



PARACOSM DANCE

SUMMER INTENSIVE
JULY 3-8, 2022

WELCOME



1 WEEK OF EXPLORATION 38 HOURS OF MOVEMENT

Paracosm Dance & Paracosm YA welcomes you to our first ever summer intensive. With 38 hours of specially curated movement blocks, you will experience the fierce dynamism that drives the Paracosm technique, informs the Paracosm artistry, and fuels the Paracosm performance.

We are excited to introduce to you our unique approach to dance education and artistic creation, offering a week of outside inspiration and self-exploration...and rigorous, satisfyingly exhausting movement (with a healthy amount of restoration intentionally placed).

Get ready to immerse yourself in the world of Paracosm Dance & Paracosm YA: undertaking sustainable training regiments, flowing through deep-dive rehearsals, experimenting with gravity (literally), and creating – deepening – community.

We can't wait to move with you!



Alyssa Johnson
Founder & Artistic Director

LOCATION

Blue Lapis Light Studios
10331 Old Manchaca Rd, Unit B
Austin, TX 78748

ElecktrikCITY Dance
650 Canion St
Austin, TX 78752

WHAT TO BRING

Comfortable dance attire (pants!), socks, layered sweatshirts
- sneakers for hip hop, form fitting clothing for harnesses -
Water bottle
Food/snacks (no fridge on sight - bring a box!)
Yoga mat/TheraBand



SUNDAY

PARACOSM
TECHNIQUE
930-12

PARACOSM
REP
1230-230

ARTIST
CHECK IN
230-3

HIP HOP @
EC DANCE
430-6

MONDAY

YOGA &
THERABANDS
10-12

PARACOSM
FLOORWORK
1230-230

PARACOSM
REP
245-4

TUESDAY

CONTEMPORARY
BALLET
10-12

COMPOSITION
1230-230

SAMBA
245-4

WEDNESDAY

PARACOSM
TECHNIQUE
10-12

PARACOSM
REP
1230-215

YIN YOGA
BODYWORK
230-4

THURSDAY

CONTEMPORARY
BALLET
10-12

HARNESSES
1230-145

PARACOSM
REP
2-4

DANCE
PHOTOGRAPHY
4-5

FRIDAY

CORE &
THERABANDS
9-10

PARACOSM
TECHNIQUE
10-12

PARACOSM
REP
1230-330

PUBLIC
SHOWING
415-445

SCHEDULE

ALYSSA JOHNSON



Founder and artistic director of Paracosm Dance, Alyssa began her training with the Brockus Conservatory in LA where she was introduced to her movement foundations of Luigi Jazz and the Lester Horton Technique. Integrating mixed martial arts with parkour and tricking, she then furthered her training at Alonzo King LINES Ballet and UC Berkeley.

She danced as a soloist with Peninsula Ballet Theater under the artistic direction of David Fonnegra, and performed in works by Copious Dance Theater's Kat Roman, BrickaBrack Theater's Gabriel Grilli, and Scott Wells & Dancers. She danced as a guest artist with Alvin Ailey American Dance Theater for Judith Jamison's retirement tour and choreographed works under the direction of Joe Goode. For her excellence in dance scholarship and performance, she received the Julia Payne Dance scholarship upon graduating from UCB. She now dances with the critically acclaimed Austin-based contemporary dance company, ARCOS Dance, and Shakti Moves Dance Company.

AÍDA HERNÁNDEZ REYES



Having always had a fascination with grooving, climbing, and moving her body, Aída began her dance training at nine years old, learning ballet at a few different local studios in the southwest Austin area. She has participated in summer intensive programs at the Alvin Ailey Dance Theater in New York, Alonzo King Lines Ballet in San Francisco, and a residency in Europe (Dublin, Berlin, and Prague) with Toni Bravo's Diverse Space Youth Dance Theater.

Aída considers herself an artist and a creative, having worked with a range of artistic mediums, from painting and printmaking to stage and video performance.

Aída graduated from the Paracosm YA company in the spring of 2020 and is now a student at the University of Texas. She is pursuing her Bachelor's degree in Fine Arts in the Theatre and Dance department. She is a part of the Paracosm company as an artist and a mentor for the Paracosm YA company! Yay!

DANIEL BROXTON



Daniel Broxton has been dancing since he was 8 years old. He started dancing professionally after graduating from High School.

