

JULY 23, 25, 30 & AUGUST 1 - 5:00 P.M.

park in motion

A PERFORMANCE SERIES BY MILLO DANCE PROJECTS

LOCATION: Parkway Forest Park
80 PARKWAY FOREST DR. NORTH YORK

"COLOURS" BY MILLO DANCE PROJECTS
"TO MY PAST..." BY NICKESHIA GARRICK



PHOTO BY ALLI CARRY
DANCERS: GEANDERSON MELLO & MIO SAKAMOTO

**ARTS IN
THE PARKS**
TORONTO
ARTS FOUNDATION

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 @MILLODANCE



Park in Motion 2025



Millo Dance Projects

Millo Dance Projects is a contemporary dance collective based in Toronto, Ontario. It was founded by Geanderson Mello and Mio Sakamoto in 2020. Our practice is inspired by aspects of Contact Improvisation; we explore movement in relationship to others through awareness, physical touch and weight sharing. Playing with gravity and momentum is a crucial element in our work. We share our practice through stage works, dance films, and workshops.

Park in Motion

Park In Motion aims to celebrate diversity and foster a vibrant and inclusive space to connect with and bring together the community.

In 2025, we are showcasing two **15-minute** contemporary dance works: ***Colours***, choreographed and performed by **MilIO Dance Projects**, and ***To My Past...***, choreographed and performed by **Nickeshia Garrick**. Themes of home, connection, and self-discovery flow through contemporary dance, improvisation, and vocal work.

Toward the end of the performance, there will be a **10-minute interactive segment** featuring **guided vocalization and gentle movement practice**, designed to be accessible for people across a wide variety of ages and abilities.

Event Duration: Approximately 45 min

Accessibility & Community

This is a **family friendly, mobility aid user friendly, relaxed performance**. There will be clear signage and staff on site for way-finding. **Wheelchair accessible, gendered washrooms** are available nearby.

*More details regarding accessibility [HERE](#).

Colours by MillO Dance Projects



"Colours" is a dance piece inspired by MDP's physical practice and our journey beyond dance. Celebrating 10 years of shared artistry, it explores the themes of friendship, belonging, and resilience through movement. Combining energetic, tender, and vulnerable moments, the work highlights the strength found in support and connection, employing Partnering to embody the power of lifting each other up. *Colours* reflects our shared history, struggles, and the innate desire to find a sense of "home" within ourselves and each other.

To My Past... by Nickeshia Garrick



"To My Past..." is a physical and ancestral exploration of surrendering emotional and physical trauma by acknowledging the seven main Chakras (Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown), and my relationship to each one, through the lens of my Black, queer identity. This exploration utilizes specific stones as a representation of each Chakra as a means for activation, grounding, and release.

Artists Biographies

Geanderson Mello

Co-Artistic Director of MDP
Choreographer & Performer



Geanderson Mello is a queer Brazilian contemporary dancer and choreographer based in Toronto-ON. He studied classical ballet at the Brazilian Conservatory of Dance. Looking to grow as a dance artist, he began his modern dance education at The School of Toronto Dance Theatre, where he graduated in 2017. Through The School, he has worked with Allen

Kaeja, Paul-Andrè Fortier, Sasha Ivanohko, Kate Alton, Sharon B. Moore, Christopher House, and more renowned choreographers.

In 2018, He performed Enknap Composing Principles by Slovenian choreographer Iztok Kovač in Berlin, Germany. In 2022, he performed at TORQUE (International Contemporary Dance Series) the piece “I am the Child of...” by Allen Kaeja in their production 31 (a collaboration between Kaeja d’Dance and Vertical City Performance presented by Harbourfront Centre). As Co-Lead member of Millo Dance Projects (MDP), Geanderson presented Act II, choreographed by Jarkko Mandelin, which premiered at Night/Shift in collaboration with Fall for Dance North, celebrating the diverse dance forms practiced by Ontario-based movement makers.

Mio Sakamoto

Co-Artistic Director of MDP
Choreographer & Performer



Mio Sakamoto is a Toronto based dance artist originally from Japan. A Dora nominated performer, she is a choreographer, dance filmmaker, and Co-Founder of MilIO Dance Projects. Over the past few years, Mio has performed (selected) *Architecture of Violence* by Jaber Dance Theatre (Sweden), *Soft* by Chimera Projects Dance Theatre

(Toronto), *Act II* by Jarkko Mandelin (Toronto), *Nine Bronze Pieces* by Maxine Heppner (Italy), *Miigis: Underwater Panther* by Red Sky Performance (North American tour), and *TouchX & I am the Child of...* by Kaeja d'Dance (Toronto).

