



SINHA DANSE

4430 PARTHENAIS
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WORKSHOPS

**A UNIQUE WORKSHOP WITH ROGER SINHA
COMBINING CONTEMPORARY DANCE WITH
INDIAN DANCE**

CONTACT US

**INFO@SINHADANSE.COM
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ROGER SINHA, artistic director and choreographer of Sinha Danse, teaches technique classes and repertory through a series of workshops based on his own personal choreographic language. He often teaches in numerous dance institutions nationally and internationally. The duration of the workshops are dependent on the particular needs of the institutions. Roger teaches technique class, repertory and is particularly noted for his successful creations on the students.

HIS VOCABULARY marries Bharata Natyam (mudras and complex footwork) with contemporary dance and martial arts. Technique classes are followed by an exploration of both Sinha Danse repertory and Roger Sinha's creative process.

PURPOSE OF WORKSHOPS

- 1. Integrate elements of Indian dance and contemporary dance:**
The contemporary dance technique includes the movements of the torso, the hips, leg extensions, jumps and turns.
- 2. Increase the sense of precision by working with the mudras and detailed articulation of the fingers, hands and arms:**
The indian dance technique puts the accent on the mudras (gestures that include the detailed articulation of the fingers, the hands and the arms) and the movements where the dancers create rythms with their feet by striking the floor.
- 3. Develop a greater sense of rhythm:** These gestures and positions of the hands combined with the movements of contemporary dance will allow the student to find new ways of coordinating movements between those that are precise and delicate and the full body movements. A unique section of the class is dedicated to work with the striking of the floor, specifically Indian rythms that do not follow the western musical norms but rather working with 3, 5, 7 and 9.

VISIT <http://vimeo.com/album/203325> to preview some workshops.

WORKSHOPS FOR EVERY LEVEL OF DANCERS

- Dancers in formation
- Students
- Professional dancers

ABOUT SINHA DANSE

Sinha Danse is a dance company created in 1991 by Roger Sinha, in Montreal QC, Canada. Roger Sinha was born in England of an Armenian mother and an Indian father. His work merges contemporary dance with classical Indian dance, martial arts and new technologies. Sinha Danse stems from a deep felt need of its founder, Roger Sinha, to reclaim his Indian heritage and to use this tradition to shape a modern expression of his reality. His work uses the universality of the body to explore cultural harmony and dissonance created by the collision of East and West.

Roger has participated in numerous commissions, such as the piece *Tono* for Red Sky Performance, which was presented in both the Beijing and the Vancouver Olympics in 2010 and the Canadian Pavilion in Shanghai.

Roger Sinha is also a filmmaker and winner of the popular vote for his film *Haters 'n Baiters: The culture collision* for the Radio Canada International Roots competition in 2010.

FIND MORE INFORMATION AT Sinhadanse.com

WHERE ROGER TAUGHT THE WORKSHOPS

Roger Sinha is frequently invited by dance companies, schools, festivals and Quebec and Canadian organizations to give workshops, the latest being :

- The school of Toronto Dance Theatre
- Winnipeg School of Contemporary Dancers
- Innovate Dance Arts, Parksville
- Crimson Coast Dance Society, Nanaimo
- SAMPRADAYA, Toronto
- Janak Khendry dance school, Toronto

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MASTER CLASSES WITH ROGER SINHA



2015 : Workshop organized by Sinha Danse for professionals and dance students, Montreal.

2015 : The School of the Winnipeg Contemporary Dancers
Technique classes and creation of a new piece for their end of year recital, *The Rite of Spring*.

2014 : L'École de danse contemporaine de Montréal.
New creation for mid-year recital, *ThisEEZme*.

2012 : The School of the Winnipeg Contemporary Dancers
Technique classes and creation of a new piece for the end of year recital, *A Question of Life and Breath*.

2011 : The School of the Toronto Danse Theatre
New creation for end of year recital, *Acid Lullaby*.

2010 : Halifax Dance School, Halifax
Technique Class for members of Young Company.

2009 : The School of Contemporary Dancers in Winnipeg, Manitoba.
Technique classes to the students.

2008 : The Sapphire School Section, Kolkata, India
Contemporary dance technique and creation with the students.

+ Class to the students of Attakalari Centre for Movement Arts in Bangalore, India.

+ Class to the students of Centro Nacional de Danza Contemporanea, San Queretero, Mexique.

2007 : Ateliers de danse moderne de Montréal
Creation of a choreography of 20 minutes for 2nd year students for the mid-term recital.

+ Creation of a 20 minutes choreography for the Springboard Summer Intensive organized by Ballet Divertimento, Montreal.

+ Creation of a 20 minutes choreography for the 3rd year student of the School of the Toronto Dance Theatre in Toronto. The piece was presented to Festival Danse Canada in June 2008.