

TWO CAN DO



PRESS KIT

"Everyone's response will be unique to them, so Two Can Do becomes both a personal and liberating experience. By the end of the performance I felt like I had witnessed something so vulnerable but with a quiet strength that left me in awe of the minds and bodies involved. Two Can Do is a rare gem."

- Elayne Ruane



ABOUT TWO CAN DO

Contemporary dance meets performance art – a post-dance – with Bianca Paige Smith and Eimear Byrne as 'Two Can Do'.

'Two Can Do'

A Duet. Two people. Two heads. Two blindfolds. Moving Art.

Common task?

Move together by listening to each other.

Common goal?

Show up fully and really listen.

Common experience?

Not really.

But we know what it is, when it's here. And so do you.

For who?

All of us. Including you.

What if you had support whenever you moved? What can we make when we know everything we do will be supported? If we were told we could do anything because we had the means, what would we try to do?

In this piece, two dancers work to support – physically – each other's movement ventures to create a dynamic, rhythmical and physical duet. The work uses principles of contemporary dance to explore the idea of support, trust and vulnerability in the arts. The question is... how much further can you go with a bit of support?

*A Duet.
Two people.
Two heads.
Two
blindfolds.
Moving Art.*

TWO CAN DO

A NOTE FROM THE CHOREOGRAPHER

‘We don’t have to see things the same way, but maybe let’s see the same thing.’

The world of Two Can Do has provided me with countless opportunities to continue seeking and to continue embracing what is unseen, what’s intangible, but can be felt so strongly when I allow myself to embrace deep listening and surrender. Two Can Do has opened a door to develop my skills of perception on the vibrational plane. A performance for a festival was the seed planted 4.5 years ago. The journey of these past few years has provided a foundational practice, process and way of life. The performative act of this way of life is Two Can Do.

It is ritual, repetition, engaging all 5 senses, reflection. It allows us to practice how we want to be in life. It is whole. Round. Connected. Unified. Integrated. A place with an internal and external space. It is physical, spiritual, emotional and mental communication. It is a foundation that is established by a deep commitment to oneself, to the practice & process and to the other. It is attuning to and receiving vibration + energy through infinite means. It is showing up fully and committing to embracing whatever happens to the best of our ability. It is expecting the best possible outcome from whatever happens.

It’s also really not for me to define, but for you to experience.

Two Can Do is a human expression of connection, support, listening, vulnerability and one way in to what it feels like for two humans to surrender to a journey of a holistic creative practice.



Common
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Move
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TWO CAN DO

MEET THE ARTISTS



Bianca Paige Smith – Creator and Performer

Bianca Paige Smith (BS Neuroscience, MA Contemporary Dance Performance) born in NJ, is a multi-disciplinary artist, visionary, and creator currently creating work that draws from principles of post-modern contemporary dance along with her experience with meditation and background in neuroscience. She earned her Masters in Contemporary Dance Performance at the University of Limerick and proceeded to perform throughout Ireland and the UK, including the prestigious Step Up Dance Project in 2017 with the award-winning choreographer Gary Clarke. Bianca created “Two Can Do” in 2017; the duet premiered at the Limerick Fringe Festival and won Most Innovative Show. Since then she has been invested in the development of Two Can Do through performances in Ireland and the US, including an NYC soft premiere at Gibney and an Irish tour. Two Can Do’s accompanying community workshops, SUPPORT and MANTRA, have provided opportunities for Bianca and Eimear to connect the community more deeply to the process behind Two Can Do. Two Can Do has influenced every creative endeavor in Bianca’s artistic journey and she is committed to bringing Two Can Do to new communities through tours, workshops, and performances post-pandemic.



Eimear Byrne – Performer

Eimear Byrne (BA hons Dance, MA Contemporary Dance Performance) is a dance artist from Ireland. Eimear works professionally as a dancer and teacher at the Bray Institute of Further Education (BIFE), and as an independent choreographer for the past 10 years in the dance industry. She was chosen to dance the female role in the repertoire of ‘Coupled Reflections’ by Robert Connor and Loretta Yurick in 2016/17 as a part of the ‘Live Archive Project’ curated by Emma Meehan. Eimear’s work “Renewal” was performed in Ireland and the UK. Eimear has been a performer and collaborator in Two Can Do, under the direction of Bianca Paige Smith, since January 2017. This work has brought her to NYC and NJ to perform as well as allowed her to continue her artistic and creative practice throughout the pandemic through virtual workshops, documentary screenings, and rehearsals.

Common
goal?
Show up
fully and
really listen.

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TIMELINE & ACHIEVEMENTS

November 2016 – Two Can Do accepted into Limerick Fringe 2017

January 2017 – Rehearsals commence – Supported by Dance Theatre of Ireland

February 2017 – Choreographic Residency and Creating Space Showing – Supported by Dance Ireland; Creating Space Showing at Dance Theatre of Ireland

March 2017 – Limerick Fringe – Supported by the Irish World Academy

April 2017 – Research & Development (Brussels, Belgium) – Funded by the Arts Council of Ireland

September 2017 – Culture Night – Invited and supported by Dance Limerick

October 2017 – Research & Development residence – Supported by Dance Limerick

November 2018 – Research, development and planning for APAP 2019 NYC – Supported by Gibney Dance, NYC

January 2019 – NYC Soft Premiere at Gibney Dance, NYC (APAP performance)

April 2019 – Research and Development – Supported by Bray Institute of Further Education

June 2019 – Fertile Ground Performance – Supported by Greenspace, NYC

June 2019 – Two Can Do Gala – Rehearsals and residency supported by Jersey City Ballet; Gala hosted at Art House Productions, Jersey City

