



# DISCOVER THE DANCES: LECTURE AND DEMONSTRATION

Sunday, February 28, 2010 • 2:00 p.m.

with **Kent McWilliams and the Lechowia Dance Ensemble**

This interactive session will explore the influence of Polish folk music and dance on Chopin's Mazurkas and Polonaises, leading to a clearer understanding and deeper appreciation of these masterpieces. The subtleties of four distinct Polish dances will be displayed through live dance demonstrations and video clips.

## LECHOWIA SONG & DANCE ENSEMBLE

With its own unique flair and style, Toronto's award winning Lechowia Polish Canadian Dance Company recreates for the stage the rich artistry of Polish folk culture while delighting its audiences at home and abroad!

Founded in 1977 as an amateur dance organization, Lechowia takes its name from Lech, a prominent Polish legendary figure credited for establishing the Polish nation. Today, the Company comprises over 200 dancers, singers and musicians ranging from children to adults. Lechowia's varied repertoire consists of several different choreographic arrangements from the many regions of Poland, including the stately court dances, the Mazur and the Polonaise made popular by Fryderyk Chopin; the high spirited Polka; the colorful Krakowiak; the fiery Oberek; the dazzling Goralski mountaineer's dance as well as the beautiful songs of Silesia.

Lechowia's expression of Polish folk culture transcends the traditional view of folk dancing as a limited artistic event. The Company's pace and flamboyant staging, combined with its use of comedy and theatrics, sprinkled with the occasional ballad, produces a smooth transition to popular entertainment. This formula has proven to be successful since Lechowia has won numerous awards over the years including those for the Best Entertainment, Best Musical Theatre, Choreography, Staging and Costumes while performing at Metro International Caravan Festival's "Krakow" Pavilion in Toronto.

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