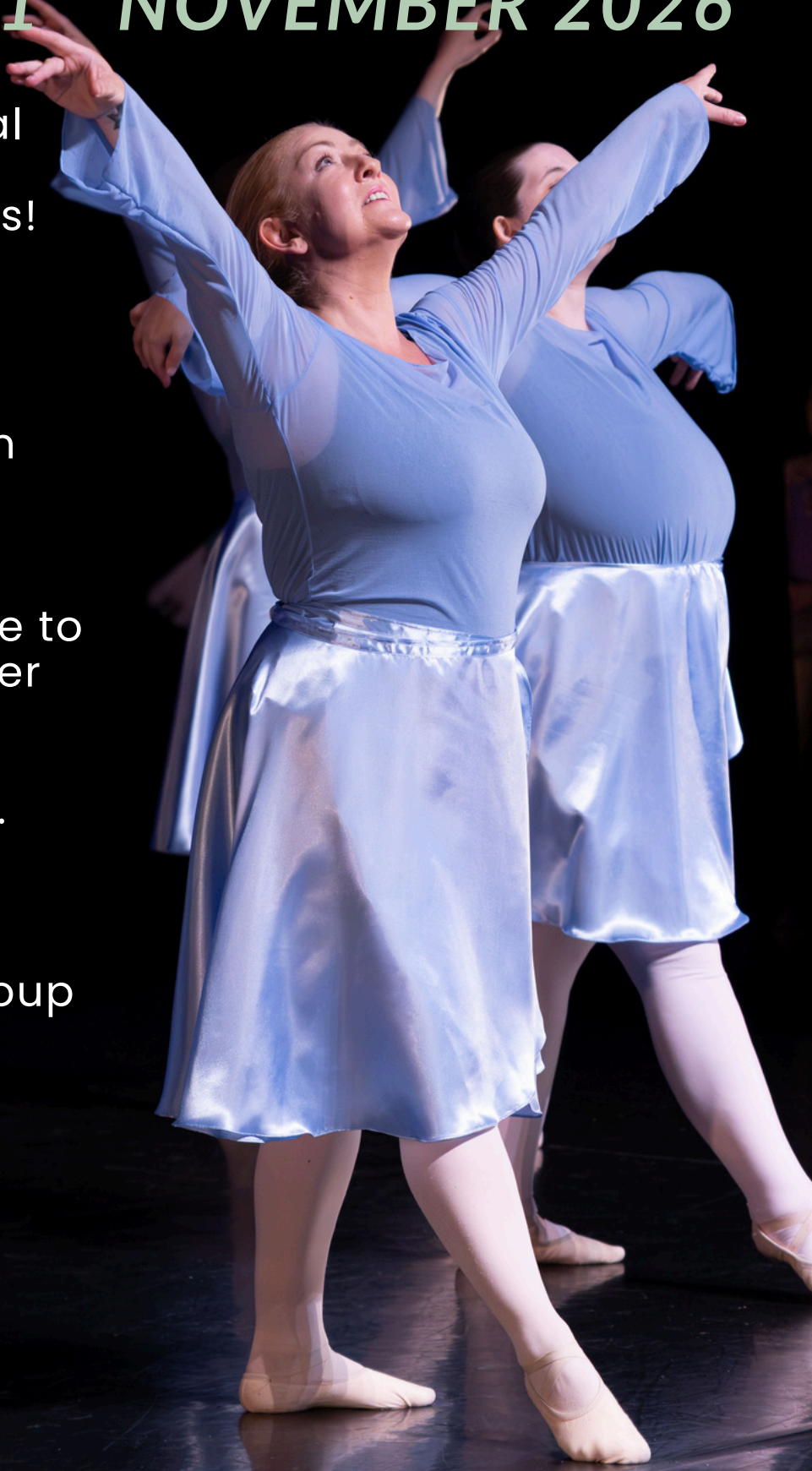
ALIVE DANCE PLATFORM

SATURDAY 21ST NOVEMBER 2026



A brand-new festival celebrating adult dance in all its forms!

- Inclusive Dance Workshops
- Performances from local adult dance groups
- A welcoming space to move and meet other dancers

All Abilities. All Ages. Everyone Welcome.

In association with Moira Friendship Group

ALIVE DANCE PLATFORM

Welcome to Alive Dance Platform 2026!

