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FOR IMMEDIATE RELEASE  
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## **Ballet BC launches MOVE, an all-new movement-based program on Granville Island**

*Weekly schedule includes drop-in classes and progressive series in yoga, ballet, contemporary, tango, pilates mat, and creative immersion workshops with renowned faculty in an inspiring environment*



*Photo by Andi McLeish*

**VANCOUVER, BC** - Ballet BC announces today it is launching a new, expanded slate of classes and workshops at its renovated facility on Vancouver's Granville Island. Starting in September 2023, the company will welcome the public into its inspiring, light-filled studios—the daily home for its 21 dancers—for MOVE, a full-scale movement-based program. MOVE features a variety of weekly drop-in yoga and ballet sessions, plus 12-week progressive series in beginner and intermediate ballet and contemporary dance, pilates mat, and tango. The offerings also include a unique Creative Immersion workshop series that connects participants with Ballet BC's season repertoire through movement and visual art.

“This programming enables us to extend our reach beyond performance and form deeper connections with more people than ever before, which is truly exciting,” says Ballet BC Director of Artistic Operations Rupert Tookey. “When developing MOVE, I wanted to create something that would give participants insight into the ways that we as a professional dance company work on a day-to-day basis. The most obvious ways are through the technique-based ballet and contemporary classes, but there is a lot to explore through a variety of movement-based practices. These classes are intended for anyone and everyone in order to meet their wellness goals, experience an inspiring company environment and most importantly—move.”

MOVE classes will be held six days a week and are led by an extraordinary faculty of instructors including some of Vancouver’s most well-loved yoga teachers and practitioners—Tianne Allan, Christie Baumgartner, Bless Leone, Clara Roberts-Oss, and Laura Soohen. The company welcomes Nadia Tavakoli to lead its beginner tango series, and former Ballet BC dancer Kiera Hill returns to teach both beginner and intermediate ballet series with live accompaniment. Plus, MOVE participants have the exclusive opportunity to learn from Ballet BC company artists themselves, with pilates mat sessions led by BASI-certified dancer Kaylin Sturtevant and two contemporary dance series led by dancers Michael Garcia and Sarah Pippin. Heather Myers, Ballet BC Manager of Outreach and Engagement, will lead a 6-week hybrid dance/visual art Creative Immersion workshop series centered on themes found within Ballet BC 2023/24 season repertoire.

Ballet BC MOVE participants will have access to various amenities including private showers and change rooms. Mat and towel rentals are also available. Parking on Granville Island is free before 11am and after 6pm. Plus, added perks such as discounts and special offers surrounding Ballet BC performances and special events.

Registration for MOVE is now open. Drop-in classes begin the week of September 11th and include sessions in vinyasa, hatha, gentle flow, roll and release, and restorative yoga. Progressive series in ballet, contemporary, pilates mat, tango, and creative immersions begin the week of September 18th. All classes take place at Ballet BC, 1286 Cartwright St, Granville Island.

Visit [balletbc.com/MOVE](https://balletbc.com/MOVE) for more information.

### **ABOUT BALLET BC**

Founded in 1986, Ballet BC is currently under the leadership of Artistic Director Medhi Walerski. Ballet BC is an acclaimed collaborative and creation-based company that is a leader and resource in the creation, production and education of contemporary dance in Canada. Based on Vancouver’s Granville Island, the company’s distinctive style and approach has made a unique and valuable contribution to the development of dance both at home and around the world. Ballet BC presents a diverse repertoire of Canadian and international work from the late 20th and early 21st centuries, including choreography by William Forsythe, Imre and Marne van Opstal, Sharon Eyal and Gai Behar, Johan Inger, Medhi Walerski, Ohad Naharin, Crystal Pite, Emily Molnar and more, and is deeply committed to the creation and performance of new works. Visit [balletbc.com](https://balletbc.com) to learn more.

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