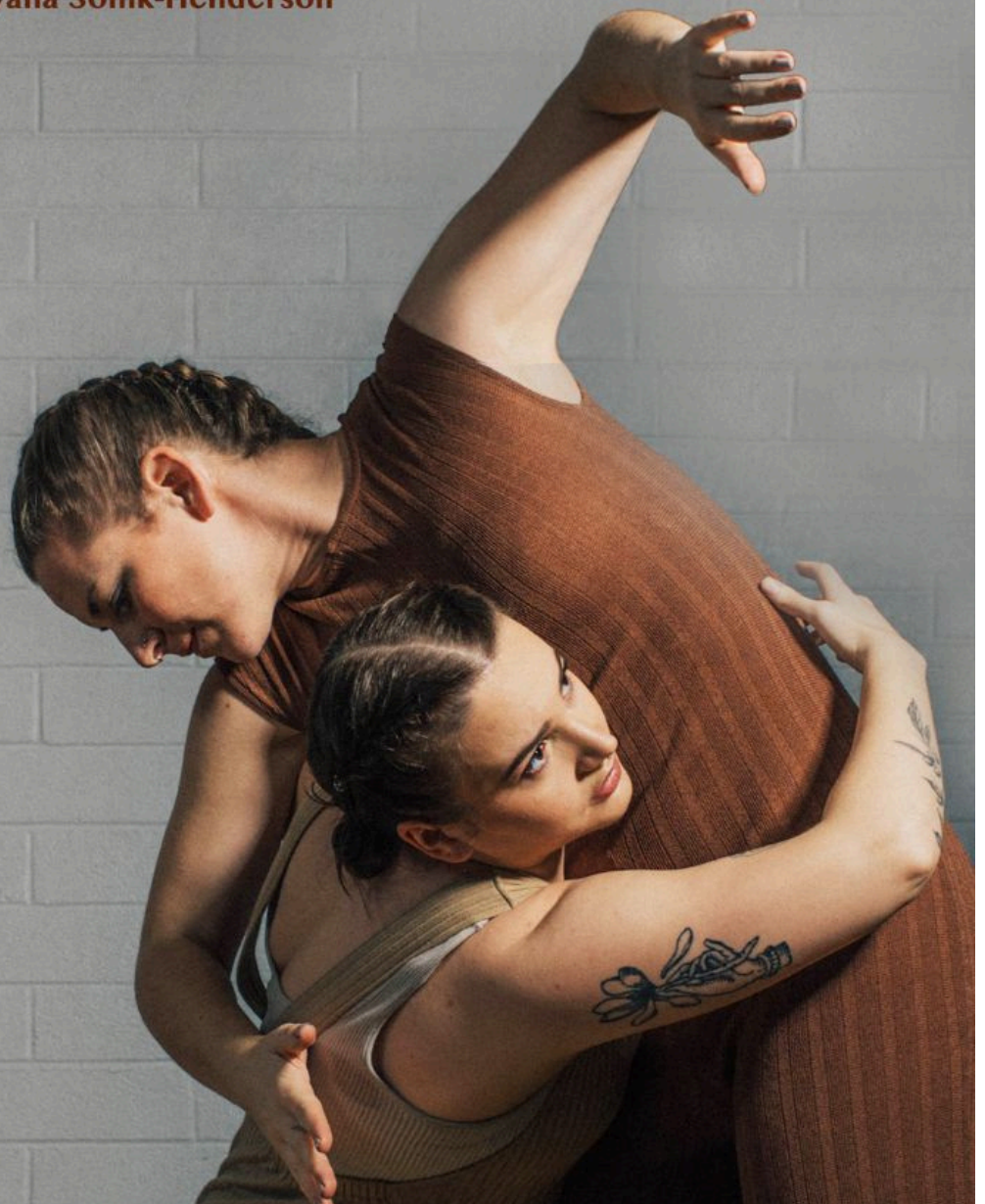


Broken Rhythms Dance presents



On Hold

Choreographed by Dyana Sonik-Henderson



Broken Rhythms #1 FAN

Terry Vatr

In Kind Supporters

Raino Dance and Uplands Golf Club

Government Partners



Making a difference...together

Leap Supporters

Hoyne Brewing Co, La Taquisa,
Toes 'N' Taps Dance Shoppe, Dance Victoria, Cold Comfort

Business Supporters

Habit Coffee, Christie's Carriage House Pub, Cook St Liquor, The Village, Good Things Consignment, Fernwood Coffee, La Taquisa, Koffi, Natasha Van Netten, A little Powder and a little Paint, Belfry Theatre, Fernwood Inn, Patty Pitts, Paws on Cook, hapax theatre, The Drake Eatery, Cold Comfort, Flavour, Footloose, Vend Consignment, Western Design, Raino Dance, Ellswear, Hourigans Flooring, Recoup Health & Performance, Wild Play, One Yoga Victoria, Stretch Dance Wear, Goodco bar, Honest To Pete Coffee.

