

ARTISTIC DIRECTORS: MELISSA MONTEROS & WOJCIECH MOCHNIEJ

W&M PHYSICAL THEATRE ^{30th} ANNIVERSARY

PRESENTS

W&M DANCE CO.

UPSIDE DOWN

NEW CHOREOGRAPHIC WORKS BY:

WOJCIECH MOCHNIEJ (UPSIDE DOWN)

NICOLE CHARLTON GOODBRAND (SWEET STRANGE PARADISE)

and AiR (ARTIST'S IN RESIDENCE)

NICOLE CHARLTON GOODBRAND (HER COOKING SMELLS LIKE DEATH)

ALÈN MARTEL (KAPREKAR)

SIERRA OSZUST (BODY AND SOUL)

MAY 23&24, 2025 at VERTIGO THEATRE

In the spirit of respect, reciprocity and truth, we honour and acknowledge
Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy:
Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations.
We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland.

Finally, we acknowledge all Nations – Indigenous and non –
who live, work and play on this land, and who honour and celebrate this territory.

This sacred gathering place provides us with an opportunity to engage in and demonstrate leadership on reconciliation.

Thank you for your enthusiasm and commitment to join our team on the lands of Treaty 7 territory.



PROGRAM MAY 23rd

UPSiDE DOWN - W&M2 DANCE CO.

CHOREOGRAPHY and DIRECTION: WOJCIECH MOCHNIEJ, MOVEMENT CREATION: WOJCIECH MOCHNIEJ with COMPANY

SOUNDSCAPE: WOJCIECH MOCHNIEJ with music and samples by:

ABOUT THE WORK: This work in progress invites you to step into a world turned upside down; an exploration of disruption, discovery, speed, disorientation and what lies beyond the edge of balance. It explores how we respond and relate to the disruptions and obstacles that constantly appear in life, and how we find a path through a world where gravity loses its grip and everything familiar flips on its axis.

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HER COOKING SMELLS LIKE DEATH - AiR

CREATION, CHOREOGRAPHY and PERFORMANCE: NICOLE CHARLTON GOODGRAND

MUSIC: *Hélicorde* by Oake, *Ground* by H.G, *Studies for Thunder* by Robert Henke, *Soundchambers 4* by Ekkehard Ehlers, Franz Hautzinger & Joseph Suchy, *Natalia in E-Flat Major* by Marc Ribot, *Tendu 2 (Jazzy)* by Craig Wingrove, *Friday Afternoons, Op. 7: Cuckoo!* By Benjamin Britten, *Undulating Beast* by Ben Frost, *In Accordance* by Christopher Bissonnette

DRAMATURGY: BARBARA ENGLAND

DIGITAL and PROJECTION ARTIST: DEREK DEMASSI

OUTSIDE EYE and MENTOR: MELISSA MONTEROS

VOICE RECORDING: TRAVIS GOODGRAND

ABOUT THE WORK: Fervent love turns into obsession, revealing the dark complexities of loss and intimacy while exploring the beautiful and grotesque aspects of affection, consumption, grief, and womanhood. *Her Cooking Smells Like Death*, invites you to delve into the psyche of Birdie, a middle-aged woman entangled in her husband's mysterious disappearance. This work examines the extremes of human emotions and the dark nature of intimacy, revealing the complexities of love, loss, and identity.

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SWEET STRANGE PARADISE - W&M2 DANCE CO.

CHOREOGRAPHY: NICOLE CHARLTON GOODGRAND

MUSIC: *Soundchambers 1* by Ekkehard Ehlers, Franz Hautzinger & Joseph Suchy, *Bikini* by G.H., *El Vuelo Desconocido* by Edson Secco, *Paysage Dépaycé* by Oake, *Lens* by Richard Chartier, *Hymn 87: Welcome Happy Morning* by Hanan Townshend, *Partita: IV. Passacaglia* by Roomful of Teeth, *Sinew/Bone* by Ben Frost, *Beauty* by Alex Baranowski, *Beneath* by Roomful of Teeth

ABOUT THE WORK: *Sweet Strange Paradise* examines the insatiable drive to embrace life in all its vivid and painful forms. Set against the shifting rhythms of the seasons, it delves into ecological grief and the tangled, often uneasy bond between humans and the natural world, exploring our role as both observers and participants in cycles of destruction and renewal.

