



**27 APRIL - 1 MAY 2026**

**DANCE LIMERICK**

# **WORKSHOP WITH ADAM BENJAMIN**

# 5-DAY WORKSHOP WITH ADAM BENJAMIN AT DANCE LIMERICK

26 April – 1 May 2026

## About the workshop

Dance improvisation is a practice with increasing relevance in offering alternative strategies for decision making and participation, yet it often fails to convince in performance. **This workshop is aimed at professional dancers, theatre practitioners and students in training**, and will explore how the improvisational space can be understood both through group co-operation, generosity and courage to take the moment when it arises as soloist, duo or trio. The workshop will help participants recognise, support and transition through these different moments in performance, working with movement, stillness, space and voice.

Every day will include warm up and exploration of the 'hidden' techniques that serve dance improvisation as well as plenty of time for improvisation, discussion and reflection.

## About Adam

Adam was joint founder and artistic director of CandoCo Dance Company. In South Africa, shortly after the dismantling of apartheid, he founded the award winning Tshwaragano Dance Company, the first South African dance company integrated on both racial and disability lines. He has choreographed for community and professional companies around the world including Vertigo Dance Company, Scottish Dance Theatre, Kyo, Stop-Gap and of course CandoCo. His most recent creation was A Time of Choices for the 10th anniversary of the KIADA festival in South Korea 2025.

Adam has received numerous awards, he has been an Associate Artist at The Place, a Wingate Scholar, Rayne Fellow and recipient of an Arts Council International Artist Fellowship. While working in Higher Education he was awarded a National Teaching Fellowship and was named a Change Maker, by He has performed and taught with Kirstie Simson, Rick Nodine, Jordi Cortés and Russell Maliphant, he was a founder member of Five Men Dancing, and is currently developing the Dancers' Forest to raise awareness of sustainability within the dance industry.

## What to expect

Adam's residency at Dance Limerick is an **inclusive dance residency, and the workshop is aimed at people with and without disabilities**. It is an opportunity for up to 25 artists from Limerick, Cork and across Ireland and internationally, to meet each other, connect and learn from him.

**The cost to attend the week is €150 per artist**

**[Please use the following link to book your spot - limited spaces available](#)**

Days will be 10 - 4:30pm, and there will be a 1.5h lunch break from 12.45 – 2.15 pm. The space will open at 9.30 for arrivals and will be open until 5 pm, giving space for conversations, or a warm up or cool down at the end of the day.

## Access requirements

Please get in contact with [katy@dancelimerick.ie](mailto:katy@dancelimerick.ie) and [louisa@firkincrane.ie](mailto:louisa@firkincrane.ie) if you have any questions or would like to talk further about access requirements.

If you require **ISL interpretation**, please let us know in advance so we can arrange and introduce you to the ISL interpreters.

If you are not able to attend the full week due to access requirements but you are interested in attending for a shorter period of time please get in touch.

## About the space

Dance Limerick Performance Space is a **wheelchair accessible venue**. There is 1 x **accessible toilet** and 2 x additional toilets.

There will be **refreshment area** and you are welcome to warm up food using the microwave during lunch breaks.

The venue is a **large, naturally lit space**. There is a large amount of room for movement and for watching and/or taking breaks. There are also smaller areas within the room where participants can step aside to rest or to take a break, including spots beside radiators or near pillars that offer a sense of separation from the main activity.

There will be an alternative **quiet space** available throughout the week. This is a public area with two sofas and a warm, naturally lit environment. In addition, at certain times of the day the main studio (a private, closed-door space) can also be used as a quiet space. Please speak to a member of staff during the week if you would like to use this private option.

## Accommodation

If you would like any support finding accommodation in Limerick at a reduced rate, we can offer some help finding somewhere to stay. Please get in touch with [leonor.miralles@dancelimerick.ie](mailto:leonor.miralles@dancelimerick.ie) if you would like to find out more.

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*This is a partnership between Dance Limerick and Inclusive Dance Cork - A project of Dance Cork Firkin Crane.*

*Dance Limerick Inclusive Dance Artists Training Programme is a DL Bridge Project, funded by Limerick Arts Office, Limerick City and County Council. Dance Limerick is funded by The Arts Council and Limerick City and County Council.*

*Inclusive Dance Cork (IDC), a project of Dance Cork Firkin Crane (DCFC), was established in 2021 as a formal training programme for people with and without disabilities who wish to develop skills in inclusive dance practice. The programme brings together dancers, facilitators and artists to explore inclusive methodologies through workshops, professional training and collaborative creative processes, supporting the growth of inclusive dance within the Irish dance sector. IDC has previously received support from the Community Foundation of Ireland, Rethink Ireland and The Ireland Funds. Dance Cork Firkin Crane is funded by the Arts Council and Cork City Arts Office, with capital supports from Cork City Council and the Department of Culture, Communications and Sport. DCFC and IDC remain grateful to the members of their Friends Scheme and to private donors.*

