

AGELLES

A two-day festival reimagining age through dance
10–11 July 2026 | Leeds City Centre



YORKSHIRE
DANCE



WELCOME

Dance is universal. Dance transcends age.

We are delighted to present the fourth Ageless Festival, inviting you to join us in reimagining age through dance. Ageless is interested in who is visible, who is celebrated and what we define as beautiful. Where do age and experience hold power and how can dance redefine our relationship to age.

The festival unites local, national and international artists reflecting different societal attitudes to ageing and how this intersects with different cultural dance practices. We also explore ecology and our timeless relationship to the natural world

across different generations with the premiere of Wild Hope by Yorkshire Dance's Company of People and TC Howard. Meanwhile Jérôme Bel invites us to reimagine performance as archive, as an activist response to the climate crisis.

From our Big Communal Boogie through to Susan Kempster's On the usefulness or futility of looking backwards, we hope you find moments of connection that enable you to consider what it means to be present, playful and find joy in moving.

The Ageless Team
Hannah, Adie, Dawn and João

Festival passes

Festival passes are now on sale and give you access to all the events happening across the festival.

An early bird discount of 20% is available until 31st May. Full price festival passes cost:

- ... **Weekend pass: £100 or £80 concession**
- ... **Day pass: £50 or £40 concession**

When you purchase a festival pass you will receive an email with a unique link to book your events. There are limited spaces on some events, so book early to avoid disappointment.

Pay What You Can

At Yorkshire Dance, we're committed to making our work affordable for everyone. We offer a Pay What You Can option for a limited number of festival events.

Booking

Booking is essential. You can book online at www.yorkshiredance.com or by phoning our box office on 0113 243 8765.

Ageless venues

Ageless 2026 takes place across Yorkshire Dance, Leeds City College, Leeds Playhouse and stage@leeds.

Access

There is step free access, wheelchair spaces and accessible toilets at all festival venues. We want everyone to enjoy Ageless Festival. If you have a specific access query please give us a call on 0113 243 8765 or email boxoffice@yorkshiredance.com.

Braver spaces policy

Yorkshire Dance aims to be an accessible and inclusive place for all. We create a 'braver space', where you feel able to express yourself in a supportive and empowering way. You will be welcomed and treated with respect by Yorkshire Dance staff and we expect and encourage everyone at Ageless to do the same.

You can find more at: yorkshiredance.com/accessibility

Workshops

Workshops are practical dance sessions open to all levels of experience. Wear comfortable clothing and bring a bottle of water.



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Box Office: 0113 243 8765



Welcome Talk & Dance

Ageless Welcome & Big Communal Boogie

Fri 10th July, 10:00 – 10:45
Studio 3, Yorkshire Dance
Free

Join us for a warm Ageless welcome and introduction to the festival. Meet the guest artists and speakers and discover what to expect across the two-day festival programme.

Introductions will be followed by a big communal boogie, led by the Ageless artists and Yorkshire Dance team. Get on the dance floor and throw some shapes to a special playlist of tracks, handpicked by guest artists. Think Desert Island Discs meets disco. The perfect way to start your festival!

Image: David Lindsay

Workshop

Ways of Listening with Cai Tomos and the Elders of Company Cain

Fri, 10th July, 11:00 – 12:30
Studio 1, Yorkshire Dance
All experience levels

How do we listen when we dance?

Join Cai Tomos and the elders of Company Cain for an introduction to how they create work. Asking how do we listen to ourselves, each other and the space around us.

In this fun and relaxed session expect partnering, simple touch exercises and playful improvisation as we draw out different ways of being together.



Image: Roswitha Chester

Performance & Talk

Holding Wisdom feat. Funmi Adewole Elliott, Allie Herrmann and Mitul Sengupta

Fri, 10th July, 11:00 – 12:30
Studio 3, Yorkshire Dance

Established artists Funmi Adewole Elliott, Allie Herrmann and Mitul Sengupta share three solo works followed by a panel discussion about attitudes to age within different cultural dance styles.