Munro's Books, Amber Lamanes, Red Barn Market, Vessel Liquor, Pacific Opera, Pagliacci's, La Roux Patisserie, Poppies Floral, Dance Victoria, Moxies, Hunt and Gather Hair Company, Thrifted & Gifted, Victoria Pie Co, Annex, e2 Engineering, Hanna Bendtsen, Hoyne Brewing, Victoria Academy of Ballet, Carol Jarvie, Trudy David, Glee Jewelry, Five Star Whale Watching, Fish Hair Salon, Steamworks Brewing, Academy Dental, RNS Dance, Toes 'n' Taps Dance Shoppe, Picnic Coffee, East Van Coaching,

Capital 6, Tidal Motion Physiotherapy, Canadian College of Performing Arts, Moth & Flame Beauty Co, Victoria Butterfly Gardens, Home Neat Home, Craigdarroch Castle, The Fish Store, Studio Seven Pilates, Avalon Mechanical, Crag X, Cosmedica the Skin Centre, Hotel Zed, Uplands Golf Club, Victoria Symphony, Art Gallery of Greater Victoria, Douce Candeur, Paula Noel, Phillips Brewing, Intrepid Theatre, Crescendo for Hair, Dino Lab, Nick Jarvie, Bon Macaron Patisserie.



Message from Broken Rhythms Artistic/Executive Director and Choreographer

Broken Rhythms dances on the lands of the ləkʷəŋən peoples, now known as the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day. Broken Rhythms Dance company focuses on community development, hiring local talent and is devoted to making the local arts community stronger and to support its growth. Feel free to contact us by email at brokenrhythmsvictoria@gmail.com

ARTISTIC/EXECUTIVE DIRECTOR

Dyana Sonik-Henderson
brokenrhythmsvictoria@gmail.com

OPERATIONS DIRECTOR

Amanda Smith
operations.brokenrhythms@gmail.com

BOARD OF DIRECTORS

Trudy David: President
Heather Jarvie: Vice President
John Manson: Treasurer
Patty Pitts: Secretary
Sarah Board: Board Member
Suki Athwal: Board Member
Patty Chop: Director Emeritus

Every Body Can Dance.

Jazz
Rust
Ballet
Improv
Hiphop
Groove
Flamenco
Bellydance
Sass/Heels
Contemporary
Lyrical Contemporary



**Come join your
dance family!**

SINCE 1985
ADULT DANCE STUDIO
DANCERS 18 to 80+

Full Year Program
8 & 12 Week Series
Drop in Classes

Learn more

p 250-388-5085
e info@rainodance.com
w rainodance.com

RAINO DANCE

Message from Victoria Academy of Ballet

Victoria Academy of Ballet is thrilled to be uniting with Broken Rhythms for their 'On Hold' program this year with six of their Post-Secondary Bridge Program dancers performing in tonight's performance. VAB is one of Canada's finest dance training institutions offering specialized, tailored, and holistic instruction for students seeking a professional career within the performing arts industry. Both the Professional Training Program and the Post-Secondary Bridge Program aim to develop exceptionally strong classical ballet dancers with equal prowess in the contemporary genre. This unique training approach prepares students to grow into versatile dancers who are inquisitive, determined, artistically focused, and demonstrate exceptional work ethic. VAB's Vocational Division dancers benefit from numerous performance opportunities throughout the year, ensuring they develop the skills to sustain the mental and physical demands required of a professional artist. VAB's programs are student focused, always ensuring that the challenging training is carried out with utmost care and commitment to keeping the dancer's overall health and their successful career ambitions in mind. Under the leadership of Academy Director Bleiddyn Del Villar Bellis, Fellow and Examiner CC-CICB, VAB's internationally acclaimed and dedicated artistic faculty and pianists, ensure students thrive and succeed while training in a nurturing environment.