He currently directs two dance teams, Dare To Dream Hip Hop Team, and New Genesis. Daniel has been an instructor for many studios in Austin and has choreographed for different shows, local artists, and videos.

Daniel thinks of himself as an artist first and a dancer second. His goal is to connect the Austin dance community and help provide more opportunities for dancers.

Full Paracosm Mentor bios online at
www.paracosmdance.com/mentors

AMY MYERS



Amy received her BFA in Ballet and Modern Dance from TCU. As a performer/choreographer, she has had the opportunity to present work all over Texas, the US, and Europe with many local companies/choreographers including (but not limited to) Blue Lapis Light, Aerial Dance Theatre, Ellen Bartel Dance Collective, Ready Set Go, Jennifer Sherburn, Contemporary Dance/Fort Worth, BlipSwitch, Sky Candy, Woven Feet, and Rapt. She has also danced and/or choreographed for several musicians including Kesha, Band of Heathens, Linen Closet, Sorne, Technicolor Hearts, Nightdrive, Walker Lukens, and others. Amy is also a Certified Yoga Instructor, Licensed Massage Therapist, and creator of Amy's Apothecary.

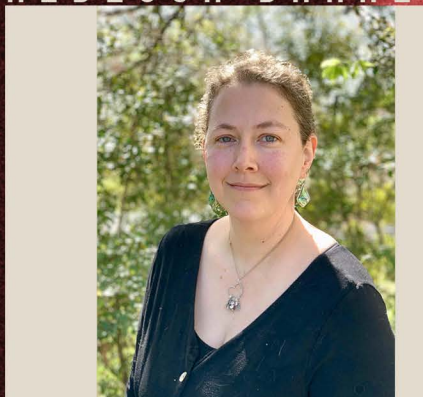
GABRIELA MASALA MA, LIFE ARTIST



Gabriela has been steeping in the universal wisdom of sacred movement and the healing arts for over 3 decades. She is a lover of the creative process as a catalyst for transformation. Her journey as a consultant in the world of Mind/Body/Spirit education, with dance as a primary focus, has taken her around the globe. She is a facilitator of Ashtanga, Anusara, Vinyasa and Bhakti Yoga, as well as Afro Brazilian, West African, and Nia Dance Arts. Gabriela's lifelong devotion to sacred movement has led her to study, teach and choreograph diverse World Dance inspired programs and events, including the Za Boom Ba Interactive Experience and Afro-Fusion Village Dance immersions for movers 7 to 70 years of age. Her current focus is on Rewilding the body through Ecstatic and Holistic Dance, blending authentic movement, soul song and community dance in the natural world.

Learn more about Gabriela's diverse offerings here
www.gabrielamasala.com

REBECCA BARNES, BA, LMT, MTi, CMLDT, CEP



A born and raised Austinite, Becca's journey with bodywork started at a young age. In the true sentiment of "Keeping it Weird" her parents used chiropractic, massage, and Traditional Chinese to keep her healthy and put Humpty Dumpty back together again after an assortment of childhood misadventures. As a result, she has always been curious about traditional and non-allopathic health and healing traditions.

She came to TLC as a 500-hour student in 2014; returning again in 2017 for the 250-hour advanced program. Her thirst for knowledge has earned her: a BA in Economics and German which aides her in teaching some of TLC's business classes; various certifications in modalities such as orthopedic assessment & massage, and Lauterstein's Deep Massage; as well as a background in MLD, oncology massage, reflexology, just to name a few.

All of these assist her with teaching students in the Lauterstein-Conway student clinic and makeup room, which is where she can be often found on weekends. When not at the school, she is often found at her husband's spa working with clients, or playing with her menagerie of children and critters on their little piece of property being rapidly encroached upon by suburbia.



Paracosm Youth Artists, centered upon the development of young dancers as vigorous technicians, distinctive artists, and actively present human beings, works to foster individual artistic growth in a unique, intimate setting that prioritizes classical training with cultural responsibility and long-term community engagement.

Offering an alternative to traditional conservatory models, Paracosm YA emphasizes flexible, individualized curricula with a focus on sustainable movement, holistic health, and creative agency.

Paracosm YA promotes multimedia exploration and incorporates varied voices to ensure the development of YAs as fully integrated performers - artists able to authentically and effectively navigate their contemporary reality.

An inclusive, non-competitive environment, Paracosm YA encourages outside opportunity while working internally to develop performative, conscientious works to be shared with the many communities of Austin and beyond.

www.paracosmdance.com