Funmi will present a Juju dance and music, Allie will present a Flamenco dance and Mitul will present a Kathak dance. Each piece reflects their personal story and how different dance styles value experience and accommodate dancers as they age.

Images: Pete Martin (top),
Dariel Sneed (bottom)



Installation

An Obscure Camera

by Flexer & Sandiland

Fri, 10th July, 13:30 – 16:00
North Space, Yorkshire Dance
Pay What You Can

Evoking aspects of contemporary surveillance culture, [An Obscure Camera](#), gives us the power to explore, seek, and inspect the outside world. In doing so, we navigate the fine line between observer and voyeur, physically enacting the choices made by the countless algorithms that analyse our daily lives.

The installation features a series of choreographed performances on Quarry Hill in the green space outside Yorkshire Dance.



Image: Ian Marsh

Performance & Talk

Heartlands/ Tir Calon

by Company Cain

Fri, 10th July, 13:30 – 14:45
Studio 1, Yorkshire Dance

Inspired by the idea that we carry many bodies of all ages inside us, like rings of a tree or layers of geology of land. We explore ideas of memory, landscape, place, shedding and becoming... all of ourselves, as we age.

Following the performance Cai Tomos from Cain will lead a Q&A and share a short film about the Company's work over the last 15 years.



Workshop



Mass Sass Class with Keisha Hamilton

Fri, 10th July, 13:30 – 14:45
Studio 2, Yorkshire Dance
All experience levels
Age guidance 16+

Strut your stuff and find your inner diva in this [Mass Sass Class](#).

The class aims to empower, build confidence and embrace individuality and uniqueness. Join Keisha Hamilton for an introduction to Vogue Femme, encouraging you to find your own natural flow and rhythm within the style.

Image: Nathan Towers

For anyone who feels like they've been in the background for too long, this class will bring you centre stage and make you feel like your next destination is the catwalk.

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Performance

Abundance by Lizzie Klotz

Fri, 10th July, 15:00 – 16:00
Studio 3, Yorkshire Dance

[Abundance](#) is an intergenerational dance work that invites audiences to slow down, rest and reconnect. Performed by six dancers - three professional dancers and three volunteer dancers the piece is accompanied by live music from Me Lost Me.

The work begins with a pause - a spacious moment of stillness. People move, howl, rest, leap, reverberate and hold one another. Colourful duvets fill the space - worn, sculpted, hidden beneath and danced within, shaping shifting landscapes that emerge and dissolve with a sense of play and imagination.



Image: Amelia Read

www.yorkshiredance.com





Making It with Ascendance, Dance United Yorkshire and Yorkshire Dance

Fri, 10th July, 17:30 – 19:00
Alec Clegg Studio, stage@leeds
Pay What You Can

Making It features presentations from Ascendance’s performance company (Fuse Dance Collective), Dance United Yorkshire’s Elders Company and Yorkshire Dance’s Company of People alongside a panel discussion.

In this session we explore the ambition to create dance work

Image: Dance United Yorkshire © Elly Welford

with older adults. We discuss where the lines blur between participatory and professional contexts, what success looks like and how to navigate expectation.

This event features live performance, digital presentation and a panel discussion.

Box Office: 0113 243 8765



Jérôme Bel by Jérôme Bel

Fri, 10th Jul, 19:30 – 21:00
Stage One, stage@leeds
Pay What You Can
Age guidance 16+ (adult content)

One of the most important international dance artists of the past 30 years, French choreographer Jérôme Bel presents a career retrospective he calls “auto-bio-choreo-graphy.”

For ecological reasons, Bel no longer travels by plane. Instead, UK-based performer Terry O’Connor of Forced Entertainment plays him, challenging the boundaries

between art and interpretation, performance and archive.

A blend of filmed dance documentation, monologue, and live performance, this unexpected evening is both a survey of past creation and a gesture of constant reinvention.