We would like to thank Dyana Sonik-Henderson and Broken Rhythms for this opportunity and wish all the performers tonight a fantastic show!

klinway.com

★★★★★  5.0 Reviews

Your Space,
Our **Expertise.**

Residential and Commercial Cleaning Services

klinway[™]

CALL NOW FOR A FREE QUOTE

+1 (778) 410-5017



Tonight's Works

Looking Glass (From Broken Rhythms full work Above Me)

Choreographer: Dyana Sonik-Henderson

Guest performers Victoria Academy of Ballet: Thealla Dach, Chanel Field, Sydney Mix, Kai-Chi She, Shido Matsuya, Keiko Taguchi and Ariel Priebe
Music: Butterfly Jar by Origamibiro

Looking Glass Performed tonight by students from Victoria Academy of Ballet. 'Looking glass' is a remounted work and was the opener of an hour long work 'Above Me'. Above Me was created during the pandemic, and explores the forces around us that make us feel small or insignificant and the methods that we use to cope with these experiences.

'On Hold a McPherson Playhouse Premiere

Choreographer: Dyana Sonik-Henderson

Rehearsal Director : Candace Bruce

Broken Rhythms Dance Company: Caleigh Hunter, Allison Rhodes, Christina Plaschka, Naomi Graham, Makenna Thiffault and Candace Bruce

Swing/Development Dancers: Carlene Forbes and Olivia Lund

Music: Memento by Robert Michaels, Sagres by Daniel Selke, Sebastian Selke and Ceeys, Dephi Waltz by Niklas Paschburg, Wings by Rob Lewis, Belka by Daniel Selke, Sebastian Selke and Ceeys, The Open by Lambert, Artifact 3 by Ryan Teague, Im Traum Wird Geschlafen by Kariyan, Push,Pull Release by Travis Lake, one, two, three by Kenichi Kasamatsu Cloudy Others by Sebastien Casanova, Arthur Alfocea, FMO III by Davidon Jaconello

On Hold is creatively and humorously inspired by an 8 hour 'Hold' call that actually took place in April of 2024. After listening to the same song on repeat for multiple hours the creator and choreographer began dancing to pass the time and the rest is history.

This show pokes fun at common wait times along with the anxiety, anger, acquiescence and ultimately mutual support that everyone needs when their lives are put on hold due to various circumstances. The next time you want the world to slow down or are waiting in a long line we hope you think of this show and know that you are not alone.



Executive/Artistic Director of Broken Rhythms Victoria Dance Company and Choreographer of 'On Hold'

Dyana Sonik-Henderson (She/They) was born at home on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Attawandaron peoples. She is a choreographer, dance instructor, Executive/Artistic Director of Broken Rhythms and style creator of Rhythmical Contemporary. Dyana is a staple in the local dance community with weekly classes at the iconic Raino Dance studio, Victoria Academy of Ballet, Canadian Collage of Performing Arts and is a popular guest instructor at many studios across Canada. She has been nationally recognized for her choreography, community work and artistic direction with nine Pick of the Fringe awards, nominations for the inaugural Pro Arts Regional award, awarded the LOLA Project International, and was presented with the title of B.C Cultural ambassador. Dyana has been commissioned to set choreography on local and national companies, received grants from the Canada Council for the Arts, BC Arts Council and the CRD, and has been invited to lecture at universities about creativity, dance and gender performance. Her productions and choreography have been performed nationally, including Halifax, Calgary, Edmonton, Winnipeg, Toronto and toured all across B.C. She has studied and performed widely, including at the Trinity Laban Conservatoire of Music and Dance (London, England), Decidedly Jazz Danceworks (Calgary), and One Immigrant Productions (Toronto). She is continuously collaborating with artists across the disciplines, while simultaneously working with her company on creative projects with her touring shows being named as one of Toronto Star's "can't miss shows". Dyana continues to engage in contemporary multi-disciplinary areas of study and performance, most recently completing her Masters thesis in Sociology at the University of Victoria with a focus on movement and bodies through the lens of gender, race, history, and ballet/contemporary dance works.

Rehearsal Director and Dancer

Candace Bruce (She/They) is a performer and educator based on the unceded territory of the ləkʷəŋən speaking peoples, known today as the Songhees and Esquimalt nations. As a professional dancer, Candace has worked for companies such as Decidedly Jazz Danceworks, Disney Cruise Line, Nickelodeon, and Netflix, where she gained experience working with different contemporary and commercial dance approaches. Candace returned to her hometown of Victoria in 2020, shortly after the pandemic halted her work internationally. Being a student of Dyana's in her childhood, Candace was excited to reconnect with her upon returning. Candace has proudly been a member of Broken Rhythms ever since, performing locally and participating in the company's national tour. She has appeared in several shows, including "1000 Pieces of Pi" (2021, 2022, 2024), "Above Me" (2022), "Chiaro:Scuro" (2023), and "Knotted" (2024). She is set to premiere the company's newest work, "On Hold," on April 4th, 2025. Candace had the distinct honour of serving as a guest choreographer in the company's 2024 show, Knotted, and is excited to step into the role of rehearsal director this time around.

