

Edinburgh Festival Fringe – In Two Minds



**C venue 34, Edinburgh Festival Fringe. Dates 31 Jul-10 Aug
Time 17:05 (0hr50) Ticket prices £8.50-£10.50 / concessions
£6.50-£8.50 / children £4.50-£6.50**

Dancing Souls & Theatre SOMA (Hong Kong & UK)

In Two Minds by Shan Chan and Suzi Cunningham. Psychotherapy practice and collaborative choreography combine in this duet about the mind.

Inspired by the expression, 'in two minds', two choreographers – one from Hong Kong and one from the UK – reflect on our internal lives.

The world premiere of In Two Minds is the product of extensive personal experience in the fields of dance psychotherapy, and aims to show the healing synergy of dance by bringing together east and west.

The idea for the show comes from a desire to use dance to say what words can sometimes fall short of describing: to use dance to explore decision-making and the complex emotions that go with it.

Dancer and choreographer Shan Chan unveils her dynamic dance movement psychotherapy techniques to describe schizophrenia, with its confusion of delusion and reality. She is joined by British guest choreographer

Suzi Cunningham, whose interest in the addictions that nurture creativity and humour in a dark world brings a different dimension to the piece.

By bringing together scientific, psychological, clinical and personal perspectives, Chan and Cunningham use creative movement to render in physical terms the workings of abstract thought. This dance duet reveals how a struggle between two extremes can be resolved through movement rather than mind.

Dancing Souls/Theatre SOMA was founded by Shan Chan in 2012 and aims to promote the therapeutic value of movement to the society. Its affiliated companies include Dance Unique and Woody Stage.

Shan Chan, a choreographer and dancer with over 15 years of experience in Hong Kong is now broadening her career as a Dance Movement Psychotherapist by completing her MSc in Dance Movement Psychotherapy in Scotland.

Chan's past work as a choreographer and dancer includes concerts, theatre and corporate events with world-renowned brands such as BMW and Chanel. She also engages in community work, especially with adolescents and the elderly.