

# the BENCH



# Tour Pack 2024

Photo Credit: Tegan Foley Photography and Jason, A Great Alternative

# the BENCH

The Bench is simplistic yet captivating, mundane yet marvellous; it will leave audiences enthralled in its mesmerising complexity, possibility, and intricacy of movement on top of and around a massive park bench.



Four dancers rotate throughout a six-hour period; each taking part in solo, duet, trio, and quartet improvised explorations of a bench so large it makes you remember how it felt to be a child in a park again.

Each dancer, from a different movement background, comes to the bench with no plan, no choreography, and no rehearsal. They draw from their individual skillset and interests to seek out what is magical and marvellous in the mundanity of a massive park bench.



One dancer begins, they explore The Bench on their own. Upside down, on top and beneath - whatever they choose, the possibilities are endless. Then, they are joined by another dancer and the two of them begin to explore The Bench, together and apart. Then the two are joined by a third and then a fourth until all four dancers explore The Bench together. And as they explore The Bench, they support each other to do more than they could on their own, allowing their bodies to connect and entwine in intricate movements and dynamic shapes.



## KRYSTAL S. LOWE



Krystal S. Lowe is a Bermuda-born, Wales-based dancer, choreographer, writer, and director performing and creating dance theatre works for stage, public space, and film that explore themes of intersectional identity, mental health and wellbeing, and empowerment to challenge herself and audiences toward introspection and social change. She is passionate about integrating access and exploring multilingual work with a specific focus on British Sign Language, Welsh, and English.

She has had an extensive career performing and touring with Ballet Cymru throughout the United Kingdom, China and Bermuda; with Citrus Arts circus company, Ransack Dance, Theatr Iolo, The Successors of the Mandingue, and Laku Neg. As a freelance, self-producing artist she has performed for the National Gallery for 'HOME zero' created by: Love Ssega, commissioned by Nesta and National Gallery X and Music Theatre Wales Opera for Screen 'Somehow'.

Throughout her career, She has been supported, through funding and commissions, by Arts Council Wales, Bermuda Arts Council, Ballet Cymru, Theatr Iolo, Ffilm Cymru, Clwstwr, Music Theatre Wales, National Theatre Wales, National Dance Company Wales, National Dance Foundation of Bermuda, and Wales Arts International.

Currently, she is an Associate Artist for Ballet Cymru, Trustee for National Dance Company Wales, and a member of Theatre for Young Audiences Cymru.



## Technical Information

### Staging:

The Bench is suitable to be performed outdoors, on stage, in foyers, and in any other untraditional performance space as long as there is a minimum of 4m X 4m performance space.

- Van access to the staging area is required or a trolley to transport large, heavy items to staging area

### Get IN:

1 hour

### Get OUT:

1 hour

### Duration:

Up to 6 hours

### Touring company:

4 performers and 1 stage manager

### Audio:

PA required

### Bench Dimensions:

Height: 160 cm • Depth: 91 cm • Length: 220 cm

## Audience Information

### Age range:

Suitable for all audiences

### Marketing:

Digital marketing materials available





Join us, as we remind ourselves to find the magic in the simple, everyday things around us.

Join us, as we discover how community supports connection and discovery.

Join us, at The Bench.

[Trailer](#)

(1 Minute)

[Trailer](#)

(18 Second)