SKAM SUMMER SEASON

SKAM PEDE

RETURNS JULY 11-13

VICTORIA'S PREMIERE OUTDOOR
PERFORMING ARTS FESTIVAL

MONTHLY EVENTS



&



NEW EPISODES OF



SKAM's podcast
on all things
theatre

AND A BRAND-NEW SHOW

A Waste of Stage Time @ **VICTORIA FR!NGE**
FESTIVAL

for more details visit SKAM.CA

Dancer Biographies

Christina Plaschka (She/Her) was born and raised on the beautiful east coast of Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People, also known as Halifax, Nova Scotia. She began her dance training at the age of two when her parents put her in dance classes in an effort to curb her never-ending energy. Since moving to BC, Christina has continued to explore her love of dance by taking different classes in ballet, jazz, contemporary and hip-hop. Christina is a founding member of Broken Rhythms, and has performed in the majority of their works, most recently in *Chiaro:Scuro* and *Knotted*. She has performed in multiple Fringe festivals on Vancouver Island as well as in Toronto. Outside of dance, Christina loves to travel and spend time with her rescue dog Ziya.

Allison Rhodes (She/Her) was born and raised on the traditional land of the Snuneymuxw people, where she began dancing at the age of three. During her youth, she spent several years training with Dancestreams Youth Dance Company, which provided her opportunities to work with esteemed choreographers and tour both locally and internationally. She has trained with the Arts Umbrella Dance Company, The National Ballet School of Canada, Canada's Royal Winnipeg Ballet School, and École Supérieure de Ballet du Québec and is now a Contemporary instructor at Ballet Victoria Conservatory. Allison began dancing with Broken Rhythms Dance Company in 2018, and she has been part of the creation and development process of many original works. Most recently, Allison performed in Broken Rhythms' original production *Knotted*, which premiered locally at the McPherson Playhouse, and in the remount of *1,000 Pieces of π* , which toured to Winnipeg this past summer.

Caleigh Hunter (She/Her) is a mover who lives within the unceded traditional territories of the T'Sou-ke and Scia'new Nations. Caleigh is in her 10th season with Broken Rhythms, and has had the privilege of sharing works both locally and on tour. Caleigh offers movement within the community through teaching dance, fitness, and yoga at local studios, and is a lululemon ambassador for Victoria. Caleigh is the co-owner of RNS Dance. An advocate for movement education, she has studied at the University of Derby (UK), Middlesex University (UK), Camosun College (Can), Center for Sport and Exercise Education (Can), Imperial Society of Teachers of Dance (UK&Can), Brahmanda School of Yoga (Can), and the Martha Graham School of Contemporary Dance (USA). Caleigh holds her Master of Arts in Professional Practice Somatic Studies, a Bachelor in Sport and Fitness, is certified in many movement modalities, and has her AISTD in Modern and Tap dance. Caleigh is currently completing her Doctorate in Sport and Exercise Professional Practice at the University of Derby. Caleigh believes that movement creates empowered communities, and is grateful to share the stage with the incredible people of Broken Rhythms.

Naomi Graham (She/ Her) The daughter of two immigrants from Scotland and Aotearoa respectively, Naomi was born in Okanagan Territory and raised in the unceded territory of the ləkʷəŋən speaking people. A dancer since the age of 4, Naomi trained with local and international teachers in jazz, modern, ballet and contemporary. Naomi is a founding member of Broken Rhythms and performed in Spark!, Grim, and Seven before taking a 7 year hiatus to work abroad and dance with the Douban Professional Dance Company based in Jerusalem. Now back in Canada, Naomi is in her second year with a new generation of Broken Rhythms dancers and excited to perform a second Broken Rhythms production at the McPherson Playhouse.