Thank you very much for joining us at Alive Dance Platform 2026. Thank you to Lisburn and Castlereagh City Council and Moira Friendship Group for their support. We would also like to thank Joanna Banks for being the festival's Patron.

We created Alive Dance Platform to establish an opportunity for adult dance groups and community groups to come together and celebrate adults dancing. We didn't want it to be a competition. We wanted a chance for dancers to share work, celebrate their groups, and build confidence through performing in a supportive and welcoming environment.

We wanted to create opportunities to work with other dance artists, we are delighted to welcome guest workshop leaders who will be delivering sessions throughout today.

We are really looking forward to having a day of dance with you. We hope you get the chance to connect with other groups and enjoy taking part in workshops, rehearsals and watching performances.

However you decide to take part, everyone is welcome.

Rebecca Runchman
Co-Founder and Co-Artistic Director
ALIVE DANCE

Clare Novaes
Co-Founder and Co-Artistic Director
ALIVE DANCE

MOIRA FRIENDSHIP GROUP

LCCC Lisburn & Castlereagh City Council

ALIVE DANCE PLATFORM

Time	STUDIO 1	STUDIO 2	STUDIO 3
10.30 - 11.30	Body Conditioning Ballet with Clare Novaes	Born to Prance with Anthea McWilliams	
11.45 - 12.45	Standing Pilates for Dancers with Anita McBriar	Workshop with Philip Johnston	
1 - 2	Lunch	Lunch	Lunch
2 - 2.45			Joanna Banks - 'A Dancer's Perspective'
2.45 - 3.30			Balance with 'The Dance Physio' Robin Holland
ALIVE DANCE PLATFORM PERFORMANCE FROM 4 -5PM			

WORKSHOPS

Body Conditioning Ballet with Clare Novaes

10.30 - 11.30am
Studio 1



Body conditioning ballet combines specifically sequenced exercises at the barre and in the centre. The class starts at the barre using both parallel and turned-out positions of the legs, with a strong emphasis on continuous flow of movement. All parts of the body are worked, both in isolation and together. In the centre are travelling movement sequences.

Standing Pilates for Dancers with Anita McBriar



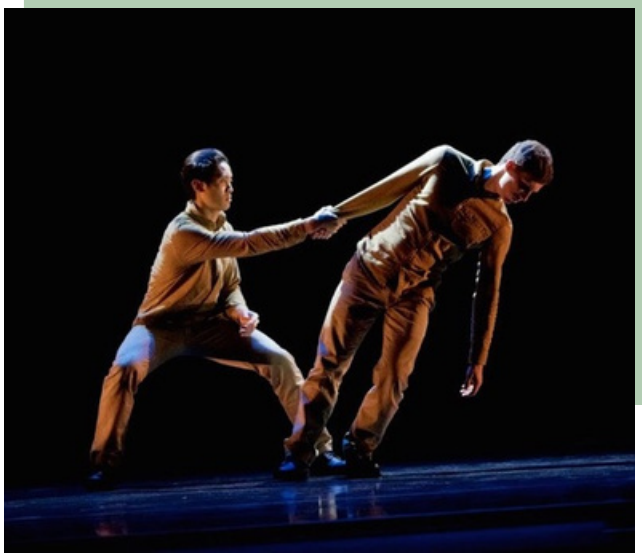
11.45 - 12.45
Studio 1

Pilates principles have long been an essential tool for dancers. In this workshop we'll use those principles of control, centering and precision in a series of standing exercises designed to challenge balance and proprioception. We'll also work on the hip, knee, ankle foot connection to promote greater awareness and stability.

Creative Movement with Philip Johnston

11.45 - 12.45
Studio 1

Philip trained in dance with Helen Lewis in Belfast and his performance career took him across the globe. After an initial warm-up we will work with improvisational scores to develop short movement sequences. We will steer a path away from habitual patterns of movement to explore new and interesting journeys of expression



Balance with The Dance Physio - Robin Holland



2.45 - 3.30
Studio 3

Robin is passionate about creating healthy dancers and bringing the science of healthy training principles into dance education. In this workshop you can work to improve your stability, coordination, and body awareness with this Balance Training class. Designed for all levels, this session will focus on strengthening and stabilising muscles, enhancing proprioception, and improving posture to reduce the risk of falls and injuries.

