



MamaDances | MamanDanse: a relational art enhancing parent-child bonding and human connection through a playful, creative and celebratory dance experience

Montreal, March 13, 2018 — MamaDances continues into its next season of classes inspired by an innovative dance/movement program for families. Developed by dance artist, Eryn Dace Trudell, the company's philosophy emphasizes the relationship between parent and child, and between the dyad and the circle of other participants. A playground of movement, this relational art has dance and music at its core and human connection as its goal. It enhances parent-child bonding and social connections through an active, playful, creative and celebratory dance experience.

"I wanted to create a space where we (parents and children, mothers and fathers or primary caregivers with their babies) can move with spontaneity, and can follow our dynamic curiosity and pleasure whether it be in subtlety and gentleness or in playful, bountiful energy," says Trudell, founder and artistic director of MamaDances. Eryn is a Juilliard graduate with over 25 years of professional experience in all aspects of dance from idea to stage. She believes, embodiment is the key to connection. Attention to movement awakens us physically, emotionally and cognitively and presents possibilities of connection to ourselves and others. With connection comes feeling, empathy and pleasure: the catalysts of freedom.

MamaDances is inspired by somatic, classical, modern, contemporary, traditional, folk and creative dance. The Parent Child (ages 1-4 years) program explores essentials (Baniel, 2012) in working with children including attentioning, awareness, slowness, subtlety, variety, enthusiasm, flexibility and creativity. The Mom and Baby (ages 2-12 months) program allows new mothers/fathers/gardiens to come together in a movement practice founded in the values of parenthood by cultivating an inclusive, familial, caring, attuned, environment through dance and music.

Founded in 2006, the first incarnation of MamaDances : *Milles Mains* was a contemporary dance performance which premiered at Festival Quartier Danse, involving six professional dancers dancing with their babies at Chateau Dufresne in Montreal. MamaDances has grown over the years to include thousands of families, in community centres, dance and yoga studios, churches, cultural centers, perinatal resource centers, and is expanding beyond Montreal with a teachers training program. A prenatal program and a program for daycare centers are also in development.

Many participants emphasize the inclusive and universal aspect of MamaDances. Mother/father/caregivers, experienced or novice dancers, active or sedentary, all find their place and feel the benefits of the MamaDances movement. One participant describes her experience as "an invitation to honor the body and let creativity emerge... In a healthy, comforting and nourishing climate, through complicit glances and movement dialogue, the baby gently weaves the foundations of interaction between his body and the environment."



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Photo Reference:

[MamaDances Photo Gallery](#)

Video:

[MamaDances Mom and Baby Program](#)

[MamaDances Parent Child Program](#)

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