August 2019 – Two Can Do Irish Tour and SUPPORT Workshops – Funded by generous donations from Funders and supporters; Supported by Nun's Island Theatre, D-Light Studios, Hunt Museum and St. Peter's Cork; Workshops supported by Galway Dance Project, Dance Theatre of Ireland, Hunt Museum and St. Peter's Cork

Sept-Dec 2019 – Research and Development – Development of an Internship program to support the growth of Two Can Do

January 2020 – Internship program – 6 international interns join the team to plan the European Tour and 2020 Two Can Do Gala

May 2020 – MANTRA workshop – Hosted virtually and made accessible to artists and non-artists around the world

June 2020 – Two Can Do Gala (Cancelled due to COVID-19) – Hosted at Art House Productions, Jersey City, NJ

July 2020 – 126 Gallery Performance (Cancelled due to COVID-19) – Commissioned by the board of directors at 126 Gallery

October 2020 – MANTRA workshop

December 2020 – Two Can Do Documentary Screening – Private cyber screening for previous audiences of Two Can Do

February & April 2021 – MANTRA Workshop – April premier of the full day MANTRA workshop

June 2021 – I am here now: Two Can Do Virtual Summer Immersive - supported by Dance New Jersey Mini Grant

October 2021 – Creative Process Residency – Supported by Greywood Arts in Killeagh, Co. Cork Ireland and funded by the Arts Council of Ireland

November 2021 - Science Week Show - Blind to your Mind, an adapted version of Two Can Do MANTRA workshop in partnership with Science Foundation of Ireland for Science Week

November 2021 - Documentary Screening + Online Fundraiser - Cyber screening of the Two Can Do Documentary for the public community online

Common
experience?
Not really.

TWO CAN DO

Thank you to the following organizations for their support through residencies, funding and performance opportunities:

opportunities:

Nun's Island Theatre
Galway Arts Centre
D-Light Studios
The Hunt Museum
St. Peters Cork
Dance Theatre of Ireland
Galway Dance Project
Dance Limerick
Dance Ireland
Arts Council of Ireland
Bray Institute of Further Education
Gibney Dance
Greenspace
Jersey City Ballet
Dance New Jersey

"Two Can Do has taken on a life and an identity of its own, being named the 'Most Innovative' at the Limerick Fringe Festival in 2017 and is described as a "journey of possibilities."

- Richard Lynch , I Love Limerick

But we know what it is, when it's here. And so do you.

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TECH SPECS

- Duration: 90 minute experience - 35-45 minutes performance + post show reception
- Audience set up - one row of chairs around the perimeter of the room
- Music: none
- Sound: a sound cue denotes the end of the piece
- Lighting: minimal - a general wash lights the space, can be done in natural light
- Props: blindfolds

"As the artists began the performance it brought to mind the beauty of human relationships and connectedness.

It was truly an inspiring performance."

– Denise Lewis

*For who?
All of us.
Including
you.*

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FAQS

How long is the piece?

Two Can Do is a special work in that it can actually be performed for any duration of time. We have plans to test out a durational performance - where we move for hours! We take people into the world of Two Can Do through performance, followed by an informal reception where guests are invited to stay up to another hour if they wish!

The Two Can Do experience is approximately 90 minutes inclusive of 35-45 minutes Two CanDo running time and post-show reception.

What can I expect from the performance?/What will the performance be like?

To quote one of our patrons, "I didn't know what to expect ahead of Two Can Do and that was just as well because this performance would have transcended any expectations I could have thought up. Everyone's response will be unique to them, so Two Can Do becomes both a personal and liberating experience." The experience of Two Can Do will offer a chance to be a part of something that allows us all to experience the beauty of support and what a supportive environment between two performers feels like.

Can you talk a bit about the process of creating TCD?

The process of creating Two Can Do is the destination. We always say that the goal is the journey. Not the destination. The process of creating Two Can Do feels much like life - the quicker we can accept that we will never "get there" but that being here is accomplishing everything, the more we can rejoice in what we have now! Two Can Do is my way into experiencing the magic of what is human and the human experience. I'm committed to sharing that magic with others through Two Can Do because I know that I'm not the only one who feels it. We all feel it and every time we share this experience with people, we inevitably hear the same from our audiences. The process is like a journey of continuing to open up to an experience that feels pure and magical. A bit like a meditation, a bit like a roller coaster and a lot like love.

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SELECTED PRESS & REVIEWS

A View from the Fringe: Two Can Do, Shane Vaughan

<https://www.facebook.com/notes/671320770488700/>

Limerick Leader, Irish Tour 2019

<https://www.facebook.com/thingswhatareoninlimerick/photos/a.1904828003114695/2326959824234842/>

<https://www.limerickleader.ie/news/columnists/471371/seamus-ryan-things-what-are-on-in-limerick.html>

Audience Reactions -

Irish Tour 2019: <https://youtu.be/WtWuoAcR4Ro>

Gala: <https://www.facebook.com/watch/?v=941407146203783>

<https://www.facebook.com/100063498883163/videos/351016185826409>

<https://www.facebook.com/100063498883163/videos/467312744052921>

Wicklow Screendance Laboratory 2021

<https://www.rte.ie/culture/2021/0325/1206077-footloose-inside-the-wicklow-screendance-laboratory/>

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PRESS & REVIEWS

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TwoCanDo.postdance](https://www.facebook.com/TwoCanDo.postdance)

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Eimear

www.eimearbyrnedance.com
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"Amazing, unique, incredible and truly a breathtaking performance from two dancers who looked like one unit."

- Audience Reaction





