

Shadow Aspect



“To know yourself, you must accept your dark side. To deal with others’ dark sides, you must also know your dark side.” ~ Carl Jung

“I’ch adnabod eich hun, rhaid i chi dderbyn eich ochr dywyll. I ddod i’r afael ag ochrau tywyll pobl eraill, rhaid i chi adnabod hefyd eich ochr dywyll eich hun.” ~ Carl Jung



Shadow Aspect

Ballet Cymru presents ‘Shadow Aspect’ a brand new evening-length work choreographed by **Tim Podesta**, starring Guest Principal Dancer of the Royal Ballet, **Mara Galeazzi**.

‘SHADOW ASPECT’ refers to the unconscious aspect of the personality that the conscious mind does not identify in itself. In short, the shadow is the dark side where individuals are defined and bonded by their mutual feelings of isolation.

*Ballet Cymru yn cyflwyno ‘Shadow Aspect’, gwaith hyd-noson newydd sbon danlli grai, a goreograffwyd gan **Tim Podesta**, gyda pherfformiad gan Brif Ddawnsiwr Gwadd y cwmni Ballet Brenhinol, **Mara Galeazzi**.*

Cyfeirio y mae ‘SHADOW ASPECT’ at yr agwedd anymwybodol ar y bersonoliaeth nad yw’r meddwl ymwybodol yn ei ganfod ynddo’i hun. Mewn byr o eiriau, y cysgod yw’r ochr dywyll lle mae unigolion yn cael eu diffinio a’u huno gan eu teimladau o unigedd.

Credits / Diolchiadau

Choreography / Coreograffi
Tim Podesta

Music by French composer /
Cerddoriaeth gan y cyfansoddwr o Ffrancwr
Jean-Phillipe Goude

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Stage design by Australian architect /
Cynllun y llwyfan gan y pensaer o Awstraliad
Andy Mero & Tim Podesta

Costumes Design / *Dylunio’r Gwisgoedd*
NANIKO, Mara Galeazzi

Lighting Design / *Cynllun goleuo*
Chris Davies



Tim Podesta

After graduating from the Australian Ballet School, Tim danced internationally as a soloist in ballets by choreographers and directors who inspired him to create his own work. His creations have since been performed across Australia, New Zealand, UK, USA, Africa and Asia. Tim Podesta and Guest Principal Artist of the Royal Ballet, Mara Galeazzi, had their first collaboration in 2015. Their partnership has become what is now known as M&T In Motion. M&T In Motion began as a project company focussed on creating new work and has since presented new creations in London, Milan, New York, Africa, Dubai and Melbourne.

Ar ôl graddio o Ysgol Ballet Awstralia, bu Tim yn dawnsio'n rhyngwladol fel unawdydd mewn sioeau ballet gan choreograffwyr a chyfarwyddwyr a'i ysbrydolodd i fynd ati i greu ei waith ei hun. Ers hynny, perfformiwyd ei greadigaethau ledled Awstralia, Seland Newydd, y DU, UDA, Affrica ac Asia. Cydweithiodd Tim Podesta â Phrif Artist Gwadd y Ballet Brenhinol, Mara Galeazzi, am y tro cyntaf yn 2015. Gelwir eu partneriaeth bellach yn M&T In Motion. Dechreuodd M&T In Motion fel cwmni prosiect yn canolbwyntio ar greu gwaith newydd ac wedi hynny cyflwynodd greadigaethau newydd yn Llundain, Milan, Efrog Newydd, Affrica, Dubai a Melbourne.



Mara Galeazzi

Mara was born in Brescia and studied at La Scala, Milan. She joined The Royal Ballet in 1992 and was promoted to Principal in September 2003. She has danced every major role in the classical repertory and had many roles created for her by top choreographers around the world.

Further dance work includes founding the dance group M&T in Motion with Australian choreographer Tim Podesta. In 2016 she created her first piece of choreography, Remembrance, performed with The Covent Garden Dance Company.

Mara is very passionate about her charity commitments to 'Dancing for the Children', a charity that raises funds for charities across Africa that fight the spread of diseases such as AIDS and help under-privileged children explore the joys of dance.

