

Les Nuages engagement activities.

workshops, classes,
comissions & the dancing
activity

C O N T A C T

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about us.

Our collaboration emerges from a shared commitment to dance as a language of dialogue between bodies, disciplines, and ideas.

Max comes from a background rooted in the popping tradition, having trained since the age of nine before extending his practice into contemporary dance in his early twenties. Popping is a form that is highly precise in its musicality, emphasizing rhythm through the quick contraction and release of the muscles; another important aspect is the musicality, the concept of “being in the pocket,” where movement is intimately tied to the micro-timing of beats and sounds. Bea, in contrast, trained in both street styles and contemporary dance during the beginning of her career, but continued only in contemporary dance. A year ago, she returned to popping and reconnecting with its community through classes and cyphers. This blend of perspectives gives us a fluidity between forms.

What distinguishes our tandem partnership is the convergence of these two cultures: aspects that can converge like the rhythmic sharpness and time play of popping or the theatricality and dramaturgy of contemporary dance. In contemporary practice more than in street styles, choreography often extends beyond the immediate pleasure of movement in the moment; it is framed by intentionality, narrative, and meaning. In contrast, popping’s artistry lies in its intimate relationship with music and rhythm—where the dancer’s body becomes an instrument of time itself. Together, we are drawn to explore how these approaches can intertwine: suspensions, accelerations, freezes, and imagined external forces that shape and interrupt the movement. By weaving popping with contemporary dance, we aim to reveal a unique hybrid language—where precision and openness co-exist, and where rhythm becomes a vessel for storytelling.



WORKSHOPS

professional.

Workshop content:

Our workshop aims to bring participants to discover a nuanced and strong sense of identity in their movement. Rooted on our practice together and passion for dance. Max and Bea offer a way to explore the convergence of contemporary dance and popping. The class will flow from exploring ways to come in and out of the floor, popping drills and improvisation scores. We will offer participants tools to expand movement pathways and enhance the awareness of movement. Allowing for a full-body exploration of targeted aspects, we will center the focus on isolations, sequential movements, our relation with gravity, and how to activate or diminish movement to find textures and dynamics such as suspensions, accelerations, freezes, and imagined external forces that shape and interrupt us. We will be working with the props from the piece 'Dummies' to explore how they can alter and affect our movement, taking the essence of mime and from popping body control. We will explore the manipulation of an object, the slow motion, acceleration, and floating style of movement.

The workshop is designed to be inclusive, sensory-friendly, and full of discovery, inviting everyone to experience the joy of dance.

The session includes:

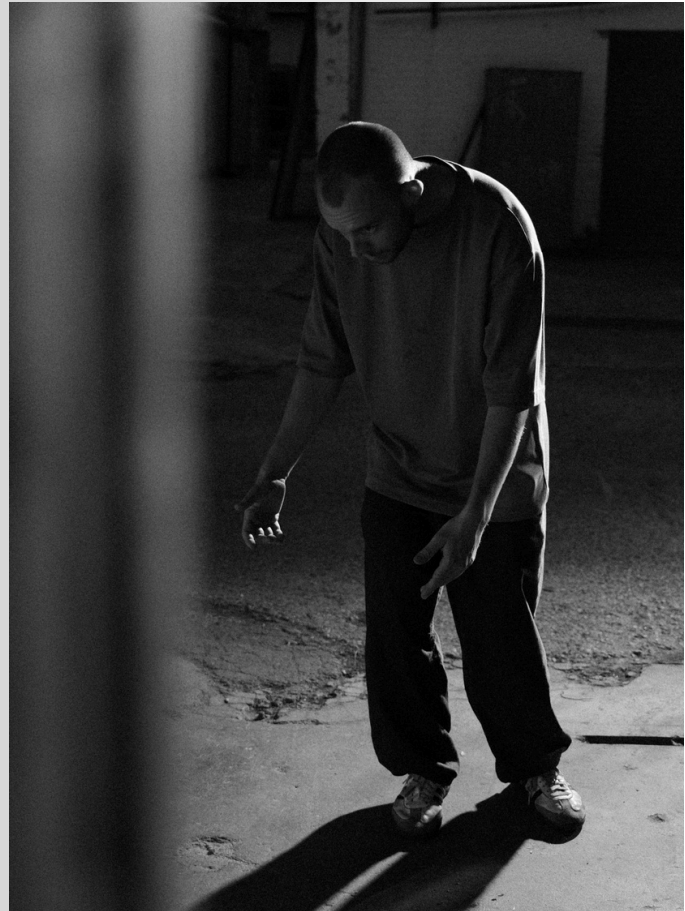
- 15-minute warm up
- 3h 30-min dance workshop
- Open to feedback and discussion after class. (+15 min)

