

**KINAJ
&
CAWTHRA DANCE**

BODIES OF NATURE

**MARCH 26TH,
2025**

**7:00PM EVENING
SHOW**

**AT THE
CAWTHRA THEATER**

TICKETS AVAILABLE AT THE DOOR

KINAJ


MISSISSAUGA

thank you

We're beyond grateful to everyone who made Bodies of Nature possible!

A massive shoutout to Cawthra Secondary School's Dance Department, especially dance teachers Rachael Lutes & Narie Ju Hong, along with the amazing staff, administration, and students who welcomed us with open arms.

Your support, enthusiasm, and beautiful energy mean the world to us!

Rachael, we're so grateful for the invitation and the chance to bring this work to life once again!

And finally—Cawthra dancers! THANK YOU for your energy, dedication, and for fully embracing this experience. Your artistry and have truly made this production something special.

With love and appreciation,

KINAJ 

BODIES OF NATURE

Nature is a force—ever-changing, nurturing, and relentless. Bodies of Nature (BON) is an experimental dance performance that explores the familial bond between the elements, portraying Mother Nature's children in a dynamic interplay of movement, sound, and storytelling. Through an immersive blend of spoken word, music, and dance, this piece invites us to reflect on our connection to the natural world and the delicate balance we share with it.

In this reimagined work, dancers embody the elements—earth, water, wind, forest and flower —each carrying its own distinct personality, rhythm, and energy. As they interact, collide, and evolve, they reveal the beauty and tensions that exist within nature's ecosystem, mirroring our own human relationships.

As we navigate the climate crisis and our role within it, Bodies of Nature serves as a reminder of the interconnectedness between people and the environment.

about the performance

Bodies of Nature is a cross-genre dance experience that fuses street-styles & contemporary movement with theatrical storytelling. Rooted in KINAJ's signature style, the piece encourages audiences to not only witness but feel the visceral power of nature's forces in motion. It is an invitation to embrace both the fragility and resilience of our planet.

We want to invite you to look deeply into yourself and see that nature lives within us, like the water is the blood that flows in our veins. And then look outward and realize that the forests are lungs outside our bodies. All the elements of nature exist both inside and outside our bodies. Yet, we are conditioned to think only about our small self, body, while we destroy our large self, nature. To be our true selves is to live and care for both.

This performance is 1 hour with no intermission

“we have to meditate on being the river so that we can experience within ourselves the fears and hopes of the river. If we cannot feel the rivers, the mountains, the air, the animals, and other people from within their own perspective, the rivers will die and we will lose our chance for peace”

Thich Nhat Hanh

Credits

Creative Direction: Kin Nguien (KINAJ)

Choreography: Kin Nguien & AJ Velasco (KINAJ) in conversation and collaboration with Cawthra Dance Students

Spoken Word: Fareh Malik

Narration: Fareh Malik & Cawthra Dance Students

Composer: Devon Martin

Sound Design & Mix: Alex Mac

Lighting Design: Bharat N. Vyas

Projection Design: Tara Rose Morris

Audio

Original Scores by Devon Martin

Mother Nature Track

Wind Track

Forest Track

Music Credit

Run Boy Run - Woodkid

Water - Tyla (instrumental)

Meltdown - Travis Scott (instrumental)

Fresh Outta Japan - Yasko

What a wonderful world - Louis Armstrong

KINAJ

www.kinaj.co