

# Park in Motion 2025

## Examples of Dance Lifts



### About This Resource

This document provides visual examples of dance lifts featured in “*Colours*” by Millo Dance Projects, with the aim of supporting audience members in preparing for and engaging with the work. All lifts in this work have been rehearsed extensively by trained professionals to ensure safety. By sharing this information in advance, we aim to create a more transparent and inclusive experience, especially for those who may benefit from knowing about high-intensity physical content beforehand.

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