Born to Prance - The Book Drop!

10.30 - 11.30am
Studio 2



Born to Prance – The Book Drop is an opportunity for audiences to hear a story, see some dancing and laugh out loud. After 15 years and now aged 67, Anthea McWilliams has finished her book about dancing up Ireland in 2008 to celebrate her 50th birthday and is ready to deliver it herself in her own unique way.



Her performed readings will entertain, amuse and bemuse audiences of all ages, hopefully leading the converted to join her in some outdoors Distance Dancing to feel the marvellous movement for themselves. Anthea wants to bring her story, steps and stages of life to life, sharing with others just why she was Born to Prance

‘A Dancer’s Perspective’ - A Talk and Open Discussion with our Patron Joanna Banks

We are delighted to welcome Joanna Banks as our Patron. She studied at the Royal Ballet School, graduating to perform with the Royal Ballet and dancing International Classical Repertoire with Companies worldwide. Based in Ireland, since 1974, she danced soloist roles with the Irish National Ballet for 10 years, touring to London and New York. She founded and directed The College of Dance for 25 years, and is a founder member of Dance Ireland.





2 - 2.45pm
Studio 3

In recent years, Joanna has performed with Irish Modern Dance Theatre, United Fall, Dead Centre Theatre Company, Luail, the National Dance Company of Ireland, and with Company Philip Conaughton; performing in "Trojans "and most recently both the film and stage production of "Rebellious Hope "which will tour internationally in 2027.

Running Order

An Introduction from our Patron Joanna Banks

‘Vienna’
Moira Friendship Group Dancers
Choreographed by Rebecca Runchman

‘Arlequeen’
Danced and Choreographed by
Bing Hernandez, Selena Ng, Win Yupar Min

‘Continuum’
Choreographed by Philip Johnston
Dancers: Alternative Energies and Ariffe Dancers

‘An Unfolded Farewell’
Soloist Begum Yilmaz

‘The Rose’
Moira Friendship Group Singing Group with CN
Youth Ballet Company
Conducted by Caitriona McAtarsney
Choreographed by Rebecca Runchman

10 Minute Interval

Running Order

‘The Joy of Movement’
NIA Dance
Choreographed and Led by Rose Campbell

‘Zombie’
Soloist Rachel Mullan

‘It Goes in Cycles’
OHR Dance Company
Choreographed by Erica Borges
Dancers: Meadhbh Doyle, Sheron Conkova, Hannah Mccorry, Iryna Khomliuk

‘Lí Ban’
Alive Dance Company
Choreographed by Rebecca Runchman
Dancers: Kate Adams, Jennie Armstrong, Stephanie Bertrand-Lawther, Beth Brown, Lisa Duggan, Bing Hernandez, Heather McBriar, Ellie McDowell, Jennifer Murphy, Samantha Runchman, Clare Toland, Hollie Tracey

Finale

ALIVE DANCE COMPANY

ALIVE Dance Company aspires to showcase adults dancing at a professional level, highlighting creativity, joy, and connection with each other, with local/international professional artists and with audiences.

The choreography, by Rebecca Runchman, is inspired by the story 'L*í* Ban', the dancers and the music 'Lofoten' by RORE



The company meets on Tuesday evenings in Moira where they work creatively together.

Thank you very much to company dancer, Clare Toland for designing and creating our costumes.



WE WELCOME THOSE WHO ARE PASSIONATE ABOUT DANCE

CHECK OUT OUR SOCIAL MEDIA FOR MORE INFORMATION ON COMPANY AUDITIONS

@ALIVEDANCECIC

MOIRA FRIENDSHIP GROUP

Alive Dance is partnering with Moira Friendship Group for the festival this year.
Moira Friendship Group was formed in 2002 to address social exclusion among older people. They provide a platform to promote friendship and wellbeing among people aged 50+ living within the Moira area. Alive collaborated with them to create a dance group that has worked together creatively for only four weeks to prepare for their performance today.
This partnership also allows for an exciting intergenerational project between the Singing Group and CN Youth Ballet Company which we hope to continue to develop.







Thank you to everyone who contributed to Alive Dance Platform 2026.
If you would like to support the continued running of the festival, donations are warmly welcomed via Revolut.

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