The work unfolds in a space where beauty and harshness coexist, where rebirth grows from decay and awe rises through ruin. It reflects on nature's relentless, transformative flow and the brutal indifference of the world we are inseparably part of.

PROGRAM MAY 24th

UPSiDE DOWN - W&M2 DANCE CO.

CHOREOGRAPHY and DIRECTION: WOJCIECH MOCHNIEJ, MOVEMENT CREATION: WOJCIECH MOCHNIEJ with COMPANY

SOUNDSCAPE: WOJCIECH MOCHNIEJ with music and samples by:

ABOUT THE WORK: This work in progress invites you to step into a world turned upside down; an exploration of disruption, discovery, speed, disorientation and what lies beyond the edge of balance. It explores how we respond and relate to the disruptions and obstacles that constantly appear in life, and how we find a path through a world where gravity loses its grip and everything familiar flips on its axis.

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KAPREKAR - AiR

CHOREOGRAPHY and PERFORMANCE: ALÈN MARTEL

VIDEO PROJECTIONS: ALÈN MARTEL

PROJECTONIST: RACHEL MCKINNON

MUSIC: *Enlightenment* by Bartosz Dziadosz and Tomasz Mreńca, *hidden level* by Puma Blue, *Room 7* by 36

ABOUT THE WORK: Kaprekar is a choreographic work-in-progress examining apostasy. This solo journeys through phases of obedience, doubt, rupture, and strategic concealment. Obedience here is then both a disciplinary act and a survival strategy where outward compliance occurs alongside inner whispers for autonomy.

BODY AND SOUL - AiR

CHOREOGRAPHY and PERFORMANCE: SIERRA OSZUST

MUSIC: Chris Benstead, Max Richter, Benars Falaise, Ryuichi Sakamoto & Julianna Ba

ABOUT THE WORK: BODY&SOUL is an immersive dance work that delves into the interoceptive experience—the deep internal awareness that fuels movement initiation. This piece invites you to witness and engage with the profound connection between the body's physical form and the soul's intangible essence. Through a richly textured movement vocabulary, BODY&SOUL examines how internal sensations, emotions, and subconscious impulses shape the development of artistic practice. The work unfolds as a journey of self-discovery, tracing the subtle dialogues between breath, muscle memory, and

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SWEET STRANGE PARADISE - W&M2 DANCE CO.

CHOREOGRAPHY: NICOLE CHARLTON GOODGRAND

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ABOUT THE COMPANY

WHAT WE DO

W&M PHYSICAL THEATRE is the professional company founded by Wojciech Mochniej and Melissa Monteros in 1994 in Gdansk, Poland, which changed its home base to Calgary in 2000. The name of the non-profit organization is W&M Dance Projects of Calgary which encompasses all the production initiatives created and supported by the organization. These include the touring, performance, and film work of W&M Physical Theatre, W&M2Dance Co. (apprenticeship), the Surge Co (pre-professional), the WildDogs International Screendance Festival and Wolfpack (dance film production initiative), and the Artists in Residence program. The 1994/1995 Season marks the celebration of our 30 year history, with the original company's premiere taking place in Poland in January 1995. We were delighted to celebrate that landmark at the DJD Dance Centre with *Triangular Theories of Love* in February of this year. In the local and international community, W&M are active as artists, educators and facilitators.

