



Inclusive +  
Accessible

Restless  
Dance  
Theatre

Tailored workshops for  
schools, OSHC, community  
groups and organisations.

Since 1991

# WORKSHOPS PROGRAM

# ABOUT US

Contemporary Dance Education

Workshops for Everyone!

Restless Dance Theatre is Australia's leading force in inclusive contemporary dance. On stage, on film and in unexpected spaces, we create bold, visually arresting dance theatre that challenges convention, shifts perspectives and redefines what virtuosity looks like. Through early engagement programs, rigorous training and professional pathways, we build meaningful, sustained careers for neuro-divergent and disabled artists.

# OUR WORKSHOPS

All Restless workshops are delivered through the lens of accessibility and inclusion. Our highly trained tutors are experienced in seamlessly meeting individual access needs.

Choose from the following five workshops and masterclass program to achieve your dance and learning goals with our tailored approach.

Creative Dance

①

Most Popular Workshop

Professional Development

④

For Teachers + Educators

Contemporary Technique / Composition

②

Aligns with SACE Stage 1 + 2

Online Workshops

⑤

International Ready

Restless Repertoire

③

Suitable for All Ages

Masterclass Sessions

⑥

Artistic Director Michelle Ryan

Restless has many ways your school or community can connect with our organisation.

# THE RESTLESS METHOD

Our dance workshops and masterclass programs introduce participants to the Restless Dance Theatre Method combining physical devising techniques and contemporary dance.

## Aim

To challenge, engage and inspire the next generation.

Restless is committed to accessible and inclusive dance education. Workshops are adapted to support physical, sensory and learning differences, including neuro-divergent and disabled students. Our tutors create safe, flexible and inclusive learning spaces.

## Who We Teach

- / Pre-school to Year 12 students
- / OSHC + Vacation Care programs
- / Community groups + organisations
- / Independent artists + dance companies

## Custom Programs

We collaborate with you to tailor workshops to your timetable, curriculum goals and participants' needs.

No prior dance experience required.

## How We Deliver

- / Incursions - We come to you\*
- / Excursions - Visit the Restless Studios
- / Online Workshops - Delivered virtually

\* Most Metro and Regional Areas

## Our Booking Process



Workshops support beginner and experienced students (including Performing Arts and SACE Dance) and align with ACARA requirements and learning outcomes.

1

# CREATIVE DANCE

Most Popular Workshop

Suitable for All Ages + Skill Levels



PHOTO BY LARISSA MCGOWAN

Our most frequently booked workshop Creative Dance is designed for anyone who wants to express themselves through movement and choreographic creation.

Through the dance making process this workshop will encourage participants to expand their own physicality, helping them to achieve their creative potential.

Participants will learn practical tools to develop choreography — building confidence, creative voice and expressive range.

REGISTER INTEREST

# CONTEMPORARY ② TECHNIQUE/ COMPOSITION

These workshops are led by the industry's most experienced contemporary dance practitioners. Can book classes together or separately.

Aligns with  
SACE Stage 1 + 2

Suitable for All  
Ages + Skill Levels

REGISTER  
INTEREST

PHOTO BY LARISSA MCGOWAN



## Contemporary Technique

This dance workshop is designed to meet the ability level of the participants involved. Participants will gain a deep understanding of alignment, learn a combination of exercises and phrases, and develop their improvisational skills.

Participants develop their versatility as a dancer and their mind-body connection will be enhanced.

## Contemporary Composition

Participants will learn skills, devices and tools to assist with their creative process.

Tutors will work with participants to generate movement by exploring, experimenting and refining their ideas and themes.

③

Offers Creative  
Process Insights

Suitable for All  
Ages + Skill Levels

PHOTO BY JOANNA BORGIEL



Participation,  
Appreciation  
and Creation.

The Restless Dance Theatre Repertoire workshop offers participants an insight into the creative development of our innovative works.

Exploring creative tasks, participants develop their own movement material inspired by the themes and ideas presented. This workshop also provides an opportunity to hear directly from the Restless Artistic Team about inspiration, initial concepts and collaborative process behind the creation of the production.

REGISTER  
INTEREST

# PROFESSIONAL DEVELOPMENT

④

Each Professional Development Day is uniquely different. Presented by practicing artists, it is designed to focus on a specific area of practice – from devising and choreographic processes to accessible teaching strategies, collaboration, or creative leadership.

Specialised for Educators

Certificate of PD Can be Obtained



PHOTO BY JOANNA BORGIEL

These immersive sessions provide practical, hands-on approaches to teaching, creating safe and supportive learning spaces through a lens of accessibility and inclusion.

Drawing on Restless' extensive experience and knowledge collaborating with neurodiverse and disabled artists, teachers and educators will gain insight into our responsive processes that centre diverse voices and embodied learning.

Educators leave with a tool kit filled with adaptable strategies ready to apply within their own classrooms and communities.

Please visit our website for information about the next Professional Development Day.

REGISTER INTEREST



⑤

# ONLINE WORKSHOPS

Globally Accessible

Suitable for All Ages + Skill Levels



PHOTO BY RADHÉ OSBORN

Accessible, inclusive and connecting communities worldwide.

REGISTER INTEREST



All our workshops can be adapted to be online. To participate in our online workshops, you will need:

- / An appropriate dance space suitable for the number of participants
- / A teacher or support staff member with current First Aid
- / Appropriate support for participants with access needs
- / A projector or TV for clear virtual viewing
- / A maximum of 25 students per session
- / An adequate sound system

# MASTERCLASS SESSIONS

⑥

Led by Artistic Director Michelle Ryan



PHOTO BY ALEXANDER MITCHELL



PHOTO BY KOFICE

REGISTER INTEREST

An inspiring conversation on artistry, leadership and lived experience.

In this special event, participants gain insight into Michelle Ryan's career as a dancer, choreographer and leader, and hear firsthand about the challenges and strengths she has navigated as an artist with an acquired disability.

Through direct conversation, Michelle shares the experiences, ideas and creative influences that have shaped her artistic practice and leadership at Restless Dance Theatre. Her presentations offer powerful reflections on resilience, inclusion and the evolving landscape of contemporary dance.

Keynote Addresses

Panel Discussions

Artist Talks and Q+A Sessions

+ Dance Workshops

ENROL TODAY

# WEEKLY DANCE CLASSES

Restless Dance Theatre presents a range of weekly inclusive dance classes for ages 4 and up.

No Experience Necessary

Everyone Is Welcome!

PHOTO BY ALEXANDER MITCHELL



Established in 1991, our classes are now expanding across South Australia.

Classes provide a social, recreational, and creative space where people come together to explore, grow, and have fun. Participants will discover their creative abilities and learn basic dance techniques.

Participating in the classes offer therapeutic benefits, builds confidence and fosters independence. Participants also gain opportunities to form life-long friendships and explore potential pathways in the arts.

Restless is a Non-NDIS provider, however is guided by the NDIS price guide. The classes can be claimed through NDIS Core Support - *Community, Social and Recreational*. Our classes are available without NDIS support.

“I have made new friends, and being in a group where everyone is included, I can be myself. I feel that my creativity flows through my dancing.”

— Harrison Lampard, Emerging Artist

## GET IN TOUCH

Find out more about our education workshops + masterclass program.

**restless**  
DANCE THEATRE

## EMAIL

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PHOTO BY LARISSA MCGOWAN

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RESTLESS ACKNOWLEDGES THE FAMILY CLANS OF THE KAURNA NATION  
AND WE SHALL WALK SOFTLY AND WITH RESPECT AS WE FEEL THE FOOTPRINTS OF THEIR ANCESTORS.