

Wild Within

Outreach and Workshop Offerings

Wild Within was created by Co-Artistic Director Sara Coffin, after an inspiring twenty day canoe trip along the Yukon River. On this trip Coffin was deeply affected by the history and beauty of the northern land and wanted to give reverence to the water that carried Coffin for twenty days. Paddling and camping in the north, she found herself thinking about the awe of mother nature and the many generations of caretakers for the land and community around her. While traveling with a group of 12 multidisciplinary artists to her surprise, Coffin also found herself thinking of her own mother's later stages of life. She realized in a way her own mother is returning to her wild state as she experiences the later stages of dementia.

Through these rich images, stories and history, and processing life through art, Coffin captured the emotional, spiritual, and physical resonance of the land in her body and created **Wild Within**. The layers of this work allow for a rich experience by the viewing audience and also brings many exciting discussion and workshop opportunities that can be paired with the work.

Workshop offerings with Wild Within can include such options:

- **A fifteen minute slide show presentation** in advance of the performance to share photos of the Yukon River, Coffin's canoe trip, and source inspirations found in the work. This short presentation is paired well with a school show to give more context of the work and help younger audience members dive deeper into the work.
- **Post-Show discussions** can include the process of translating experience into a dance show and how processing life through art into a universal message is often the work of the artists.
- **Movement workshops that work with the set material** from the performance to share how props can be transformed into animated objects or

resonate objects for story telling. These prop pieces include large driftwood pieces of wood and a large parachute.

- **Movement exercises that transform stories and poetry into action** through simple and safe Art-Life processing practices.
- **Generalized movement workshop that emphasizes community and shared experience.** Workshop content focuses on teamwork, exploring the resiliency of the body, and playful motor puzzles and compositionals exercises.

ABOUT MOCEAN DANCE

Mocean Dance is an award-winning contemporary dance company based in Halifax, Nova Scotia. Led by Co-Artistic Directors Susanne Chui and Sara Coffin, Mocean commissions Canadian and international choreographers to create dance that is highly physical, collaborative, and technically and emotionally rich. Recognized nationally as a leading dance company from the Atlantic Region, the company was honoured with The Lieutenant Governor of Nova Scotia Masterworks Art Award in 2016 for [Canvas 5 x 5](#), which was the first time this esteemed provincial award was given to a Nova Scotia dance work. Founded in 2001, Mocean is committed to its home base in Nova Scotia, contributing to the province's dance and arts community by providing opportunities for creation, performance, collaboration, development and education. www.moceandance.com

Sara Coffin, Co-Artistic Director, Choreographer

Sara Coffin is an independent dance artist, dance educator and Co-Artistic Director of Mocean Dance. Coffin has been teaching and creating interdisciplinary contemporary dance work for twenty years and has led Mocean Dance since 2011. She holds an MFA in Choreography (Smith College, USA), BFA in Dance (Simon Fraser University, BC) and Bachelor of Science in Kinesiology (Dalhousie University, NS). An award-winning dance artist and choreographer, Coffin has created over 30 dance works and received the NS Established Artist Award in 2018. With Mocean, she has danced in work by Heidi Strauss, Danièle Desnoyers, and Serge Bennathan and has created three works for the company. Her choreography has been presented across Canada and in the USA. Coffin's research interests include interdisciplinary collaboration, technology as an extension of the body, contact improvisation, and the poetic junction between vulnerability, resiliency, and courage. As a dance educator, Coffin has taught at Holland College (PEI), NSCAD (Halifax), Universidad Rafael Landívar (Guatemala City), and held an Adjunct Faculty position at the five-college consortium in Massachusetts (2012-14). www.saracoffin.ca