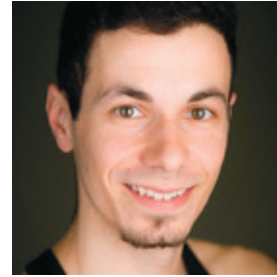
Yn Brescia y ganed Mara ac astudiodd yn La Scala, Milan. Ymunodd â'r Ballet Brenhinol yn 1992 a chafodd ddyrchafiad yn Brif Ddawnsiwr ym mis Medi 2003. Dawnsiodd bob prif rôl yn y repertoire clasurol a chrëwyd llawer o rannau iddi gan choreograffwyr blaenllaw'r byd. Mae gwaith dawns pellach yn cynnwys sefydlu'r grŵp dawns M&T in Motion gyda'r coreograffydd o Awstralia, Tim Podesta. Yn 2016 creodd ei darn cyntaf o choreograffi, Remembrance, a berfformiwyd gyda Chwmni Dawns Covent Garden.

Mae Mara'n teimlo'n angerddol ynglŷn â'i gwaith elusennol gyda 'Dancing for the Children', sy'n codi arian i elusennau ledled Affrica sy'n brwydro i atal afiechydon megis AIDS rhag lledaenu ac yn helpu plant difreintiedig i brofi llawenydd drwy ddawns.

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Tim Podesta: photo / llun © Michael Esplana.
Mara Galeazzi: photo / llun © Mara Galeazzi

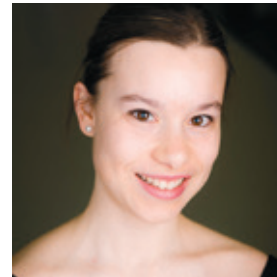
Dancers / Dawnsiwr



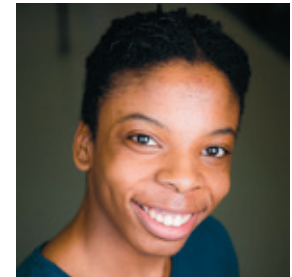
Andreamarca Battaglia
Ravenna, Italy



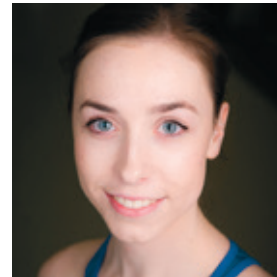
Miguel Fernandes
Lisbon, Portugal



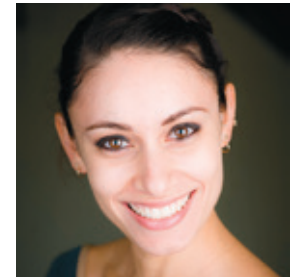
Anna Pujol
Blanes, Girona, Spain



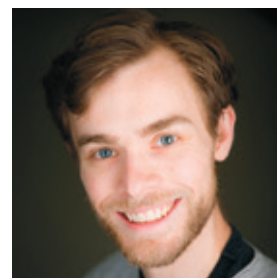
Miles Carrott
London



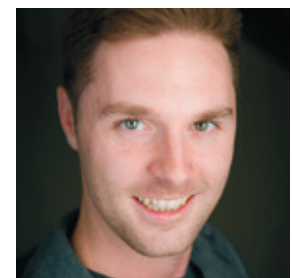
Beth Meadway
Hull



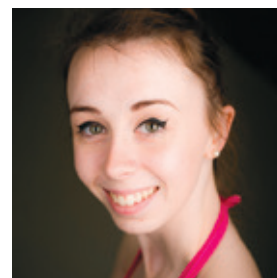
Natalie Debono
Sydney, Australia



Daniel Morrison
Worcester



Robert Moorcroft
Cairns, Australia



Gwenllian Davies
Cardiff

About Ballet Cymru

Ballet Cymru is committed to innovation in dance and classical ballet, and to a high standard of collaboration with choreographers, designers, composers and musicians. Ballet Cymru co-produces full length productions and short works and tour to mid-scale venues throughout Wales and the UK. The company has performed annually at Sadler's Wells for the past 9 years. It has also toured internationally to Eire and Italy with great success, including sell out performances in Trieste and Como. In 2016 Ballet Cymru was delighted to renew its revenue funding from the Arts Council of Wales as an Arts Portfolio Wales organisation, after producing work that was described as exemplary.