Length: 4-5 hours

Age: +18

Capacity: 40 people per session

Previous experience: Rambert, The Place, Tripspace, Nunart (BCN), Punchdrunk, Scottish Dance Theatre.



WORKSHOPS

dance students.

Workshop content:

Our class aims to bring students to discover a nuanced and strong sense of identity in their movement. Rooted on our practice together and passion for dance. Max and Bea offer a way to explore the convergence of contemporary dance and popping. The class will break down the basics of popping, giving an elementary and nuanced overview of the street style. As well as merging some of the physicality with more traditional ways of approaching contemporary dance. We will flow from exploring ways to come in and out of the floor, popping drills and improvisation scores. We will offer participants tools to expand movement pathways and enhance the awareness of movement. Allowing for a full-body exploration of targeted aspects, how to activate or diminish movement to find textures and dynamics such as suspensions, accelerations, freezes, and imagined external forces that shape and interrupt us.

We will be working with the props from the piece 'Dummies' to explore how they can alter and affect our movement, taking the essence of mime and from popping body control. We will explore the manipulation of an object, the slow motion, acceleration, and floating style of movement.

The session includes

- 90-minute dance workshop, feedback and discussion

Length: 90 minutes

Age: +18

Capacity: 40 people per session

Previous experience: Workshops with London Contemporary Dance School, Rambert School and Trinity Laban.



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CHOREOGRAPHY

commissions.

Content:

Les Nuages is a dance performance exploring loneliness and the yearning for connection. It investigates how our perceptions—formed through lived experience and imagined realities—shape the way we navigate isolation and togetherness. Central to the work are inflatable, smoke- and helium-filled humanoid props that act as haunting presences, simultaneously companions and barriers. They externalize the fragility of human boundaries, showing how our projections onto others can distort or disrupt relationships. These ghost-like bodies embody memory, imagined others, and the unseen forces that shape intimacy.

The commission includes:

