



Photo: Michelle Doucette

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Canadian Dance Assembly
L'Assemblée canadienne de la danse

INTERNATIONAL DANCE DAY MESSAGE **2016**

Susanne Chui

“ *We are always in motion; our blood flows, our lungs expand and contract and our hearts beat like a drum keeping time.* ”

All around us the world is in motion; leaves flutter, waves roll and crash, cars zip by. Inside of this wonderful life—song our minds and spirits swirl, connecting us to our inner and outer worlds and to each other. Dance is inside and all around us; all we have to do is open to it.

Remember the first time you felt the urge to dance. Perhaps it was a moment of pure joy or a moment of sorrow; maybe you were alone or with others, in your living room, in a dance class, in an open field; perhaps there was music playing or perhaps it was quiet. Something inside of you could not be contained.

You were moved and it moved you. Dancing from this place is expansive, it's electric. You can see it in children moving freely; you can see it in someone letting loose on a dance club floor; and you can see it in a brilliant performance on stage.

It is from this pure place of dance that I call upon us to awaken this International Dance Day (and every day!), and to share it with the world.

Happy International Dance Day from the East Coast! ”

LOVE
I dance
j'aime
la DANSE