
- To develop skills in rhythmic patterns, melodic phrasing and spatial awareness.
- To contribute to skill achievement, confidence and self-esteem.
- To encourage group communication and teamwork, cooperation, and support.

Andrea Ariel is the Artistic Director of Ariel Dance Theatre and a teacher of dance for children and adults for over 25 years. She holds an MFA in Dance from the University of Illinois where she was the recipient of the 1986 Creative and Performing Arts Fellowship Award. Andrea has developed and taught many arts-in-education programs including *The Self-Portrait Project* and *ARTSPPLUS*. These programs have been held at numerous schools and community centers throughout Austin, TX and well ongoing residencies in NYC. She has previously served as an Artist-in-Residence for Texas Commission on the Arts for a 3-week program for the Paris, TX Independent School District. Her other teaching credits include the University of California at Santa Cruz *DanceReach* Program, University of Illinois, Champaign County Schools Gifted Performing Arts Program, Austin Community College, and the University of Texas.

This program is available for public and private schools, as well as community center programs.

Timeline of Program: The program can be designed as a one-day Master Class, or for 1-12 week sessions with 1-3 classes weekly.

Cost of Program: Based on timeline and includes program development, teachers, accompanists, guest artists participating, and materials (if needed).

For more information or to host a program please contact:

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For more information about Andrea Ariel and Ariel Dance Theatre visit www.arieldance.org