

**PRIMARY SCHOOLS**

# **SCHOOL WORKSHOPS**

## **2026 - 2027**

# CHOREOGRAPHIC DIVE

Grades 2 through 6

## WORKSHOP INSPIRED BY THE SHOW MOÏRA

What if dance could transcend time, myths, and legends? In this workshop designed by the Sursaut dance company, elementary school students (ages 7 and up) immerse themselves in the world of the performance Moïra, inspired by the Greek myth of the three Fates—those three goddess-sorceresses who spin, unravel, and cut the thread of every mortal's life.

Through a series of playful and creative activities, the young participants explore contemporary dance by engaging with the iconic objects of the show: the hourglass and the braids. They take turns becoming mysterious oracles or warriors, inventing their own movements, challenging each other in a choreographed sequence, and mimicking one another in a game of mirrors.

The workshop concludes with a bouncy, high-energy choreography drawn from the show and enhanced by the young participants' own choreographic ideas.

**Length:** 60 minutes

**Capacity:** 1 class

**Price:** 180\$ + tax + transport (\$0.56 / km + tax if further than 20km)

**Location:** School gymnasium, auditorium or outdoors if the weather permits





# DANCING THROUGH PLAY

Grades 2 through 5

**What if dance popped up where you least expect it?**

In this new workshop designed by the Sursaut dance company, students discover contemporary dance through play, without even realizing it—or almost not. A roll of dice that determines the movement, a reimagined game of Marco Polo where the body becomes a language, familiar games that are transformed and let dance in through the wide-open door of fun.

Through these playful and surprising activities, the young participants explore the fundamentals of contemporary movement: space, time, energy, and relationships with others.

The session concludes with the students learning a short choreography inspired by their explorations—their first collective creation, which they themselves will perform.

**Length:** 60 minutes

**Capacity :** 1 class

**Price:** 180\$ + tax + transport (\$0.56 / km + tax if further than 20km)

**Location:** School gymnasium, auditorium or outdoors if the weather permits





**DANCING  
THROUGH PLAY**





## INFORMATION AND BOOKINGS

**coordo@sursaut.ca - 819 822-8912**

All our activities are eligible for grants from the Culture in School program as well as the Programme de soutien au développement (CSSRS and City of Sherbrooke).

The Sursaut Dance Company is funded by the Canada Council for the Arts, the Conseil des arts et des lettres du Québec and the City of Sherbrooke.



Canada Council  
for the Arts

Conseil des arts  
du Canada



Conseil  
des arts  
et des lettres  
du Québec





Joyful, sensitive, and with a touch of exuberance, the choreographic works of the Sursaut Dance Company reflect the maturity of an evolving artistic approach that, for 40 years, has been devoted to young audiences. Aware of the high standards, intelligence, openness, and capacity for listening that children possess, the company works with seriousness, authenticity, and the utmost respect for this audience.

The Sursaut Dance Company is a pioneer in Canada in contemporary dance for young and family audiences and contributes to the development of professional dance outside major urban centers. Convinced of the importance of art aimed at young audiences, the company continues its mission and works to make dance accessible to all.

**MORE INFORMATION**

**[www.sursaut.ca](http://www.sursaut.ca)**

