

PuSh International Performing Arts Festival

January 21 –February 9, 2020 | pushfestival.ca

Relaxed Performances are specifically designed to welcome people who will benefit from a more relaxed performance environment, including (but certainly not limited to) people on the Autism Spectrum, people with sensory and communication disorders, neurological disorders or a learning disability. Many people feel that relaxed performances offer a more dynamic theatrical experience, which benefits everyone.

What does a relaxed performance entail?

→ **We create a visual story for the venue**

- a guide to the venue with many pictures specially designed for people with autism but helpful for anyone

→ **We create a visual story of the show**

- a guide to the show with pictures of all the performers
- a complete breakdown of the show; basically, what will happen from beginning till end

→ **The show itself is adjusted**

- it's never completely dark (there is always some light in the audience)
- sound and light are adjusted to a lower or less intense level
- no strobe lights or fast flashing lights

→ **Regular "rules" of going to theatre don't need to be observed**

- no shushing, it is ok to make noise
- if people feel like reacting, that is ok
- it is ok to move around and fidget or get up
- it is ok to use your electronic devices (but please turn off the sound and don't take pictures)

→ **There is a chill-out space to relax** if the show is too intense

If possible: with a video feed of the show

We want to stress that we do relaxed performances to help people feel welcome. But this in no way means people are not welcome to attend other shows. Everyone is welcome at any show!

Accessible seating can be reserved
Complimentary tickets for companions
Great offers for group bookings saving up to 30%

For full details and to discuss accessibility needs contact:

Accessible PuSh Coordinator, Anika Verweken

access@pushfestival.ca | 604.605.8286 ext 204

PuSh
INTERNATIONAL
PERFORMING ARTS
FESTIVAL

Relaxed performances at the PuSh Festival in 2020



BACK TO BACK THEATRE (AUSTRALIA)

THE DEMOCRATIC SET

Feb 25 at 7pm (Film screening and artist talk)

At Roundhouse Community Arts & Recreation Centre

Free; advance booking required

In The Democratic Set, members of the local community are invited to help make a movie collaboratively.

This show is **Extra Live**; it is always relaxed



2B THEATRE COMPANY (CANADA)

OLD STOCK: A REFUGEE LOVE STORY

Jan 24-25, 28-30 at 7:30pm, Jan 26 at 1:30pm

At Frederic Wood Theatre | price \$39

Wild, witty and wonderfully inventive, this fusion of concert and drama tells the true love story of Chaim and Chaya, Jewish refugees from the pogroms of Romania.

Relaxed performance **Sunday January 26th at 1:30pm**

Introduction **at 12:45pm**



MYLES DE BASTION/CYMASPACE (USA)

IKIGAI MACHINE: A DISABILITY-ARTS VAUDEVILLE EXPERIENCE / OPENING PARTY

Jan 25 at 8pm | **Free**, RSVP required

At Roundhouse Community Arts & Recreation Centre

Deaf curator, advocate and artist Myles de Bastion is here to rock the building with a dose of music, moving images and light. Working with the CymaSpace production team, de Bastion lays down optical effects in conjunction with beats and melodies; the result is an accessible, inclusive and altogether enthralling experience.

This show is **Extra Live**; it is always relaxed



ANIMAL OF DISTINCTION (CANADA)

FRONTERA

Jan 30 at 8pm | At Queen Elizabeth Theater | from \$25

The scenography, by United Visual Artists, is stark and suggestive; space is defined by light alone. Amid pulsing flashes and towering vertical rays, ten human figures dance—at times alone, at times with each other, at times against each other.

There are **relaxed viewing spaces** available

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URSULA MARTINEZ (UK)

FREE ADMISSION

Jan 31, Feb 1 at 8:30pm, Feb 2 at 4pm
At Scotiabank Dance Centre | price \$39

Free Admission comes with a commentary on its own limits, and on the politics of spectacle. As Martinez holds forth on the paradoxes of life, the absurdity of contemporary living and her own intimate feelings, she builds a wall between herself and the audience—a brick wall, to be exact.

This show contains mature subject matter and nudity.

Relaxed performance **Sat. February 1st at 8:30pm**
Introduction **at 7:45pm**



PME-ART (CANADA)

A USER'S GUIDE TO AUTHENTICITY IS A FEELING

Feb 5 8pm, Feb 6 6pm | At Western Front | price \$15

Wren speaks to the audience, displays photos, plays music, dances and even disrobes; the goal is to entertain, to inform, to make a case for the relevance and value of performance art as a mode of resistance—as something that can make a difference in this troubled world.

This show is **Extra Live**; it is always relaxed



PME-ART (CANADA)

THE DJ WHO GAVE TOO MUCH INFORMATION

Feb 7 at 7pm | At Western Front | price \$15

At this event, audiences can listen, reflect, reminisce; they can have a drink at the bar; they can enter and leave as they please. Some songs will get a laugh, some may provoke a tear or two; as for the stories, they run the gamut from entertaining anecdotes to accounts of epiphany.

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PME-ART (CANADA)

BRING YOUR OWN RECORD / LISTENING PARTY

Feb 8 at 7pm | At Central Studios | **Free**

Audience members who especially love the song/story format of The DJ Who Gave Too Much Information are invited to the Bring Your Own Record/Listening Party the following day; it's a chance to get in on the fun. Choose a record and story of your own, and bring them on down to share.

This show is **Extra Live**; it is always relaxed