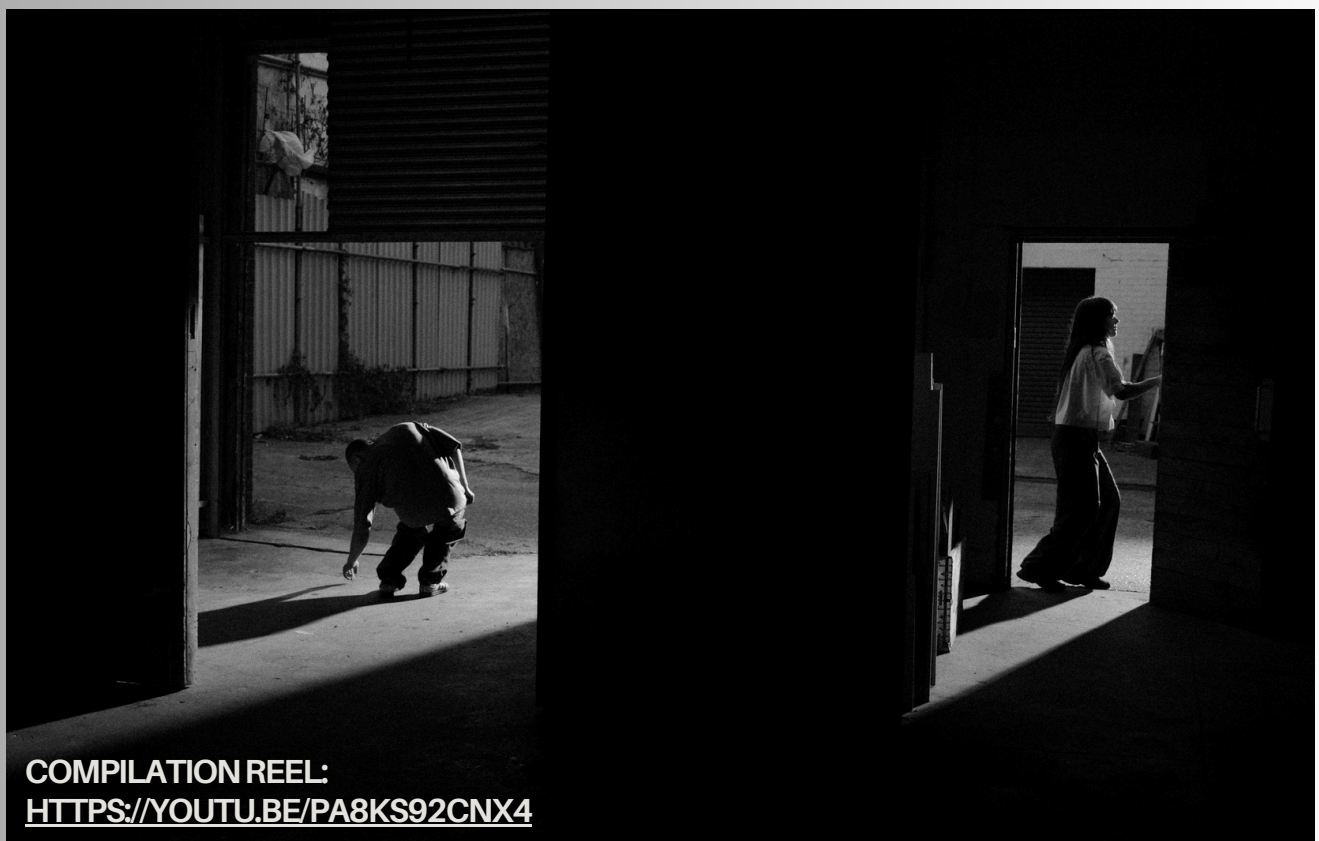
- Exploring the movement language from “Les Nuages”, merging popping technique with contemporary dance and mime techniques.
- Working with the props, learning how to use them and perform with them
- Feedback and discussion about loneliness and connection.
- Creative tasks and creation.

Length: from 2 weeks to 4 weeks

Age: +18

Capacity: 15 people per commission.

Previous experience: Commissioned by the conservatoire Trinity Laban MA program.



THE DANCING ACT

community workshops.

Workshop content:

The activity focuses on helping participants discover the joy of dancing and connection through dance. Drawing from our extensive experience in movement research, we provide improvisation scores and rhythmic tools designed to expand movement pathways and enhance participants' body awareness.

Our practice is characterized by curiosity and playfulness, which inspire a deep dive into movement. We foster an environment where the acceptance of failure is seen as an integral part of the learning process, paving the way for beautiful and authentic dance expressions.

The workshop is designed to be inclusive, sensory-friendly, and full of discovery, inviting everyone the joy of movement, creativity, and togetherness.

The session includes:

- 45-minute dance workshop
- Feedback and discussion

Length: 60 minutes

Age: +18

Capacity: 30 people per session

Previous experience: NHS Social Prescribing Activities at Somerford Grove Practice, We Are All Valued Equally (London), Deltebre Dansa community workshop for disabled people.



THE DANCING ACT

children & adolescents.



Workshop content:

Step into the dreamlike world of Les Nuages in this playful and imaginative dance workshop. Guided by professional dancers, children will explore movement, storytelling, and connection using special inflatable "cloud" dummies — soft, floating figures that come to life through touch and imagination.

Through games and creative dance tasks, children will learn how dance and theatre can express feelings of loneliness, friendship, and wonder. They will collaborate in small groups to move, shape, and even "breathe life" into the dummies, building their own stories about connection and community.

The workshop is designed to be inclusive, sensory-friendly, and full of discovery, inviting every child to experience the joy of movement, creativity, and togetherness.

The session includes:

- 15-minute watch dance performance "Les Nuages" excerpt
- 45-minute dance workshop
- Feedback and discussion

Length: 75 minutes

Age: +6

Capacity: 30 people per session

Past experience: Chatham Grammar, Luton Primary School, The Jungle Book Reimagined Workshops, teaching schools in Barcelona as part of CobosMika Engagement activities.

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