



Photo: Baptiste Varenne

Les Grands Ballets invites 900 guests to a relaxed performance of *Cinderella*

Montreal, May 24, 2023 – On June 2, 2023, 800 people with varied abilities and a hundred children and teens who have been victims of violence are invited to a relaxed performance of the ballet *Cinderella* by Jayne Smeulders. An echo of the message of hope, kindness and generosity displayed in the famous fairytale.

This effort of inclusivity is a part of Les Grands Ballets' mission to offer access to art for everybody. With their National Center for Dance Therapy (NCDT) that celebrates its ten years of activity in 2023, Les Grands Ballets helps strengthen the potential of dance and art as a means of prevention and to improve well-being. The work of the NCDT has created a direct relationship between the communities it serves and the mission of Les Grands Ballets.

Les Grands Ballets makes it a point of honour to democratize ballet through diverse initiatives, such as The Nutcracker educational matinée (2800 children from unprivileged backgrounds, ill or in difficult circumstances invited free of charge in 2022), the Gratitude and Generosity Series allowing communities who have suffered the most from the pandemic to attend ballet, and relaxed performances. The latter took place for the first time in Spring 2022 for *Romeo & Juliet*.

For this new edition, the NCDT will invite 800 people with varied abilities (autism, intellectual deficiencies, Down syndrome, and neurocognitive disorders) to attend a relaxed performance of *Cinderella* on June 2, 2023. As part of the Gratitude and Generosity Series, a hundred children and teens who have been victims of violence, coming from Fondation Marie-Vincent and several youth centers, will also attend the performance.

“The work of the National Center for Dance Therapy allows vulnerable communities to enjoy the benefits of dance through adapted interventions. Thanks to relaxed performances, we offer participants the chance to be close to dancers through a 360 degrees experience and contribute to making the dance community more inclusive.”

- Ivan Cavallari, Artistic Director of Les Grands Ballets



Principal dancer Myriam Simon greeting participants from the relaxed performance of *The Four Seasons*
Photo: Baptiste Varenne

A relaxed performance is designed to attend to the sensory needs of some of the participants: the lights in the theatre will be lowered, the music will be adjusted, some calm areas will be set up just outside the venue and guests will be encouraged to move and express themselves during the show.

Sponsors and partners

Les Grands Ballets is a proud partner of the *Politique de l'enfant* by the **City of Montréal** and would like to thank **Fondation J.A. DeSève** and an **anonymous foundation** regarding the Gratitude and Generosity Series.



Fondation J.A. DeSève

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About the National Center for Dance Therapy

Founded in 2013, the National Center for Dance Therapy is Les Grands Ballets Canadiens' sociocultural service dedicated to promoting the benefits of dance and making it more accessible to vulnerable and marginalized people. In doing so, the Centre helps strengthen the potential of dance and art as a means of prevention and well-being. The Centre's activities can be divided into three components: social and therapeutic interventions through dance, training of professionals in dance for well-being, and involvement in research projects on dance as a therapeutic tool.

About Les Grands Ballets

A creation and production company, Les Grands Ballets Canadiens is devoted to the development of dance in all its forms, building on the discipline of classical ballet.

Under the artistic direction of Ivan Cavallari, some fifty Canadian and international dancers - accompanied by Les Grands Ballets Orchestra - bring the great classics of ballet to the stage, as well as the creations and repertoire of established and emerging contemporary artists.

Located in the heart of Montréal's Quartier des spectacles, Les Grands Ballets is wholly committed to giving to as many people as possible access to dance, whether through the Nutcracker Fund for Children, leisure activities in the Grands Ballets STUDIOS or with the National Centre for Dance Therapy (NCDT), which is devoted to greater wellbeing through the benefits of dance.

Through the excellence of its productions and the scope of its cultural and social actions, the company seeks to inspire discovery and conjure emotions, stimulate the imagination, convey a passion for dance and create a lasting impact.

Press inquiries

Julia Bource

Communications and Public Relations Manager

Les Grands Ballets Canadiens

T. 514 849.8681 x 259

c. 438 410.1187

jbource@grandsballets.com