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Image: Mussacchio Laniello



SATURDAY



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Image: Bird Nerd and the Red List by Marie-Laise Huxen © Steve Skirrow

Workshop

Bodies of Experience

with Dawn Holgate and Joanne Bernard

Sat, 11th July, 10:00 – 12:00
Studio 6, Leeds City College
All experience levels

In this practical workshop, explore ageing not as decline but as reconnection, a return to self and the opportunity to rediscover freedom in movement and expression.

Having recently returned to the stage with maturing bodies, Dawn and Joanne are passionate about reshaping the narrative around dance: how our bodies move, who dance is for, and what it looks like. Together, they challenge traditional aesthetics and celebrate the power, nuance and beauty of lived experience.

Blending contemporary practice with African and Caribbean dance influences, expect a workshop weaving music, storytelling and a life affirming movement experience.



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Films

Ageless Film Screening

Sat, 11th July, 9:45 - 11:00
North Space, Yorkshire Dance

Sit down, relax and enjoy five short films which challenge perceptions of ageing.

Pushing Boundaries directed by Stefano Azario is an intimate portrait of the work of Galit Liss.

An I Away from science directed by Karla Jones explores how we use and misuse, hear and mis hear as we age.

The Belles directed by Jon King sees a group of rebellious older women fight back against the invisibility of ageing.

Unseen by Ascendance directed by Pishdaad Modaresi captures the extraordinary journeys of people living with Parkinson's.

Still Moving directed by Jonny White explores ageing and identity through the eyes of a 60-year-old dancer.

Image: Pushing Boundaries directed by Stefano Azario



Box Office: 0113 243 8765



Workshop

Liveness, this moment with Jo Fong

Sat, 11th July, 11:00 – 13:00
Studio 3, Yorkshire Dance
All experience levels

“In terms of liveness, I like this phrase - ‘we are consenting to explore the unknown’” - Jo Fong

Liveness is at the heart of Jo’s work. Movement is momentum, forward motion, in every action something changes.

Join Jo for this practical workshop in which we will be collectively moving, responding, listening, embodying, generating and noticing. It’s playful, interactive and effortless.

Image: Lucas Chih Peng Kao



Jo lives in Wales and her creative work reflects the need for people to come together and forefront ideas of belonging and community.

www.yorkshiredance.com



Experiences

Abundance Community Feast with chef Kaltouma Hassaballah

Sat, 11th July, 13:00 – 15:00
North Space, Yorkshire Dance

Led by chef Kaltouma Hassaballah, this Community Feast is part of the Abundance series by Lizzie Klotz - a programme of workshops and performances exploring rest, care and connection.

Featuring a vibrant, nourishing vegetarian menu inspired by Kaltouma's Sudanese heritage, the Community Feast invites you to enjoy delicious food, meet new people and take part in gently facilitated conversations that open up the themes of the project.



Ageless Encounters

Sat, 11th July, 14:00 – 15:00
Studio 1, Yorkshire Dance

Join us for a series of playful participatory moments that create space for meeting and connection with fellow festival goers.

Expect informal encounters in which you might exchange memories, ideas or reflections on the festival.

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Image: Abundance Feast at NewBridge Project

Performance

Wild Hope by TC Howard and Company of People

Sat, 11th July, 15:30 – 17:00
Courtyard Theatre, Leeds
Playhouse
Pay What You Can

Our wild and untamed Yorkshire landscape, shaped over millennia, with its wide open hills, sweeping moorlands, towering limestone cliffs, valleys, waterfalls and swathes of heather rising from the peat - is a place to feel beautifully insignificant and magnificently connected.

Is this where time stands still or is time less easy to grasp? Can we feel the quiet strength



of the earth beneath our feet, hear stories whispered in the wind, a rugged call in the rocks and trees, and mischief in the air? Maybe it can inspire an idea something wild, a chance to imagine things differently... a wild hope.

