

## Saskatoon dance company puts on socially distanced performances

Saskatoon / 650 CKOM

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(KSAMB Dance Company/Facebook)

By Caitlyn Lepp

A Saskatoon dance troupe is providing outdoor entertainment during the COVID-19 pandemic.

Not even bad weather can stop the KSAMB Dance Company from practising every Friday night at City Hall Square, safe and socially distanced.

Members of the KSAMB Dance Company spend their time outside practising dance improvisation and movement with the body.

Co-founders Kyle Syverson and Miki Mappin say it's a happy feeling to know they can inspire other people to move with them during this pandemic.

"It's so simple that anyone and everyone can do it," Mappin said. "It's sort of built into our human wiring and it's so necessary. So it's great to see people empowered to do it because for some reason in our society we don't feel free to move our bodies."

During these times when COVID measures can prevent physical activity indoors, KSAMB sets a great reminder that movement with the body is necessary for the brain's function.

"We want to give people the option that we can be embodied and also be intelligent and functioning people in this world," Syverson said.

The dance company does classes and community events to represent all ages.

"We did a show in 2019 representing all ages and it was a class in dance improvisation. There were 11 people with the youngest being six and the oldest dancer was 92," Mappin said.

The KSAMB Dance Company provides all sorts of community events and dance classes. The troupe is gearing up for its Night of Colour event taking place Feb. 5 at City Hall Square and encourages people to come out and experience dance improvisation.

A COVID safety plan is in place for the event.

To find out more information, visit [the company's website](#).



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