

Graduate School Showcase 2025

Monday 7 – Thursday 24 July

Welcome to the Graduate School Showcase 2025, a festival of performances created, choreographed and presented by our postgraduate dance students.

Doors open at 12:00pm each day, and 10:00am on Friday 18 July, with a curated programme of performances, site-specific events, screenings and sharings.

*Every day will be different. What's certain is that you'll encounter surprising, challenging and ground-breaking new work from students our **MA / MFA courses in Choreography, Creative Practice (Dance Professional and Transdisciplinary pathways), Dance Leadership and Community Practice, Dance Performance and Dance Science.***

You might get to see work on the main stage of Laban Theatre, or in the more intimate space of the Studio Theatre. Dance in unexpected places that takes you on a journey, or research laboratory sharings in our Dance Science studio. Maybe you'll get to participate in a performance that brings the audience into the experience, or enjoy watching more contemplative pieces unfold outside or at studio spaces in nearby Laurie Grove.

What is guaranteed is that you'll encounter thought-provoking new choreography and movement developed by our postgraduate dance community during their time studying at Trinity Laban.

Come and join us. Bring your curiosity and an open mind.

Members of the audience are reminded that smoking, the use of mobile phones and the use of photographic or video equipment is not permitted in the auditorium.

Principal
Prof. Anthony Bowne

Artistic Director,
Dr Aleksander Szram

*Associate Director of Dance
Programme Leader, MA/MFA Creative
Practice*
Dr Naomi Lefebvre Sell

*Head of Postgraduate Programmes
Programme Leader, MA/MFA Dance
Leadership and Community Practice*
Melanie Clarke

*Programme Leader, MA/MFA Dance
Performance*
Hilary Stainsby

*Programme Leader, MA/MFA
Choreography*
Gary Lambert

Postgraduate Studies Administrator
Minghao Li

Head of Production
Fay Patterson

Technical Manager
Assad Jan

Acting Senior Technician
Rachel Shipp

Technician (Sound and AV)
Jabin Law

Graduate Interns (Production)
Bebe Abban
Rachel Messer

Head of Customer Services & Events
Lj Cook

Brand & Communications
Imogen Copp
Tara Hughes
Fiona Moorhead

TRINITY LABAN

The Body Remembers Itself

Mira Jamias, MA Dance Leadership & Community Practice

Friday 18 July, 13:30-13:50

Studio Theatre, Laban Creekside

Performer Mira Jamias

Music 'LA1' by Moby

Lighting Trinity Laban Production Team

This solo is a body remembering how to become. Guided by Sandra Reeve's "Nine Ways of Seeing a Body", it traces a journey of learning through change, resistance, and release. Reeve states that the nine lenses she has presented are the fruit of her investigation into the way we view and inhabit our bodies.

The nine lenses are as follows: the body as object and as subject; the phenomenological, somatic, and contextual bodies; the interdependent, environmental and cultural bodies; and, finally, the ecological body.

These lenses served as a research framework which I used to immerse myself in during my work placements with two wonderful youth groups here at Laban. Each working moment with a lens became a tool for creation. I invite the audience to witness not just a body in motion, but a body transforming as I move between ways of seeing, being seen, and seeing myself.

This piece is a reflection of what I witnessed and what was revealed to me. It is a thank-you to those young people who taught me as much as I taught them. And to Dr. Liz Fort, my supervisor, who has inspired me to step into this industry - even if I am scared of what it asks of me. Thank you for walking beside me as I learn to become.

Special thanks:

To Melanie, Marie, Tina, Lizzie, and Stella. Thank you for being such amazing women.

To Mette, Natalie, Katja, and Sophie. I am so happy to have met you all, from the bottom of my heart I love you all. And to the production team, thank you for making my final run here look so good (as always).

Social Media:

Follow Mira on Instagram @mirajamias