



Community Dance Workshop Q & A

"It was way more rewarding than I expected. I knew it would be fun, but it was also so empowering and provided a real sense of community." - Program Participant

Tell me more about The Moving Architects!

[The Moving Architects](#) is a dance company led by Erin Carlisle Norton that brings people together through dance across performance, education, and conversation. Grounded in movement, space, and relationship, and shaped by women-centered perspectives, dance is used to expand how we relate to one another and to the spaces around us. The company teaches and performs regionally, nationally, and internationally. You may know Erin from the company's past pay-what-you-can movement program Community Movement Project in Montclair, or from teaching Pilates through her studio [Align Pilates](#). Most recently, TMA performed the site-immersive dance project [Where She Once Stood](#) inside Montclair's Crane House & Historic YWCA, bringing its history to life through dance and music.

Where did the idea for this program come from?

The inspiration for this program originally stems from our meaningful experiences collaborating with women of all ages through dance projects of The Moving Architects. These projects have not only enriched our lives, but have also fostered meaningful intergenerational connections and cultivated community. In this process, we have heard from many adults who miss dancing and the community that dance provides. These transformative experiences have led us to develop this program in order to create opportunities for other adults who want to dance and perform in a positive, creative, and community-minded environment. Fall 2026 will mark the fourth iteration of this program.

Who is this designed for?

This Community Dance Workshop is designed for female-identifying adults of all ages who want to return to dance through a creative rehearsal and performance process. Participants should have a dance foundation from experiences dancing in high school, college, and/or professionally. While The Moving Architects brings a modern dance approach to the project, adults in all dance forms are welcome to participate who have a background in rehearsal and performance processes and want to move.

What do rehearsals entail?

Rehearsals will include:

- Community Conversation: Discuss movement qualities and patterns and how they translate and show up in your dancing and your life.
- Somatic Warm-Up: Arrive in your body and deepen awareness, ease, and readiness to move.
- Choreography & Performance: Learn, embody, and perform choreography together.

The Community Dance Workshop culminates in a final community performance showing.

What's the time commitment and where are rehearsals?

The workshops are 2-hour rehearsals for 4 Sundays, with a final community performance. Rehearsals in fall 2026 take place at Yoga Mechanics in Montclair.

What is expected of me?

That you come as you are and dive in with body, mind, and spirit! This program values community and enjoying movement through a process of sharing, learning, encouragement, and peer support.

How do I sign up?

Registration opens August 24 [HERE](#)

More Questions?

Join our the [TMA Performance Workshop Facebook Group](#) or email Erin at erin@themovignarchitects.org