
LAURA SARAH DOWDALL

PERFORMER, CHOREOGRAPHER, FACILITATOR

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PERFORMANCE

LIOS AN UISCE, BLACKROCK PARK, JUNE - AUGUST 2024

Performance, Film & Workshops exploring the park's history & future of rising tides. Commission by DLR Heritage Office, Funded by Creative Ireland

SEASCORES, MARCH- MAY 2024

Performance project exploring climate cares and concerns through dance, embodiment, and eco-somatic with sea-inspired community. Funded by DLR Community Grant.

REROOT, PERFORMANCE IN THE FOREST, JAN-MARCH 2024

Multi-sensorial interactive performance of sound, spoken-word, movement in collaboration with sound artist Robert Coleman, supported by Dublin Mountain Partnership, Coillte Nature + Dun Laoghaire Rathdown County Council

BODY OF WATER, DÚN LAOGHAIRE ARTIST STUDIOS, 2023

Coastal community project exploring local peoples connection and relationship with the sea, climate conversation and concern through embodiment, workshops, performances, seaside workshops, water-dance and artist talks.

FESTIVAL OF NEW MUSICAL, IRISH COMPOSERS COLLECTIVE, NOV 2022

Performance of 6 new works created in collaboration with composers, Mentoring + Workshop Facilitation in Collaborative Practice, emBody Lab & Open Improv Jams

GLIMPSE, OCTOBER 2021

Series of dance films created during residency inspired by the story, local community & natural beauty of a Victorian home, school-house, community centre & walled garden.

EMBODIED NATURE, SEPTEMBER 2020

Woodland performance about the organic nature of the body, decomposition & human environmental impact, in collaboration with Kirkos Ensemble, performed for Biosphere Festival with rubbish pick-up (by performers + public/audience) before performance

PROX-IMIT, INTERACTIVE PUBLIC + 1:1 PERFORMANCE, 2019

Spoken word and dance performance investigating human connection, proximity and comfort, where audience adapt and construct the evolution of the performance.

BODY NOISE WORK, FEB-DEC 2018

Year long project in collaboration with Kirkos Contemporary Music Ensemble based on the experimental Fluxus Movement, with performances in Temple Bar Gallery.

AISTEACH, JUNE- SEPT 2018

Solo and group performance as part of gallery installation in collaboration with International Composer/ Vocalist Jennifer Walshe performed at the Model Gallery, Sligo.

RUNNING BLIND 2017- RESIDENCY PERFORMANCE

Tactile, immersive installation of dance, exploring vulnerability, freedom and the language of touch. Accessible to blind participants. Performed at RUA RED, August 2017.

'KEEP' GERMANY, AUG 2016

Interactive performance engaging audience in the composition of "kept" moments. Duet with choreographer Ilana Reynolds (USA), based on research into Dementia, premier at Submerge Dance Festival.

'FIND YOUR ISLAND' GERMANY, JUL 2016

Exploring transitions through paradoxes of word, space & time. Developed and performed in Residency at Improv Xchange Festival with visual artist Catharine Carey (FR)

'TAKE IT' DUBLIN, JAN 2016

Dancer/Choreographer with Motherland Productions for Bantum Music Video: [Video](#)

RUNNING BLIND, IRELAND & USA, 2015- 2016

Visceral dialogue of dance, sound and sight, investigating metaphorical blindness. Performed at: Smock Alley Theatre, Dublin, Mar 2016; National Choreographic Showcase, Boston, USA, Feb 2016; Dance Theatre of Ireland; Echo Echo Dance Festival, Derry.

URBAN REFLECTS DANCE COMPANY, FRANKFURT, 2015

Physical theatre performer in staged and site-specific production.

'I'LL SING YOU A SONG', AMANDA COOGAN, DUBLIN, OCT 2015

'The Passing' - durational performance as part of Coogan's retrospective exhibit at the Royal Hibernian Gallery, performed over 6 weeks during museum opening hours

"DAY OUT OF TIME", GREECE, AUG 2015

Durational performance exploring the transience of time, the evolving duet between nature, body and science. Performed during artistic residency, Hydra, Greece

'ENCOUNTERS', GERMANY, JUL 2015

Exploring frequencies, rhythms and spatial states . Performed at Dock 11 Theatre, Berlin.