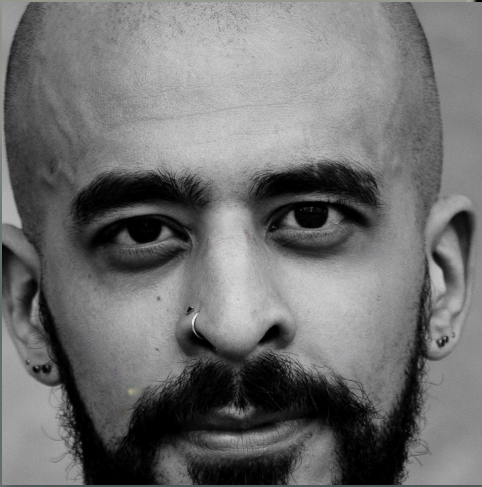
WHO WE ARE

As artists, we are interested in remaining open; to inspiration, to finding a connection between how we live and respond as humans and to the political and social currents that surface in our environment. We often explore the deeper and sometimes darker currents that lurk below the surface. We strive to use an abstract physical form to create a readable language. All of this is informed by our experiences from Poland and Finland and influenced by European theatrical forms. The feeling is what drives the work. We try to create layers in images that stimulate thought. The artistic vision is hopefully evolving, maturing, deepening. We are trying to find a more precise, distinct voice; so that each work is a culmination of what we are discovering – to take that forward into the next process. We are looking for a sense that we have completed this era or phase, that all these layers have come back to make a complete whole.

ABOUT W&M2DANCE CO.

W&M2DANCE CO. is the apprentice company of W&M PHYSICAL THEATRE. Artistic Directors Wojciech Mochniej and Melissa Monteros are joined by Associate Artist Nicole Charlton Goodbrand in the training and direction of this developing company. W&M2 was created in 2009 and had its last season in 2018/2019. It took a 4 year hiatus and held auditions in again in December 2022. Though we planned to select 6 dancers, we finalized our selections with 10 dancers, 9 performing tonight. The company strives to provide these emerging artists with a professional company environment by providing them with focused performance experiences, functional technical training, artistic challenges in the rehearsal process, and opportunities to develop and mature as performers. Our focus is on deepening artistry, physical capacity, and empowering creativity.

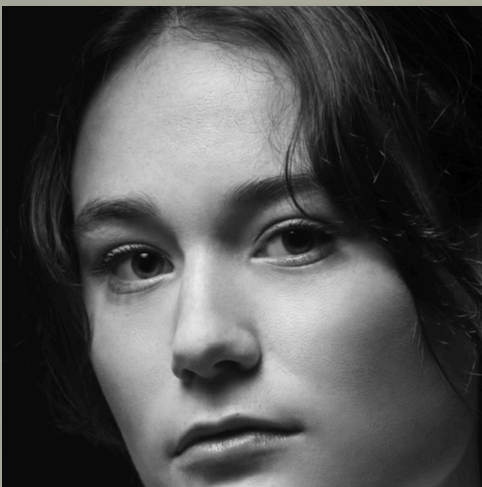




ALÈN MARTEL - is a contemporary dancer, university researcher and educator, and performing arts centre (PAC) professional working in Calgary, AB. His main research areas include digital creative processes, global dance history and dance studies (with emphasis on pre-20th century), and dance and computer science. He has his Bachelor of Arts in Dance from the University of Calgary (2012) and his Master of Arts in Ethnochoreology (2014) from the Irish World Academy of Music and Dance at the University of Limerick. This is his 3rd season with WM2.



ASHLEY MAE JOHNSTON - is a contemporary dance artist based in Calgary, Alberta. She completed her Bachelor of Science with a Minor in Dance in 2020 and has since continued to pursue her training in Canada, Spain, the Netherlands, Austria, Italy, and USA. Ashley's solo work "So Close" was presented at the Fluid Festival 2024 and was selected to be performed by the Winnipeg Contemporary Dancers Showcase 2025. Among several ongoing individual and collaborative projects, she is currently a dancer for a third season with W&M2 Dance Company, also appearing in W&M Physical Theatre's *Triangular Theories of Love*. Her practice is deeply reflective and a celebration and admiration of