Winners

Best Large Scale Dance Production at the Wales Theatre Awards 2017 & 2014. Critics' Circle National Dance Award 2006.

Nominations

Critics' Circle National Dance Award for Best Independent Company 2016, 2015 & 2013. Best Dance Production at the Theatre Critics of Wales Awards 2013 & 2015.

“Ballet Cymru are a young, vital group of dancers who are pushing the barriers of classical ballet and Mara and I see an opportunity to push this group of dancers and the boundaries even further. Under the Artistic Direction of Darius James, the company continues to develop its relationship with audiences through accessible outreach work by fusing high-level craftsmanship with street level edge” ~ Tim Podesta

Ballet Cymru Ydym Ni

Mae Ballet Cymru yn ymroddedig i dorri tir newydd mewn dawn a ballet clasurol, ac i safon uchel o gydweithredu â choreograffwyr, dylunwyr, cyfansoddwyr a cherddorion.

Mae Ballet Cymru yn cyd-gynhyrchu cynyrchiadau o lawn hyd a gweithiau byrion ac yn teithio i oedfannau graddfa ganolig drwy hyd a lled Cymru a gwledydd Prydain. Ers naw mlynedd bellach mae'r cwmni'n perfformio yn Sadler's Wells bob blwyddyn. Teithiodd dramor hefyd, i Eire a'r Eidal a mynd â hi'n ysgubol, yn cynnwys perfformiadau werthodd bob tocyn yn Trieste a Como.

Yn 2016 roedd Ballet Cymru wrth ei fodd o adnewyddu ei gyllid refeniw gan Gyngor Celfyddydau Cymru yn gorff Portffolio Celfyddydau Cymru, ar ôl cynhyrchu gwaith a alwyd yn rhagorol.

Enillwyr

Y Cynhyrchiad Dawns Gorau ar Raddfa Fawr — yng Ngwobrau Theatr Cymru 2017 a 2014. Gwobr Ddawns Genedlaethol Cylch y Beirniaid yn 2006.

Enwebiadau

Gwobr Ddawns Genedlaethol Cylch y Beirniaid am y Cwmni Annibynnol Gorau 2016, 2015 a 2013. Y Cynhyrchiad Dawns Gorau yng Ngwobrau Theatr Cymru 2013 a 2015.



Support Us

Joining the Friends of Ballet Cymru helps you know that you are supporting the company and is a great way to meet people who share a passion and commitment to Ballet Cymru. The behind the scenes events will make you appreciate all the hard work that goes in to making the ballets. By becoming a Friend, you can help secure the future of the company you love.

A very special thanks for all our Friends and supporters, especially our Premium Friends / *Can diolch i'n holl Ffrindiau a chefnogwyr, yn enwedig ein Ffrindiau Pennaf;*

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Cefnogwch Ni

O ymuno â Ffrindiau Ballet Cymru byddwch yn gwybod eich bod yn cefnogi'r cwmni ac mae'n ffordd dan gamp o gyfarfod pobol sy'n rhannu awch am Ballet Cymru ac ymroddiad iddo. Bydd y digwyddiadau'r tu ôl i'r llenni'n gwneud i chi sylweddoli faint o waith caled sydd ynghlwm â gwneud y ballets. Drwy ddod yn Ffrind, gallwch helpu i sicrhau dyfodol y cwmni rydych yn meddwl y byd ohono.

For details of how to donate, or to apply for Friends Membership, please contact Patricia Vallis at Ballet Cymru patriciavallis@welshballet.co.uk or visit welshballet.co.uk/support-us

I gael manylion sut i roddi, neu i wneud cais am Aelodaeth o'r Ffrindiau, cysylltwch â Patricia Vallis yn Ballet Cymru patriciavallis@welshballet.co.uk welshballet.co.uk/support-us.

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