'AS YET UNSPOKEN', DUBLIN, JUNE 2015

Performance with dancers Tom Pritchard & Cindy Cummins, & vocalist Regan O'Brien

'BETWEEN', FRANCE, JAN 2015

Screen Dance, based on the interchange of memory, presence and aspiration

'LOLITA', IRELAND, TOUR 2014 - 2015

Physical theatre production by Marie De La Gueronniere (FR). Performed at Dock Theatre- Leitrim, The Draiocht Theatre-Dublin, The Glens- Leitrim, BackLoft Theatre- Dublin

'BODIES IN URBAN SPACES', DUBLIN DANCE FESTIVAL- 2014

Site specific performance by choreographer Cie. Will Corner (AT)

RESIDENCY PROJECTS & AWARDS

INIS GLUAIRE - BELMULLET ARTS CENTRE, DANCE RESIDENCY, 2024

Sharing research through workshops on the beach + in the tidal pool

ARAS EANNA, INIS OIRR - GALWAY DANCE RESIDENCY AWARD, 2023

Development of a coastal project in collaboration with local communities to explore environmental concerns through site-specific dance and embodied ecology practices.

DUN LAOGHAIRE BATHS, INAUGURAL ARTIST RESIDENCY COMMISSION, 2023

Prestigious award opening the restored Baths building with a community engaged program focused on our inter-relationship, impact and care of the Sea & coastal landscapes.

PAVILION THEATRE / DANCE LIMERICK RESIDENCY, 2019

Creation of new work, investigating how performance can activate and engage space and audience giving them influence to impress upon performance in a dynamic way.

DANCER-IN-RESIDENCE, RUA RED, DUBLIN, JAN-AUG 2017

Facilitated creative labs with the blind community and integrated dance workshops. Developed and performed new accessible dance work with 6 performances.

TARA BRANDEL, CROI GLAN, JAN & FEB 2017

Artistic exchange and movement research into Contact Improv, Integrated dance and performance practices at West Cork Arts Centre, culminating with a public sharing

DANCE IRELAND TYRONE GUTHRIE RESIDENCY AWARD: SEPT 2016

Integrated Dance Research & Performance of Accessible Dance Theatre. Guest Artists: Janie Doherty (Echo Echo Dance) and Walei Sabry (Accessibility advocate who is blind from NYC).

TRY RESIDENCY AWARD, ISELI-CHIODI DANCE COMPANY: MAY 2016

5 day residency at the Excel Theatre, mentored by Alex Iseli.

RICEAN SCHOOL OF DANCE, GREECE - AUG 2016

Selected for international dance exchange led by Michael Klein & Steve Volk, School of Social Choreography. Developed: Bottle Blue (Screen Dance), Day Out Of Time (Durational work)

IMPROV EXCHANGE RESIDENCY, GERMANY- JULY 2016

Festival Scholarship and Residency at Improv Xchange Festival, Berlin.

ARTIST AWARDS

CREATE ARTIST IN THE COMMUNITY - PROJECT AWARD 2024/2025

ARTS PARTICIPATION BURSARY 2025

NATURE AND PLACE COMMISSION, COILLTE & DUN LAOGHAIRE RATHDOWN, 2024

ARTIST IN THE COMMUNITY RESEARCH AWARD WITH MENTOR (LOUISE LOWE), 2023

DLR BATHS ARTIST STUDIOS RESIDENCY COMMISSION, 2023

DANCE BURSARY AWARD, 2023

RESIDENCY AWARD AT PAVILION THEATRE, DUN LAOGHAIRE RATHDOWN, 2019

COMMUNITY SPIRIT AWARD, DUBLIN BUS, 2018-2019

ARTS ACCESS GRANT WITH NCBI, DUN LAOGHAIRE RATHDOWN, 2018

NEXT GENERATION ARTIST AWARD 2017- ARTS COUNCIL OF IRELAND

RUA RED, DANCER IN RESIDENCE: 2016-2017

DANCE IRELAND MENTORED RESIDENCY AWARD: DEC 2016

DANCE IRELAND TYRONE GUTHRIE RESIDENCY AWARD: SEPT 2017

CREATE- ARTIST IN COMMUNITY- RESEARCH AWARD WITH MENTOR (AMANDA COOGAN) 2015

PROFESSIONAL DANCE TEACHING ENGAGEMENTS

Contemporary Dance & Improvisation Technique, Performance & Collaborative Practice, emBODY labs, Inclusive Dance, Durational Performance and open jam sessions for artists focused on performance, dramaturgical perspective and inclusive practice, for