Wild Hope is followed by a special performance created by Jemma Mae and performed by Dance On Up and TEMPO and a post show talk.

Image: David Lindsay

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Performance

Bird Nerd and the Red List by Marie-Louise Flexen

Sat, 11th July, 18:00 – 19:00
Chroma Theatre, Leeds City
College
Pay What You Can



Come with me, the Bird Nerd, as I encounter the Skylark, Lesser Spotted Woodpecker, Swifts, and Nightingale — four species of the 73 birds in the UK that are of high conservation concern.

Marie-Louise Flexen takes us on a journey into their habitats and behaviours, weaving in her own personal and emotional connections with them. Along the way, sharing vital information on how we can all take action.

Through dance and performance, the Bird Nerd shares both the beauty of these birds and the fragility of their survival.

Box Office: 0113 243 8765



Image: Steve Skinley

Immersive Performance & Closing Party

On the usefulness or futility of looking backwards

by Susan Kempster

Sat, 11th July, 19:30 – 20:30
Party from 20:30 – 22:00
Studio 3, Yorkshire Dance
Pay What You Can

Do you remember when the Sony Walkman happened? Mini, battery-operated cassette players with headphones, which meant you could walk the streets with music playing in your ears. It felt like being in a movie with a soundtrack of your own choosing. Now, it's no longer a novelty, yet there's something still a little magical about hearing music up close and in your head.

Don your headphones for Susan Kempster's On the usefulness or futility of looking backwards an immersive performance event, where spectators become performers, where everyone is in their own private, yet shared, movie.

Image by: Daniel Rojas

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TIMETABLE

Event Name	Start Time	Event type	Venue
Welcome and Big Communal Boogie (45mins)	10:00	Welcome	S3, YD
Ways of Listening with Cai Tomos and Company Cain (1hr 30 mins)	11:00	Workshop	S1, YD
Holding Wisdom feat. Funmi Adewole Elliott, Mitul Sengupta and Allie Herrmann (1hr 30 mins)	11:00	Performance & Talk	S3, YD
An Obscure Camera by Flexer & Sandiland (2hrs 30 mins)	13:30	Installation	NS, YD
Heartlands/ Tir Calon by Company Cain (1hr 15 mins)	13:30	Performance & Talk	S1, YD
Mass Sass Class with Keisha Hamilton (1hr 30mins)	13:30	Workshop	S2, YD
Abundance by Lizzie Klotz (1hr)	15:00	Performance	S3, YD
Making It (1hr 30mins)	17:30	Talk & Performance	AC, S@L
Jérôme Bel (1hr 30 mins)	19:30	Performance	S1, S@L

YD Yorkshire Dance
 LCC Leeds City College
 LP Leeds Playhouse
 S@L stage@leeds

FRIDAY

Box Office: 0113 243 8765



Event Name	Start Time	Event type	Venue
Ageless Film Screening (1hr 15 min)	9:45	Films	NS, YD
Bodies of Experience with Dawn Holgate and Joanne Bernard (2hrs)	10:00	Workshop	S6, LCC
Liveness, this moment with Jo Fong (2hrs)	11:00	Workshop	S3, YD
Abundance Community Feast with chef Kaltouma Hassaballah (2hrs)	13:00	Food & Workshop	NS, YD
Ageless Encounters (1hr)	14:00	Networking	S1, YD
Wild Hope by TC Howard and Company of People (1hr 30min)	15:30	Performance	CYT, LP
Bird Nerd and the Red List by Marie-Louise Flexen (1hr)	18:00	Performance	CT, LCC
On the usefulness or futility of looking backwards by Susan Kempster (1hr)	19:30	Immersive Performance	S3, YD
Closing Party (1hr 30 min)	20:30	Party	S3, YD

SATURDAY

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YORKSHIRE DANCE

Yorkshire Dance
3 St Peter's Buildings
St Peter's Square
Leeds, LS9 8AH

Yorkshire Dance
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