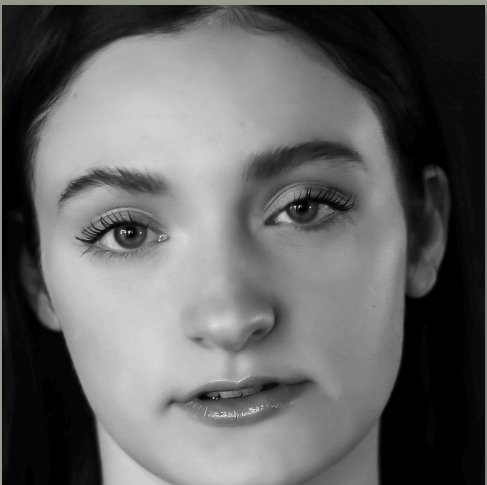
EMILY FONDA - (she/her) is a contemporary dancer from Sylvan Lake, AB. Her training includes The Alberta Ballet School, San Francisco Conservatory of the Arts, The School of Toronto Dance Theatre (now Dance Arts Institute), and DART Training Programme in Berlin, Germany. Emily was a 2019 RBC Emerging Artist with Peggy Baker Dance Projects, and a performer in SummerWorks Toronto the same year. Over the years, Emily has worked with SQx Dance Company as a Youth Presenter and Educator, Project InTandem, and collaborated with French artist Antonin Rioche. This is Emily's 2nd season with W&M 2.



REESE **WILSON** - is an emerging performer, choreographer and educator based in Moh'kinstis. She holds a Bachelor of Fine Arts in Dance and a Bachelor of Education from the University of Calgary. Reese has pursued her training in Contemporary dance techniques locally as well as abroad with Stefan Crainic (Berlin), Lisard Tranis (Barcelona) and Josephine Haas (Berlin). As a performer, Reese has had the privilege to have participated in a number of choreographic processes and works with companies and choreographers including: Meghann Michalsky of Project InTandem, WM2 Dance Company, Kloetzel&Co, Corps Bara Dance Theatre, Marie France Forcier, Nicole Charlton Goodbrand, and Karissa Barry. This is her 2nd season with WM2.



SARAH **VANDER PLOEG** - is a Calgary, Alberta-based dance artist, performer, choreographer, and visual artist. Graduated with a BFA in Dance from The University of Calgary (2022 Dean's List). Throughout her undergraduate degree she had performance opportunities including Mainstage 2019 with Melissa Monteros and Mainstage 2022 with Christianne Ullmark. Sarah is an award-winning dance film artist and Co-creator of Keep Count Dance Collective. She completed the professional training program at Decidedly Jazz Danceworks in 2023, and is now continuing her dynamic passion for dancing with W&M Physical Theatre's WM2 for a 2nd season.



SIERRA **OSZUST** - is in her 3rd season with WM2, the apprentice company of W&M Physical Theatre, and appeared with WMPT in 2023's "When Language Fails" and 2025's "Triangular Theories of Love". Sierra's focused interest in creative work includes explorations in film, choreography, and live performance, and she aspires to create and present performances which move and inspire audiences. Her student film "46 Things I Did Today" was an official selection of the WildDogs International Screendance Festival. Sierra graduated with a BFA Dance from the University of Calgary in 2024. Her experiences as an artist in residence at Temper Theatre and Shawbrook Choreographic Residency, provided a global perspective while residencies with Decidedly Jazz Danceworks and Dancers Studio West have further influenced her artistic voice. She is dedicated to her practice and is committed to being a creative and positive force in the professional community.



SYLVIE MOQUIN - is a contemporary dance artist, choreographer, performer, producer, educator, and mother based in Calgary (Mohkinstsis). She holds a BFA in Performance Dance from Toronto Metropolitan University and has been working professionally for over a decade. Her artistic practice blends bold, athletic physicality with somatic intelligence, focusing on how bodies connect, support, and transform one another. Sylvie has performed across Canada with a wide range of choreographers and companies, and her own choreographic work has been presented by festivals and venues including Chutzpah! Festival, the Jeanne & Peter Lougheed Performing Arts Centre, and Project InTandem (a platform she co-founded). Her choreography is rooted in whole-body integration, known for its fluid floorwork, rhythmic precision, and emotional depth—often shaped by themes of caregiving, resilience, and human connection. For Sylvie, dance is a way to make sense of the world—inviting reflection and offering something real that resonates in both body and mind. This is her first season with WM2.



