


LIMITED TIME OFFER! Subscribe annually & receive a free book about Canada's wildfires in 2023. [See Offer](#)

LIMITED TIME OFFER! Subscribe annually & receive a free book about Canada's wildfires in 2023. [See Offer](#)

Sections

 Search

SASKATOON STARPHOENIX

Subscribe

Sign In

Send a Letter to the Editor

Sports

Opinion

Business

Arts

Life

Newsletters

Bridges

Puzzles


Comics


Healthing


Driving

ePaper

Remembering









Local News / Local Arts

Free Flow Dance Company to stage fall gala full of 'big emotions'

"This show is going to be very diverse — every piece is very different," said dancer Bethany McMorine.

Julia Peterson

Published Nov 02, 2023 • Last updated Nov 02, 2023 • 3 minute read

 [Join the conversation](#)



Dancers of Free Flow Dance Company prepare for their upcoming gala performance, Emerge, during an open-to-the-public rehearsal at Midtown Mall on October 7, 2023. (Julia Peterson/Saskatoon StarPhoenix)

After years of theatre closures and ad-hoc performances at the height of the COVID-19 pandemic, Saskatoon's performing arts community is still feeling the thrill of being back on stage.

1

The dancers of Saskatoon's Free Flow contemporary dance company look forward to sharing those emotions in their upcoming gala, 'Emerge.'

"We're using 'emerge' as a theme to reflect how we're all feeling about emerging from the pandemic and getting back into performance mode in the theatre," said Free Flow artistic director Jackie Latendresse.

STORY CONTINUES BELOW

"We're delighted to be able to bring live performances back to people, and we hope that they will emerge from their houses to come see our show."

TRE

While Free Flow did stage some outdoor shows in the early years of the pandemic, that came with a unique set of challenges — particularly the weather, which Latendresse says was "daunting, especially in the winter."

1

But her own experience of the pandemic also inspired her to choreograph a new piece, Nest, which dancers will perform at this gala.

"It's a bit of a reaction to how we deal with the pandemic, and how people have dealt with building their own safe space — a nest, if you will, where we feel at home and comfortable, and where we're able to deal with some of our feelings regarding what happened globally and how that continues to make an impact on people's lives," she said.

2



Dancers of Free Flow Dance Company prepare for their upcoming gala performance, Emerge, during an open-to-the-public rehearsal at Midtown Mall on Oct. 7, 2023. PHOTO BY JULIA PETERSON/SASKATOON STARPHOTO /jpg

Dancer Rawda Mabrouk is particularly looking forward to performing Nest, which — beyond giving the dancers a chance to work with big, dramatic set-pieces on stage — she hopes will resonate with all sorts of audiences.

“During COVID, I think that we all did struggle similarly, from the same stuff,” said Mabrouk. “Nest is about how we struggled with talking and reaching out and touching each other, and it shows so many emotions.



Afternoon Headlines

Get the latest headlines, breaking news and columns.

Sign Up

By signing up you consent to receive the above newsletter from Postmedia Network Inc.

STORY CONTINUES BELOW

“I feel like this kind of work is what is important — to share true journeys and true emotions and true experiences with the audiences, and letting them experience big emotions with you, is a really profound thing.”

Along with Nest, the gala will also feature Pods — a re-staging of Latendresse’s best-known work, where actors perform inside costumes that house miniature trampolines — as well as works by choreographers Peter Quanz, Graham McKelvie and Danny Grossman.

Grossman, who died in July, was an internationally-acclaimed dancer and choreographer and a mentor to Latendresse for many years. For Latendresse, sharing Grossman’s work with old and new audiences is a fitting tribute to his deep and lasting influence on contemporary dance.

“We are thrilled to remount (Grossman’s work) Ecce Homo as part of our gala this year, as a way to celebrate his work and who he was as an artist,” she said. “We were talking about doing this before he passed, so it’s special that we are able to continue the life of his work even though he’s gone from our lives now.”

Bringing together this selection of new and restaged pieces has made the gala programme “powerful, sharp and very moving,” said dancer Bethany McMorine, adding that mastering the varied choreographies has been an education and a welcome challenge for even the most experienced dancers in the company.

STORY CONTINUES BELOW

“I think, sometimes, when people think about contemporary dance they think of just one thing,” said McMorine. “But this show is going to be very diverse — every piece is very different.”

