



photograph by Jay Tse\_performer Sara Porter

## ***Memoir & Movement*** \_ explore your body of stories

Sara Porter leads a dynamic workshop of personal and professional exploration incorporating movement improvisation, creative writing, vocal work and clown presence. Through guided exercises and play, participants gain fuller access to breath and vocal range, refine writing skills, expand movement vocabulary and explore various modes of physical presence to generate multi-disciplinary material geared toward performance. Drawing on the uniqueness of each person's body, experience, imagination and voice, participants explore their pasts and perspectives to create images, sensations and stories that tell us who we are. *On stage and in life.*

Workshop options - from 2 hrs (single workshop) to 5-day weeklong workshop (3hrs/day - total 15 hrs)  
Participants - for professional artists, community members, artists with disabilities, seniors, teenagers

### **Testimonials from community participants**

"Thank you so very much for creating this awesome course. The experience will stay with me a long time." (senior citizen)

"You are a great teacher. You led us through a rich, subtle process of listening and noticing with humour, light, and instinct." (adult)

"It helped me because I think in my head so much. This got me in my body." (teenager)

### **Testimonials from professionals**

"A rare, unique opportunity to create privately, yet in company of others. Memoir & Movement is precious time to explore individual body-mind-movement & share it. Joyful movement-dance improvisation, creative writing, and inspiring conversations. I'm grateful!"

Itir Arditi, actor, Toronto, June 2023

"Working in Memoir & Movement inspired me to rework my contemporary circus solo *Twist of Fate* (2008). Sara asks you to dig deep and express memory through writing, sound and movement. She has a fantastic way of pulling out dialogue that is poetic & meaningful.

Angola Muroch, Lookup Theatre, 2022, Toronto

"A truly inspiring teacher, Sara Porter gives her students maximum freedom to discover their own creativity and shape it into form."

Steve Levine, Founder, The Create Institute for Expressive Arts Therapy, Toronto

**Instructor** - Sara Porter has devised and taught innovative studio and dance studies courses in institutions and artistic communities in Canada and Scotland over 30 years. A vibrant and imaginative teacher, Sara trained in a wide array of physical and artistic forms, including volleyball, music, biochemistry, clown, religious studies, Expressive Arts therapy, literary memoir, singing, contemporary dance, acting, French feminist philosophy, cooking, and raising kids. In addition to two degrees, she completed a Mental Health Commission of Canada First Aid & Introduction to Expressive Arts Therapy.

**SARA PORTER**  
PRODUCTIONS

*Sara Porter has shared Memoir & Movement work with the following artists, groups and institutions*

**Memoir & Movement Workshops**

Mile Zero Dance, public workshop - Edmonton, date  
Sinha Danse, Roger Sinha, company workshop - Montreal, 2022  
Winnipeg Contemporary Dancers, company workshop - Winnipeg, date  
University of Calgary Dance department, student workshop - Calgary, date  
Social Circus, teens with mental health supports - Toronto, date  
Sara Porter Productions, Artscape Youngplace - Toronto, date  
Summer Arts Blast Off, young dance professionals - Toronto, 2023

**Memoir & Movement supported creations**

*Twist of Fate*, LookUp Theatre (Angola Murdoch), contemporary circus - Toronto, date  
*In the Fire*, Femme des Feu (Holly Treddenick), contemporary circus - Winnipeg, date  
*The Diane Moore Legacy Project*, Eastward Moving (Sally Morgan), contemporary dance - Halifax, date  
*Puff of Smoke*, Jessie Huggett, solo artist with different intellectual abilities - Ottawa, date  
*It could have been me*, Stephen Levine, octegenarian community soloist - Toronto, date

**Creative choreographic guide for**

*The Lonely Child Project*, opera, contemporary circus / film - Toronto, date  
*Lifting Belly*, Jordana Greenblatt - contemporary circus - Toronto 2023

**Sara Porter Productions - Memoir & Movement devised works**

*Sara does a Solo* - Toronto, 2017  
*Getting to know your Fruit* - Toronto, 2019  
*This is my Math Dance* - Toronto, 2020  
*L-E-A-K* - Toronto, 2022  
*17 Seconds of Light* - Toronto, 2024