TAYLOR MacLEOD - (she/her) is a performer, dance educator and arts enthusiast from Mohkinstsis (Calgary, Alberta). She received her Bachelor of Arts in Dance, with a concentration in choreography and performance with distinction from the University of Calgary. Since emerging in the local arts scene, she has performed with Kloetzel and Co., WM2 (this is her 3rd season), and Corps Bara Dance Theatre. Taylor has had the opportunity to perform across Canada in Regina's Stream of Dance, Calgary's Fluid Festival, Annual Alberta Dance Festival, and Skylines Dance & Film Series, as well as Edmonton's The Works Festival and Prairie Dance Circuit.



LEXIE TRACY - is an emerging contemporary dancer and choreographer who recently completed her Bachelor of Fine Arts in Dance at the University of Calgary. During her studies, she performed in faculty-led productions such as *Mainstage* and *Dance @ Night*, and trained across Canada, the United States, and Australia. She also teaches hip-hop, sharing her passion for movement with youth and emerging dancers. This is her first season with WM2.



WOJCIECH **MOCHNIEJ** - is a dancer, choreographer, video artist, producer and teacher. Since 1994 he has been co-founder and co-artistic director of W&M PHYSICAL THEATRE with Melissa Monteros, and since 2007, also the Artistic Director of W&M Dance Projects. He has been a full-time dance faculty member at the University of Calgary for almost 25 years.

With Melissa Monteros, he co-founded the Wilddogs International Screendance Festival which is presented in 3 locations across Canada and the USA. He was an original member of Silesian Dance Theatre, Poland (1991-1994). He has been an artist in residence for the Bruckner Conservatory, Austria, and for many festivals in Poland and abroad. He created work for 'So You Think You Can Dance' Poland. In Calgary, he was a member of Theatre Junction's Resident Company of Artists based at The GRAND. Mochniej was a jury member for the Short Waves Festival 2021, Dance and the Camera section.



MELISSA **MONTEROS** - is Co-Artistic Director of W&M Physical Theatre which she founded in 1994 with Wojciech Mochniej. She is Executive Director of the WILDDOGS International Screendance Festival and Professor Emerita at the University of Calgary, School of Creative and Performing Arts, Dance. She has been a guest teacher and performer for dance companies, universities and festivals in Europe and North America, and her artistic work is informed by her frequent collaborations with international artists. She was a Fulbright Award recipient to Poland and is named in the Report on Contemporary Dance for the Congress on Polish Culture (2009) for her contributions to contemporary dance. With Mochniej, her choreographic work has been seen in Austria, Estonia, Finland, France, Poland, Sweden, Germany, and Italy, as well as Canada.



NICOLE **CHARLTON GOODBRAND** - is a Calgary-based contemporary dance artist, choreographer, and educator. She holds a BA in Dance from the University of Calgary, a BA graduate diploma from The School of Alberta Ballet, and a Professional Dancers' Postgraduate Teaching Certificate from the Royal Academy of Dance (Berlin), where she graduated with distinction. Nicole has performed locally, nationally, and internationally with a range of choreographers and dance companies, and has received numerous grants, residencies, and awards for her choreographic work, including the 2024 Lieutenant Governor of Alberta's Emerging Artist Award, which praised her creativity, authenticity, and methodical execution. She is the artistic associate of the WM2 Dance Company and is a dance interpreter with W&M Physical Theatre, appearing in *When Language Fails*, *Displaced*, and *Triangular Theories of Love*. Nicole is a certified dance educator (RAD-RTS), teaching youth, adults and professional dancers locally, and is a sessional instructor at the University of Calgary's School of Creative and Performing Arts.



