



Sarah Trist  
Dance Management Agency

# GROW



*"A highlight of the festival and such a perfect show!"*  
P. Nichols, National Theatre

Touring 2022

Under the artistic direction of founders and performers Beth Powlesland and Eithne Kane, Manchester-based performance company **Kapow** works with dance, physical theatre and circus to engross audiences in movement-driven stories in outdoor settings.

**Grow** is an energetic and uplifting family-friendly dance theatre duet which celebrates the power of nature to rejuvenate, take over spaces and grow through the cracks. Eithne and Beth explore the order and chaos in the natural world and what we all need to thrive, providing audiences of all ages with both an entertaining take on gardening and a touching commentary on the future of humanity. A socially-distanced version of **Grow** has been developed in 2020.



## Audience Feedback

**“We were utterly entranced. The mesmerising movements of Kapow to this beautiful rich music stopped us in our steps at Levy Market today.”**

Audience Member Levenshulme Fringe Festival.

**“Old and young alike were enthralled by the mix of dance, circus and theatre that was performed in a light hearted and enjoyable way.’ I was really impressed by your slick and professional set-up from the outset and throughout, thank you for your hard work”.**

Chrissie Milton, Events Manager, RHS Garden Wisley.

**“The dancers were amazing, their faces, their flexibility, it was wonderful to watch. I loved the storyline and the deeper hidden message. It was wonderful I’d happily come back at 2 o’clock and watch it again.”**

Audience Member, RHS Garden Wisley.

### **Beth Powlesland**

Founder, Co. Artistic Director & Performer

Beth’s professional experience includes 2 years with Tilted Productions, 7 years with dance company Earthfall, and work with National Dance Company Wales, National Theatre Wales, Mafalda Deville (Jasmin Vardimon Company), and Theatr Iolo. She is currently participating in an ongoing collaboration with Jo Fong; together they have travelled to perform in Europe, Canada, China, Edinburgh Fringe, British Council Showcase, British Dance Edition.

Beth began making her own work in 2009, in part pursuing the use of voice alongside dance. Since then she has been commissioned to sing (and dance) in a number of projects by Verity Standen, Andy Pink and Lisa May Thomas.

Beth is also a Holistic Massage Therapist, and loves working to help people feel connected, renewed and embodied through hands on bodywork.

### **Eithne Kane**

Founder, Co. Artistic Director & Performer

Eithne trained in Contemporary Dance at London Contemporary Dance School and has worked in dance, physical theatre and contemporary circus. She has toured internationally with Tilted Productions, Joli Vyann, The National Theatre, Opera North, Madeline Shann, Jorge Cresis and Dylan Quinn Dance Theatre amongst many others.

Eithne is a teacher of dance and yoga and is always seeking to broaden and enhance her movement practice, she is also a member of the education team for the Russell Maliphant Company.

## BOOKING DETAILS

Touring	Summer 2021
Performers	2 (Eithne Kane and Beth Powlesland or Alice Bonazzi and Jessica Ward)
Number on the road	3
Duration:	25 minutes
Number of shows a day	2 (an interval of two hours between start times); set can be cleared in between if necessary.
Soundtrack	Available in Welsh and English
Get in	2 hours (including warm up); vehicle access required (also for get out)
Performing Area	8m wide x 6m deep performance space, with room for the audience on three sides. Floor: must be flat concrete, paved or well cut grass surface (no gravel or cobbles) Warm up space
Company brings	Props (astro turf and plant pots) and ropes to mark out performance area.
Minimum technical requirements	PA to be provided.
UK touring costs:	£1050 for two performances on one day and £1600 for four performances over two days plus travel, per diem/catering and accommodation.
Education	Dance and circus workshops available
Trailer:	<a href="https://www.youtube.com/watch?v=E_PdcR4pAwU&amp;feature=youtu.be">https://www.youtube.com/watch?v=E_PdcR4pAwU&amp;feature=youtu.be</a>
Full length performance:	<a href="https://www.youtube.com/watch?v=vtnHHqATDYg&amp;feature=youtu.be">https://www.youtube.com/watch?v=vtnHHqATDYg&amp;feature=youtu.be</a>
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