



Performance Workshop Q & A

"It was way more rewarding than I expected. I knew it would be fun, but it was also so empowering and provided a real sense of community." - Program Participant

Tell me more about The Moving Architects!

[The Moving Architects](#) is a dance company led by Erin Carlisle Norton that connects people intimately to dance, focusing on creating female-centric collaborative dance works and community-based projects. The company teaches and performs regionally, nationally, and internationally. You may know Erin from the company's past pay-what-you-can movement program Community Movement Project in Montclair, or from teaching Pilates through her studio [Align Pilates](#). In recent years, the company has focused on working intergenerationally, including "O my soul" with artists 16-70s that recently premiered in Montclair with additional NYC performances, and the nature-centered touring transdisciplinary project "Shapes of Movement." TMA will be premiering a site-immersive dance project inside Montclair's Crane House & YWCA in September 2025 in partnership with Montclair History Center.

Where did the idea for this program come from?

The inspiration for this program stems from our meaningful experiences collaborating with women of all ages in recent dance projects of my dance company The Moving Architects. These projects have not only enriched our lives, but have also fostered meaningful intergenerational connections and cultivated community. In this process, we have heard from many adults who miss dancing and the community that dance provides. These transformative experiences have led us to create this program in order to create opportunities for other adults who want to dance and perform in a positive, creative, and community-minded environment.

Who is this designed for?

This Performance Workshop is designed for female-identifying adults of all ages who want to return to dance through a creative rehearsal and performance process. Participants should have a dance foundation from experiences dancing in high school, college, and/or professionally. While The Moving Architects brings a modern dance

approach to the project, adults in all dance forms are welcome to participate who have a background in rehearsal and performance processes.

What do rehearsals entail?

Rehearsals will include a warm-up led by Erin, leading into rehearsals that may include learning movement material, developing phrase work, and working individually and in small groups. Dancers will have options to be in roles as dancers, creators, and collaborators, with Erin leading and facilitating the choreographed project from week to week. The Performance Workshop culminates in a final showing that reflects the artistry and input of all participants.

What's the time commitment and where are rehearsals?

The workshops are 2-hour rehearsals for 5 Sundays, with a final community performance. Rehearsals in winter 2025 take place at Yoga Mechanics in Montclair.

What is expected of me?

That you come as you are and dive in with body, mind, and spirit! This program values collaboration, community, and creativity, through a creative process of learning, encouragement, and peer support. Here's a short video with excerpts from our [Spring 2024 performance](#) of the TMA Performance Workshop.

How do I sign up?

Registration opens February 16 [HERE](#)

More Questions?

Join our the [TMA Performance Workshop Facebook Group](#) or email Erin at erin@themovignarchitects.org