Makenna Thiffault (She/Her) was born and raised on the ancestral lands of the Lheidli T'enneh People, also known as Prince George. Growing up in a musical family, she developed a love for the arts from an early age. To channel her endless energy, her parents enrolled her in various sports, but it was dance that she ultimately connected with. Makenna quickly became immersed in Northern BC's dance and musical theatre scene, competing in numerous festivals and performing in many of the community's summer musicals. She feels incredibly fortunate to have grown up in a place that offered such rich opportunities to develop her passion for performance. Makenna went on to earn degrees in Dance and Kinesiology at the University of Calgary, where she honed her contemporary technique and explored choreography, improvisation, theory, and intersectionality in dance. She performed in various works at the university theatre until the pandemic paused live performances. After graduating, Makenna moved to Victoria, where she discovered Broken Rhythms. "On Hold" marks her first performance with the company.



Lighting Design

Emma Dickerson (they/them) is a lighting designer living uninvited on the unceded territories of the ləkʷəŋən and W̱SÁNEĆ peoples. Emma has enjoyed focusing on design for contemporary dance, improv, and contemporary performance due to the unique challenges these styles present. A key intention of their work is to further elevate storytelling —emphasizing moments, emotions, and movements— by utilizing the visual movement created by light. ON HOLD is Emma's 10th show with Broken Rhythms since initially being brought on in 2017 to design Universal Horrors. Recent credits include: KNOTTED by Broken Rhythms (2024), The AlliHippoRhinoCrocodilligator by Kaleidoscope Theatre (2024), Chiaro:Scurro by BrokenRhythms (2023), The Glass Bell by Paper Street Theatre (2023), Gruff by Puente Theatre (presented by Carousel Theatre for Young People, 2022), 1,000 Pieces of Pi by Broken Rhythms (2022, 2021).

**Congrats to everyone involved with
the production of "On Hold."**

thebeat
DANCE STUDIO

**Bringing The Beat to the
Westshore since 2015!**

*Classes for Ages 2 - Adults

*Short-term classes or Full-year
with performances

*Located at 1610 Island Highway,
with lots of parking

*High quality instruction with a
focus on fun



Visit our website!



THEBEATDANCESTUDIO.COM

IMPROV CLASSES WITH PAPER STREET THEATRE

Like Yoga. but Funnier!



www.paperstreettheatre.ca

SPAIN // CONTEMPORARY FLAMENCO

Compañía Rafaela Carrasco

Nocturna (Architecture of Insomnia)

APRIL 11 + 12 · 7:30 PM
ROYAL THEATRE

TICKETS: 250-386-6121
DANCEVICTORIA.COM

From
\$34!

DERMASPA

Luxe
HOME INTERIORS

Andy Stephenson Sales Associate
Sotheby's International Realty | Canada

DEPARTURES
EXPERTS IN THE ART OF TRAVEL

the natural
HAIR SALON & SPA

ROYAL & MURPHYSON
DINING & LODGING

Chateau Victoria
HOTELS & SUITES

Compañía Rafaela Carrasco in Nocturna (Architecture of Insomnia). Photo: Beatriz Mesa Mohar

Dance with Broken Rhythms

Classes for Beginner and Advanced Dancers

Spring session of Rhythmical
Contemporary Workshops start May 25

Sign up online www.brokenrhythmsvictoria.com or email
brokenrhythmsvictoria@gmail.com for more info





Special Thanks

Natalie Wright and One Yoga

Matthew Graham

GAGE Gallery

Sean Guist and Intrepid Theatre

Dance Victoria

KerryLynn Turner and Victoria Academy of Ballet

Kaehlen Allison and the students at Esquimalt High School

Sara Peddle

Doreen Peddle

Carlene Forbes and Olivia Lund

Join us this year at LASHBASH

**LASHBASH: RAISING MONEY
NEVER LOOKED SO GOOD**

**Partake in our popular Annual Fundraiser,
LASHBASH + help Broken Rhythms
raise \$20,000**



**Dance show ~ Dinner ~ Drinks ~ Lashes
~ Raising Funds ~ Silent Auction**

July 9th at the Uplands Golf Club

Each year our company is supported by the generosity of our fantastic community! Broken Rhythms has focused on continued creativity through dance, and continued financial remuneration of their artists, all of whom live and work in our local community. By purchasing your ticket(s) and attending this fun event, you will enjoy a wonderful night out, meet more patrons of the arts, be supporting their accessible show tickets and workshop programs and be contributing towards Broken Rhythms' new works.

If you or your company wishes to donate or find out more about Broken Rhythms please email: brokenrhythmsvictoria@gmail.com

Thank you very much for your support!

WESTERN DESIGN BUILD



HOLD ON TO EACH OTHER!

We are building better, together.

westerndesignbuild.com
hello@westerninteriordesign.ca
250.590.8598