With so many different styles, movements and stories to share, Latendresse hopes Saskatoon audiences will “give dance a chance” and embrace the theatricality and welcoming atmosphere of the show.

“We all understand movement on a personal, visceral level — that was our first form of human communication,” she said. “That’s one of the reasons I love dance so much; it offers a non-verbal communication that can transcend boundaries, languages and cultural differences, and really bring people together.”

Free Flow Dance Company will perform ‘Emerge’ at The Refinery on Nov. 3, 4 and 5.

RELATED STORIES



With powwows cancelled, Indigenous dancers share videos of themselves dancing in isolation

Bookmark our website and support our journalism: Don't miss the news you need to know — add [The StarPhoenix.com](https://www.thestarphoenix.com) and [LeaderPost.com](https://www.leaderpost.com) to your bookmarks and sign up for our newsletters [here](#).

You can also support our journalism by becoming a digital subscriber: For just \$4.75 a month, you can get unlimited online access to Saskatoon StarPhoenix, Regina Leader-Post, Financial Post, National Post and the entire Postmedia network as well as an electronic replica of the print edition to view on any device, share and comment on. Support us by subscribing today: [Saskatoon StarPhoenix](#) | [Regina Leader-Post](#)



COMMENTS

Postmedia is committed to maintaining a lively but civil forum for discussion and encourage all readers to share their views on our articles. Comments may take up to an hour for moderation before appearing on the site. We ask you to keep your comments relevant and respectful. We have enabled email notifications—you will now receive an email if you receive a reply to your comment, there is an update to a comment thread you follow or if a user you follow comments. Visit our [Community Guidelines](#) for more information and details on how to adjust your [email settings](#).

SHARE YOUR THOUGHTS

To contribute to the conversation, you need to be logged in. If you are not yet registered, create your account now - it's FREE.

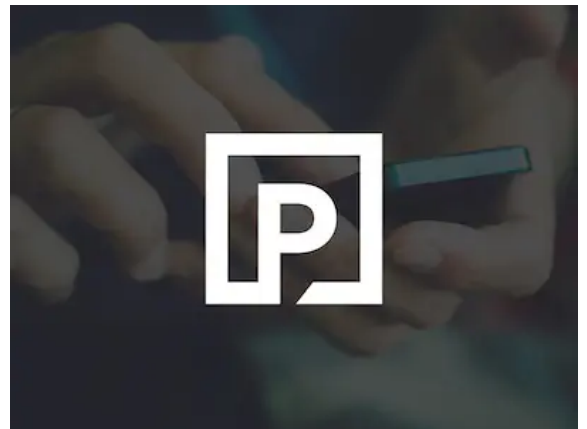
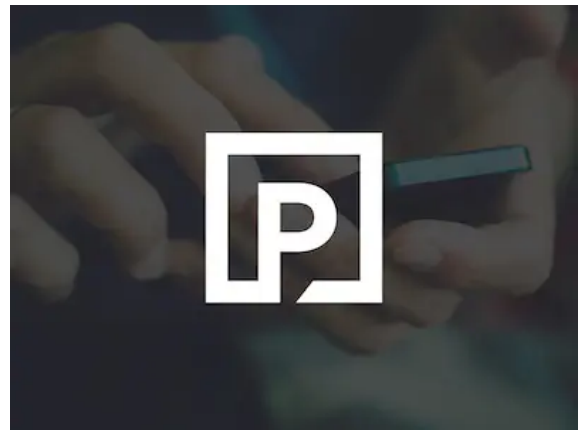
Login/Create an Account

Subscribe for Unlimited
Online Access

 JOIN THE CONVERSATION

Loading...

LEAD NEXT





.ATEST NATIONAL STORIES

THIS WEEK IN FLYERS

Subscribe

News Send a Letter to the Editor Sports Opinion Business Arts Life ePaper Subscribe

Follow The Star Phoenix



Advertise With Us Digital Ad Registry Site Map Contact Privacy - Updated Terms of Use FAQ Copyright My Account Manage My Print Subscription
Manage My Tax Receipt

365 Bloor Street East, Toronto, Ontario, M4W 3L4

© 2023 The Star Phoenix, a division of Postmedia Network Inc. All rights reserved. Unauthorized distribution, transmission or republication strictly prohibited.