Mio's choreographic works include *Komorebi*, *Submerge*, *Lucid Space* (dance film), *Systematic*, *Oblivious or Naive*, and *Cater To You*. Various works have been presented in Canada, Brazil, Slovenia, Germany and Japan.

In 2020, she received the RBC Newcomer Arts Award by Toronto Arts Foundation. She was awarded the TAF Breakthrough Award in 2025. In 2021 and 2025, she was selected for the year-long Artist in Residence of Kaeja d'Dance.

Nickeshia Garrick

Choreographer & Performer



Nickeshia Garrick is a settler on the stolen land of Tkarón:to and has performed on this land for over 25 years. They are unapologetically a Black, Queer Artist, who believes in the healing power of breath through raw emotion and movement. Nickeshia received their dance training at the Carousel Dance Centre (Kitchener), the NYIDE (New York Institution

of Dance and Education), the National Ballet School of Canada (Tkarón:to), Toronto Dance Theatre (Tkarón:to), and Simon Fraser University (Vancouver). Nickeshia has received the privilege of performing in pieces by TDT, Tara Butler, Kaeja d' Dance, Serge Bennathan, James Kudelka, Ballet Jorgen, the Newton Moraes Dance Theatre and Kaha:wi Dance Theatre. Nickeshia is a Dora Mavor Moore, winning and multi-nominated artist who holds a BFA in Dance from Simon Fraser University, is an Equity Programming Advisory Committee member with Kaeja D'dance, and a Co-Founder of CinnaMoon Collective, a Central American and Afro-Caribbean contemporary dance duo that is dedicated to reclaiming and honoring ancestral stories from a decolonial perspective.

PIM Core Team Biographies

Jay McMahon | Project & Stage Manager

Jay is a Toronto based event professional, originally from the UK. Having worked across the world on large scale conferences and international festivals, with a career spanning 20+ years, he has honed in on Canada as a homebase where he manages world class events such as the Toronto International Film Festival, Movement and Collision, to name a few.

Well versed in all aspects of events and hospitality, from audio and outreach, to lighting and logistics, his skills excel in the live execution and handling of high pressure moments. A core part of his career has been launching event venues, where he trained staff and managed thousands of events for the likes of KPMG, Deloitte and CIBC.

Jay now focuses on leading teams to create top tier events, where his main passion is bringing people together to inspire ideas, appreciate art, music, culture and everything in-between.

Kristin Deamorim | Marketing & Outreach Coordinator)

Kristin is a professional dance artist whose unique journey bridges the worlds of dance with marketing and strategic communications. Kristin graduated with a Bachelor of Fine Arts from Toronto Metropolitan University's Performance Dance Program. Upon graduation, Kristin has been featured in both stage and film works and toured internationally. With a rich background in dance, Kristin brings a creative flair and a

deep understanding of storytelling to her role in marketing. Kristin honed her marketing expertise as the Marketing and Communications Coordinator for a northern Ontario arts festival, where she played a pivotal role in crafting and executing comprehensive marketing strategies. Her hands-on experience in the arts sector, combined with a strategic mindset allowed Kristin to translate artistic vision into impactful marketing initiatives, fostering strong connections between the festival and its vibrant community. Her journey from the dance floor to the marketing world is a testament to her passion for blending creativity with communication, excelling in shaping narratives on and off the stage.

Special Thank you

With heartfelt gratitude, we acknowledge **Brennan Roy** for their invaluable guidance as our Accessibility Advisor, helping us shape PIM into a more inclusive and welcoming experience.

Deep thank you to **Karen and Allen Kaeja** for their generous mentorship to Mio and PIM with care and support, and for sharing equipment and resources.

To **Tavia Christina** and **Szerelem Dutton**, thank you for your all-around dedication and thoughtful assistance as Production Assistants—your steady presence and behind-the-scenes support made a world of difference.

Arts In The Parks

This project is supported by **Toronto Arts Foundation** and **Toronto Arts Council** as part of the **Arts in the Parks initiative**. Arts in the Parks encourages community building, enjoyment of local parks, and offers diverse arts events for residents and visitors of all ages.



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