FOR IMMEDIATE RELEASE

DANCE ALLSORTS: project20 and Lesley Telford

At Evergreen Cultural Centre November 4 | 7pm

IN BRIEF: The October event will feature a mixed program of contemporary dance, showcasing new works by project20, focusing on discovering the love of one's self despite the distractions we are surrounded by: and Lesley Telford explores those daily efforts that turn into heroic feats. Tickets are \$20 Adult, \$5 Student.

Performance is followed by a Q&A with the Artists and a free workshop (limited to 30). Visit evergreenculturalcentre.ca or call 604-927-6555 for tickets.



Photo by: Michael Slobodian



Photo by: Yvonne Chew

COQUITLAM, BC (October 19, 2016) — The first event of our 16/17 dance season will feature a mixed program of contemporary dance, showcasing new works by Dance Allsorts, **project20** and **Lesley Telford**.

The Gates of Hell, a new work by Donald Sales for project20, focuses on discovering the beauty, peace, stillness, and love of one's self despite the distractions we are surrounded by. The work explores simple questions. Who are we? Where are we going to or from? What is our purpose?

Under the direction of dancer and choreographer Donald Sales, project20 is a platform for dancers to speak their truths. The company's work is based on a release of genuine feelings and real-time emotions with the ability to speak boldly and freely. project20 tours regularly in and outside of Canada.

Only who is left, by Lesley Telford explores those daily efforts that turn into heroic feats. How are strength and power used to hide one's vulnerable side? When is the fight pointless? As Bertrand Russell said, 'War does not determine who is right, only who is left'. Lesley Telford is a Vancouver-based choreographer and teacher, who has choreographed for dance companies in North America and Europe. As a dancer she worked with Netherlands Dans Theater 1, Compañia Nacional de Danza and Les Grands Ballets Canadiens.

Tickets are \$20 Adult, \$5 Student.

Post event workshop registration (limited to 30):

http://www.newworks.ca/2016/06/project20-and-lesley-telford/

Contact the Evergreen Box Office at 604-927-6555 or visit evergreenculturalcentre.ca for tickets and more information.

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About Evergreen Cultural Centre

The Evergreen Cultural Centre houses a 257-seat, flexible black box theatre and a 1500 square-foot public art gallery. The Rehearsal Studio and several art or meeting studios provide an additional 5000 square feet of space for Evergreen's classes, workshops and rentals while the spacious glassed-in Lobby offers a spectacular view of Lafarge Lake.

Website: <u>evergreenculturalcentre.ca</u>

Twitter: <u>@EvergreenArts</u>

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