- Movement Direction & Mentoring- Emilie Conway, Arts Disability Ireland Award 2024
- MOVEME! Inclusive Dance Festival, Holland 2023
- Inclusive Dance Cork- University of Cork & Firkin Crane Dance Program 2023
- Irish Composers New Music Festival (IRL) 2022
- Body Noise Interdisciplinary Project (IRL) 2018 - 2019
- Green Street Studios (Boston, USA) 2016
- National Choreography Festival (USA) 2016
- Dance Ireland, Dance Limerick, Dance Cork Workshops: 2017- present

COMMUNITY TEACHING & ARTISTIC FACILITATION

DANCE FOR ALL

Inclusive dance programs, delivered since 2015, in-person and online to all ages, integrating non-verbal, tactile & sensory tools to support accessibility & inspire creativity, for:

- Anne Sullivan Centre for the Deafblind
- National Council for the Blind now known as Vision Ireland in Dun Laoghaire, North Dublin and Limerick
- Vision Ireland online verbally described classes for people with sight loss, 2020-2021
- Cork Association for the Deaf
- Children + Family workshops, Vision Sports Ireland
- Laura Lynn Hospice for Children
- St Joseph's House for the Deaf
- St Michael's House for Children & Adults with additional needs
- St John of God's Outreach Centre, down syndrome and mixed ability classes

KIDS CREATIVE DANCE WORKSHOPS

Focused on contemporary dance practices, improvisation, musicality and performance:

- Parent + Child Mini Retreats with dance, mindful meditation + contact improvisation
- Kids Summer Camps, Family Workshops, After School Programs + Wellness Weeks
- Crinniu na N'Og, Parent + Child Workshops, Creative Dance online (covid)
- Creative Movement Kids Classes + Montessori School Ballet

PROFESSIONAL TRAINING

CHOREOGRAPHY & COMPOSITION

Sara Shelton Mann 2018 / Julyen Hamilton workshop scholarship 2016/ Rosalind Crisp 2016 / Andrew Morrish 2016/ Maya Carroll 2013-2016 / Nancy Stark Smith, 2016/ Andrew Harwood 2015, 2011 / Karen Nelson, 2015/ Nita Little, 2015/ Kirstie Simons, 2013

EXPERIMENTAL PHYSICAL PERFORMANCE/ VOICE

Vincent Bozek (FR), Maya Carroll (IL), Jenny Haack (DE), Stephanie Skura (US), Tom Pritchard (UK), Eva Karczag (US), Bettina Neuhaus (DE), Krempelsetzer (DE), Lily Stahl(DE)

DANCE EDUCATION

Earthdance 2016, RICEAN School of Dance 2015, SMASH~Berlin 2014, Ponderosa 2013, Tanzfabrik 2012, Impuls Tanz~ Vienna 2010-12, Scottish School of Contemporary Dance 2010, Inchicore College, Marion Lennon School of Ballet 2009, Boston Ballet 2008, National Performance Arts School 2007-2000, Vonnice Goulding School of Ballet

PRESS

TATIANA LOBZA- DANCE REVIEWER

"Laura's movements were mesmerizing and flawless making you part of something special and intimate - the world you don't explore or see every day... you feel the strength and more confident steps, emotions, light and darkness, momentous joy and realization of reality. Laura is magnificent to watch.

Running Blind is beautiful in every way. It's emotional and very, very real. The production is indeed very immersive thanks to many cleverly thought out details. It uses the raw beauty of the set and live sounds to create the right atmosphere to carry you through what is a very unique experience."

DAVID KEANE- THE REVIEWS HUB

"Dowdall's performance vacillated between ecstasy and despair, and she was a visual feast in pure flowing white. Accompanied by O'Braoin, as well as what sounded like synthetic elements, Dowdall was mesmerising and hypnotic as she expressed the dichotomy of loss and gain when the senses are disrupted.

Running Blind is an intriguing performance with Dowdall and O'Braoin being above par in their respective fields. It deftly served its purpose of highlighting the impact a change in the senses can have on a person both physically and emotionally, and did so with beauty and grace."

V.OB - ARTS ADVOCATE

"Thank you for such a generous performance. It was wonderful to wander into such an unexpected event and to see a dance performed outside. The work's coastal and climate themes harmonized so sensitively with its Dublin Bay backdrop. It was impossible not to think of Isadora Duncan; your performance was lyrical, free and expressive."