

MEET THE ARTISTS:

Sophia Sosa

Sophia “Sosa” Laurio is a Filipina interdisciplinary artist residing in the unceded lands of the Musqueam, Squamish and Tsleil Waututh Nations, also known as Vancouver, Canada. With a heavy focus on dance and its multiple forms, Sophia is a versatile movement artist that explores a wide variety of dance styles like Hip Hop, House, Waacking, Locking, Dancehall, Afro-Dancehall and Contemporary dance. She has trained, competed and worked on prestige platforms both locally and internationally. Over the last 10 years, Sophia has been featured at stages like Hip Hop International, World of Dance, Disney, Raw Artists Emerge-Los Angeles, Manila Fringe Festival, the Bronx Academy of Arts and Dance, Dancing on the Edge, Vancouver Fringe Festival, Vancouver Street Dance Festival, etc.

Josh Cameron

Josh Cameron is a 4th generation settler born in Vancouver, BC on the unceded territories of the Semiahmoo, Katzie, Kwikwetlem, Kwantlen, Qayqat, and Tsawwassen First Nations. He began his dance journey as a Bboy in 2008, able to pursue Breaking and a wide variety of Street Dance as a hobby and then career thanks to the Black and Latinx pioneers who created these styles. With his interdisciplinary street dance background, energetic style, and keen ear for musicality, Josh has earned titles at All Style and Breaking competitions across western Canada and the United States. With nearly a decade of experience as a teacher Josh has had the opportunity to uplift countless aspiring movement practitioners in their journey of finding authentic, informed expression through dance.

Location:

Coal Harbour Community Centre
480 Broughton St, Vancouver, BC V6G 3H4

Wednesdays - Absolute Beginner Hustle

Age: 18yrs+

Time: 6:15-7:15pm (60mins)

Location: Coal Harbour Community Centre

Room: Dance studio

Requirement(s): Comfortable dance attire, clean runners/sneakers/dance shoes



Wednesdays - Dance Social

Age: All ages

Time: 7:15-9pm (105mins)

Location: Coal Harbour Community Centre

Room: Dance studio

Dress code: Comfortable dance attire, clean runners/sneakers, Casual

Description: Dance Social is a 2-hour open dance floor for any community members who are looking to sweat, practice and socialize through dance. No dance experience necessary! Attendees are welcome to dance, hangout and even watch the dancers practice. This is the perfect opportunity to connect with Vancouver's local talents and community members who enjoy expression through music and dance!



ARTISTS IN COMMUNITY

Free Programs Available

Sundays - Movement Meditation

Age: 18yrs+

Time: 1-2pm (60mins)

Location: West End Community Centre

Room: Dance studio

Requirement(s): Dance attire, comfortable workout gear, clean runners/sneakers

Sundays - Absolute Beginner Grooving

Age: 16yrs+

Time: 3-4:30pm (90mins)


Location: West End Community Centre

Room: Dance studio

Requirement(s): Dance attire, comfortable workout gear, clean runners/sneakers

To register:

Sign up online: Westendcc.ca or call 604-718-8222

 @aicmovetogether

 aicmovetogether@gmail.com