## Alison Penn & Milly Best 'Together We Soar', short dance film

'Together We Soar' is a short dance film created by two dance artists from Solihull, Milly Best is a dance artist and choreographer who trained at Falmouth University. She Milly Best and Alison Penn. Their movements draw inspiration from Emmy Bridgwater's specialises in improvisation techniques, combining movement with multimedia art, and creating choreography for the screen. She is the founder of 'Studio Karma', offering classes, automatic pen and ink drawings, weaving together themes of metamorphosis, freedom, and support. The imagery of birds, so prevalent in Bridgwater's work, served workshops, and choreography for schools and professional companies. as a starting point for their choreography.

Alison Penn is a dance artist and fully qualified teacher specialising in supporting those with additional needs and disabilities. She is founder of 'giraffe dance' an inclusive, Captured in a single day's improvisation without rehearsal, their work was recorded professional and caring dance company based in Solihull, who provide dance experiences with support from Romy Whai. This dance piece is a heartfelt testament to the bond in schools, community settings and dance schools. between the two dancers, illustrating how they have uplifted one another throughout their journeys in dance and life. It stands as a bold affirmation that anyone can dance, Instagram: @giraffe\_dance\_uk, @studiokarma regardless of the barriers they may face.

## SURREAL TINHTS