LIGHTING DESIGN and LIGHT OPERATOR: MATT LEVESQUE - Matt is a freelance theatre and film technician who specializes in lighting design and cinematography. For the past 15 years he has been designing lights for shows and events throughout Alberta. Some notable productions are O'Kosi (Making Treaty 7) and Error 404 (ErRor 404 Dance Found). Matt was lucky enough to find himself in London, UK working as a video editor for a drama school. While there, he used his free time to photograph as much of London as possible, and even found time to design a couple of shows: Table (Drama Studio London) and a collection of new works entitled New Writing (Drama Studio London). Matt has a knack for making great designs despite rigid limitations and he captures the atmosphere of each story with a minimalistic flair. He is a graduate of Red Deer College's Theatre and Entertainment Production and Motion Picture Arts programs. Matt has an intense passion for light. He is known to stare determinedly at objects or friends as he studies the quality of the light around them. In his spare time Matt builds his own lighting instruments, studies the science of optics and colour theory, and experiments with film photography. His goals include: lighting an opera and making colour photo



AUDIO ENGINEER: COLIN BARDEN - is an experienced audio technician, sound designer, and general theatre technician. Having completed a BFA at the University of Calgary in 2011, he joined the staff at UCalgary in a Head of Audio role for University Theatre Services where he stayed for nearly a decade. He has worked with W&M Physical Theatre on numerous projects including Co-Action, Waiting Rooms in Heaven, Weselle, When Language Fails, and Triangular Theories of Love. Currently he can be found working with IATSE 212 at ATP, The GRAND, and others.



TECHNICAL ADVISOR SUPPORT: STEVE ISOM - is a Calgary based Lighting Designer for Dance, Theatre, Ballet and Opera. He studied Design and Theatre production at St. Lawrence College in Kingston Ontario. His designs have been seen throughout Canada, the United States, Europe and for numerous Calgary and Edmonton Dance and Theatre companies over the past four decades, including 30 years for the University of Calgary's Division of Dance, and with W&M Physical Theatre in Calgary and Poland since 1994. His most recent work includes designs for *Olio* and *Reminiscence in Time* for Decidedly Jazz Dance Works, *Triangular Theories of Love* for W&M, and "Songs without Words" a video project for Davida Monk.

UPCOMING

MAY 24th 2:30 PM

SPECIAL AIR (ARTISTS in RESIDENCE SHOWCASE: PAY WHAT YOU CAN
showpass.com/air

WATCH FOR WM2 AUDITIONS IN SEPTEMBER!

OCTOBER 4 and 5

WILDDOGS INTERNATIONAL SCREENDANCE FESTIVAL, PLAZA THEATRE

OCTOBER - Dates TBD

WHEN LANGUAGE FAILS - SEE US AT THE FLUID FESTIVAL

PERFORMANCE BY: MARIE FRANCE FORCIER, WOJCIECH MOCHNIEJ, NICOLE CHARLTON GOODBRAND, SIERRA OSZUST, JARED TOBIAS HERRING

FEBRUARY 2026

EVER-WHEN (ONE967) - NEW CHOREOGRAPHIC WORK by WOJCIECH MOCHNIEJ

PERFORMANCE BY W&M PHYSICAL THEATRE, W&M2 DANCE CO. & GUESTS - THE PRO SERIES, REAVE THEATRE @ UofC

APRIL - Dates TBD

WESELLE

PERFORMANCE BY W&M PHYSICAL THEATRE, W&M2 DANCE CO. & GUESTS

W&M DANCE PROJECTS

BOARD PRESIDENT: MELISSA MONTEROS

VICE PRESIDENT: TERRY BUNCE

TREASURER: STEVE ISOM

SECRETARY: ALÈN MARTEL

DIRECTOR: ANNA MOUAT

DIRECTOR: LAURA HENLEY

COMPANY MANAGER: CALVIN BECKER

VOLUNTEER COORDINATOR: JOANNE HALL with Alèn Martel

SPECIAL THANKS:

* THE GRAND THEATRE

* GHOST RIVER THEATRE: The video technology you are watching in this performance has been made possible through the Calgary Foundation's funding of a unique partnership between Ghost River Theatre and the Alberta government. These professional-grade projectors, specifically selected to function well within a theatre setting, are being made available not only to this company but also, through the management and support of Ghost River Theatre, to small and mid sized Calgary cultural institutions at an affordable rental rate. This means that this exciting but expensive new tool for theatrical production will be accessible to innovative Calgary artists, regardless of their budgets.

