



Alan Lake, choreographer and dancer

A choreographer, dancer, director and visual artist, Alan Lake combines his multiple passions and talents in works he has been creating since 2003 in the Alan Lake factori(e) research lab he founded in Quebec City. Themes of landscape, the recurring cycles of life and the polarity of reality underscore his work. His virtuoso movement is driven at times by impulses of memory, at times by resistance to that very impulse. It was while researching objects and organic imagery that the visual artist Alan Lake discovered dance. Before he had even completed his studies at the École de danse de Québec, he had presented multidisciplinary pieces based on movement. His seventh choreography *Ravages* includes a film, as did *Chaudières, déplacements et paysages* (2009) and *Là-bas, le lointain* (2012). Recognized as one of the most talented emerging artists in Quebec City, he received the people's choice award at Vidéastes Recherché•es for *9 minutes, 2 Fois* (2004).

Workshop Description

During this workshop, Alan Lake Factori(e) will share the basics of the company's creative process. This laboratory invites the students to experiment creative systems where fantasy and reality superimpose, giving birth to a dance at times strange, yet universal. Students will get acquainted with the company's choreographic language, tapping in their physical memory and raw energy to create their own path. Working in solo or duet, then in small and large groups, they will explore and appropriate movement practices where the body is open both to its own inner climate, and to its environment. The final stages will be devoted to sketching a choreographic draft.