



As a female-led company Kapow make vibrant and imaginative productions for people and planet, creating work that is moving, dynamic and athletic. Kapow have produced and toured their professional work nationally and internationally.

They have run over 23 community projects and are passionate about working with students. Their approach empowers each individual to make their best work within a supportive and hard working environment.

Beth Powlesland

Founder, Co. Artistic Director & Performer

Beth's professional performance and teaching experience includes 2 years with Tilted Productions, 7 years with dance company Earthfall, and work with National Dance Company Wales, National Theatre Wales, Mafalda Deville (Jasmin Vardimon Company), and Theatr Iolo.

She is currently participating in an ongoing collaboration with Jo Fong; together they have travelled to perform in Europe, Canada, China, Edinburgh Fringe, British Council Showcase, British Dance Edition. Beth is also a Holistic Massage Therapist, and loves working to help people feel connected, renewed and embodied through hands on bodywork.

Eithne Kane

Founder, Co. Artistic Director & Performer

Eithne trained in Contemporary Dance at London Contemporary Dance School and has worked in dance, physical theatre and contemporary circus. She has toured internationally with Tilted Productions, Joli Vyann, The National Theatre, Opera North, Madeline Shann, Jorge Cesis and Dylan Quinn Dance Theatre amongst many others.

Eithne is a teacher of dance and yoga and is always seeking to broaden and enhance her movement practice, she is also a member of the education team for the Russell Maliphant Company.

# WHAT WE OFFER ON A RESIDENCY

In a week long residency Kapow will choreograph a piece of up to 20 mins long with your students to be presented on the final day.

We inspire students to reach their creative potential through contemporary technique, devising, improvisation, and performance. The themes for residencies are inspired by concepts explored in our professional performance works.

During the week students will gain an insight into Kapow's creation methodology, and process. Leaving them with the skills to think about devising, and how to approach making work themselves. We work with release techniques, floorwork, acrobatics, improvisation, object manipulation, and physical theatre.

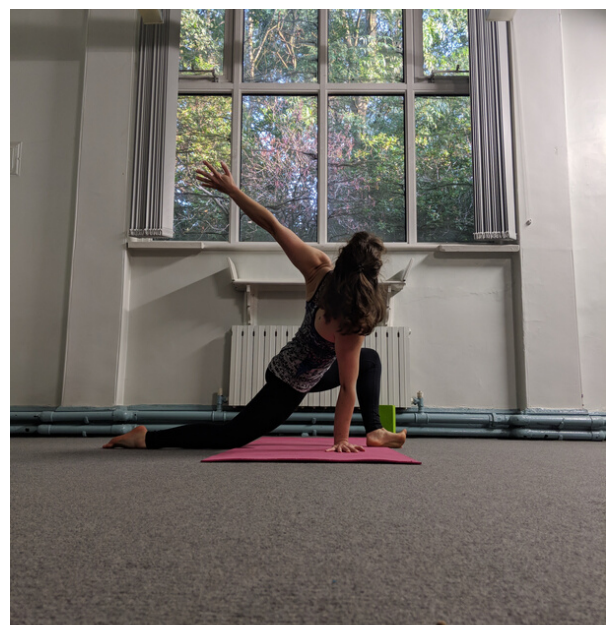
Our experience as Yoga and Massage practitioners underpins the supportive space within our residencies. We find that this enables people to step out of their comfort zone in a safe space and to reach their potential as performers and creative individuals.

What people say about us: -

*"Beth and Eithne lead their projects with mountains of energy and creativity and manage to get the very best out of the students in return. They create a wonderful atmosphere in the studio in which students can share and develop ideas both individually and as part of a collective."*

*"Beth and Eithne work really hard to ensure each student is challenged and supported through their individual journey, whilst also managing to create a polished performance piece in just one week! We have been extremely happy with the work Kapow have achieved with us and would highly recommend them to other institutions."*

Sarah Alexander, Bath Spa University



# PRACTICAL INFORMATION



## TO BOOK KAPOW TODAY

- **Email to book: [kapowdance@gmail.com](mailto:kapowdance@gmail.com)**
- FEE: £1500, plus travel and accommodation (if required to stay overnight)
- This includes both Artistic Directors to deliver the residency. Having both Beth and Eithne working with your students means they can give each student more.
- Costume and props budget would be additional, to be discussed on booking.
- Group size- maximum 30

## PREVIOUS RESIDENCIES HELD AT:

- Bath Spa University- MA and BA students
- Salford University
- UCLAN
- Uni of Wales Trinity St David
- Dance Manchester with The Whitworth, Edge Hill and Manchester College,
- Dance Manchester with Manchester University,
- Monmouthshire Youth Dance Company
- Banes Youth Dance Company
- Dance Manchester and Halle Youth
- Coles Forsyth Dance Academy

*"Kapow's concept was fun and engaging and the choreography excited and challenged the students, enabling them to generate voluntary commitment out of term time and fuse them together as a performance group. Their innovative use of props and physicality made the work a visual draw for public audiences, accessible, lightly humorous but exploring environmental themes and the inspiration of the new tree sculpture in Whitworth Park".*

**Deb Ashby, Director of Dance Manchester.**