
I AM HERE NOW:

**A TWO CAN DO
VIRTUAL SUMMER
IMMERSIVE**

JUNE 6-10, 2021

MEDIA KIT



**TWO CAN DO
TWO CAN DO**

HOW DO WE EMBRACE OUR WHOLENESS AND NOURISH OURSELVES AS DANCE ARTISTS?

“Two Can Do, a duet exploring the deep connection between two supportive and trusting performers, has provided a practice and a way of life for us as artists. We are committed to distilling and sharing the tools of this practice with others to support them in holistically embracing their artistry and humanity.”

Bianca Paige Smith



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Bianca Paige Smith and **Eimear Byrne** have worked together since 2015, when they met at the University of Limerick, Ireland. Eimear has been a collaborator and performer in Bianca's work "Two Can Do" since its inception in January 2017. Bianca and Eimear have been working to deepen their understanding of how Two Can Do allows them to connect to the infinite creative energy that exists between performers.

Together, these two artists will lead and facilitate a weeklong immersive virtual program centering a holistic approach to creative practice, for emerging professional dance artists as well as movers and makers of all mediums, in any stage of their careers, wishing to explore new ideas in community.

During this virtual immersive, participants will be introduced to and examine ways in which to recognize and nurture creative practice in their daily lives. This immersive experience was developed specifically in response to the impact of the pandemic we have witnessed on our immediate creative communities, and to the needs that we are seeing in the current and next generation of artists.

Utilizing the principles of Two Can Do, an award-winning post-dance duet, we will examine themes of support, connection, listening, vulnerability, and surrender. Through the lenses of yoga, meditation, neuroscience, and contemporary dance, we will guide and encourage artists to ask questions, to trust their instincts, to explore their vulnerability, and to allow themselves to receive what is already there.



[CLICK HERE TO DISCOVER MORE](#)

WHAT ARE THE PRINCIPLES OF TWO CAN DO?

The Two Can Do (TCD) technique was created and developed by Bianca Paige Smith as a vehicle to access a higher creative potential accessible to everybody. Two Can Do provides tools to embody presence, which reshapes a new foundation for creative practice. This is the first time ever that Bianca Paige Smith and Eimear Byrne will share the uniqueness of the Two Can Do Technique, offering a new possibility of experiencing, practising and developing artistic work.

"Bianca's approach to creating unity among participants with these virtual icebreakers and just breathing. Such an effective way to be intentional about connecting with ourselves and everyone else present".

"The MANTRA Workshop helped me a lot with my mental stability".

"It was really enjoyable to be part of this workshop during the pandemic time. And to connect with people from around the world".

"I loved the peacefulness and the ability to check in with my body"

Feedback from MANTRA Workshop, facilitated by Bianca Paige Smith and Eimear Byrne.



"There was something missing in my creative expression and Two Can Do brought me that missing piece. I knew that getting back to our bodies and **embodying this experience as a practice would become the ritual that would allow me to continuously access my creative energy**".

Bianca Paige Smith



"Two Can Do **was breaking the tradition of ways in which I was used to working within the dance industry** and this excited me greatly. Two Can Do's creative process was alive, innovative and was like breathing in fresh air. I couldn't get enough of it!"

Eimear Byrne

LEARN MORE ABOUT THE FACILITATORS HERE

THE PRACTICE



5 DAYS

4 HOURS A DAY
(2 MORNING, 2 AFTERNOON)

INTRODUCTION TO THE TWO CAN DO TECHNIQUE

MOVEMENT CLASS

IMPROVISATION PRACTICE

DISCUSSION GROUPS

REFLECTION PROMPTS

YOGA AND MEDITATION

JOURNALING AND FREEWRITING



THE PROCESS

TOOLS FOR PROFESSIONAL DEVELOPMENT

SELF-DISCOVERY AND RESEARCH

COMMUNITY BUILDING

THE EXPERIENCE OF AN ARTS PRACTICE
PROCESS AND DEVELOPMENT

WORKING WITH THE SENSES

MENTORSHIP

TOOLS FOR NURTURING CREATIVITY

JOIN THE SUMMER IMMERSIVE IF...



You are tired of traditional workshops and intensives. This is a unique experience with a holistic approach and a focus on building a community.

You're looking for new ways to nurture creative practice in your daily life - both for personal and professional development.

You're keen to learn tools to calm and engage with the mind in order to tap into the infinite creative energy source within us.

You want to build a holistic career in the arts: embrace your practice; be part of a community and network; feel empowered or find a new way to approach your practice using the TCD technique.

HOW TO TAKE PART

If you would like to join the Two Can Do Virtual Summer Immersive, enrollment is simple! Fill out a short enrollment form to let us know why you want to be in community with us for the week. We will be thinking of you and meditating about this experience as soon as we meet you (cyberly). By the time June comes around, we will already be a part of a beautiful energy that has been brewing since you enrolled.

We are so excited to hear from you and learn more about you.

Enroll [here](#).

Are you ready to embrace this journey with us?

If you have any questions or concerns you can drop us an email at twocandodance@gmail.com

