

SLOW CIRCUS FESTA 2024

Date : December 1, 2024 (Sun)

SLOW CIRCUS FESTA is a day of seeing, hearing, and experiencing firsthand the fascination of social circus, which has spread to 75 countries around the world.

What is Social Circus?

A programme that comprehensively fosters cooperation, problem-solving skills, self-esteem and communication skills through the acquisition and creation of circus skills. Centred on Cirque du Soleil, it is practised in more than 75 countries around the world to support minorities affected by poverty, refugees, gender discrimination, etc.

about SLOW CIRCUS.

SLOW CIRCUS is the first company in Japan to promote and practise social circus, and was established by SLOW LABEL. About 40 unique members are active in the company.

<https://circus.slowlabel.info/>

[TIME TABLE]

STAGE

12:00-13:00 「Throw slowly」

13:30-14:00 「Tripple～Omnibus Version～」

14:30-15:30 「Throw slowly」

16:00-17:00 「Introduction of SLOW CIRCUS Activities」

FLOOR

11:00-17:00

Tokushima Indigo Dye Marche

MARUIRO Workshop (Last admission 16:00)

SLOW LABEL consultation service

ENTRANCE

Experience Juggling

[PROGRAM]

1.「Throw slowly」

A performance by the students of [SLOW CIRCUS ACADEMY](#), a program combining the methods developed by SLOW LABEL for the Tokyo Paralympics Opening Ceremony and the social circus of Cirque du Soleil, to present the results of six months of study. Guest director [Yosuke Meguro](#), a juggler and director who leads the contemporary circus world, will be the guest director, and 10 students with diverse backgrounds will perform.

Performers: Oishi, Kao-chan, Johnny, Mai, Mastui, Mina, Haruna Yamaoka,
Yu Machitera, Ayuko Nakamura, YuZuh0

SLOW CIRCUS trainer: Ayaka Suzuki, Kaishu

Guest director: Yosuke Meguro

Guest musician: Ygal

about Throw slowly · · · by Yosuke Meguro

I have been working on this piece, “Throw slowly,” for about six months with two of the Academy's third-term students and instructors.

I usually work in the genre of contemporary circus.

I feel that many contemporary circus pieces are based not only on technique, but also on questions about oneself, other people, and various aspects of the world.

This piece is also based on juggling techniques, but I created it with an emphasis on communication with others and dialogue with myself through objects.

PROFILE

Yosuke Meguro (Juggler, Director)

Yosuke Meguro started juggling at the age of 14, and has performed at street performances, festivals, stages, and live houses since the age of 17. In 2008, he formed “Nagamekurasitsu” and has directed and composed almost all of its performances. He is also active as a member of the unit “Utsushiomi” with aerial artist Aimi Hasegawa. His external appearances include “Twelfth Night” and “Aerial Cabaret” directed by Kazumi Kushida, and “Fierce 5”, a contemporary circus exchange project between France and Japan. As a rare contemporary circus director in Japan, he has directed “100 Year Circus” and “naimono” for Setouchi Circus Factory, as well as performances related to “Goku: The Adventure Dawns” at Setagaya Public Theater.

Ygal (musician)

Contemporary music composer/pianist. He has composed music for concerts, stage productions, contemporary circus, ballet, and film, both in Japan and abroad.

He composes and performs with the contemporary circus company Nagamekurashitsu, is the musical director of toRmansion, and has participated in various stage productions and street performance festivals, as well as serving as musical director.

Awards: Sony Audio Award, JSCM composition award etc

Ayaka Suzuki (Dance Artist, SLOW CIRCUS Trainer)

Ayaka became familiar with dance through Bon Odori and extracurricular activities on campus. She decided to pursue a career in dance after witnessing how dance promoted children's growth and human connection in a developing country she visited while a student at Sophia University. After completing her undergraduate degree, she studied methods of physical expression for a wide range of people in the UK, including children, the elderly, and people with disabilities. Currently, in Nagano Prefecture and the Tokyo metropolitan area, she is engaged in a wide range of activities, including improvisation performances with musicians, research and reconstruction of Japanese folk performing arts, and creation of dance works with citizen dancers over 60 years old.

Kaishu(Juggler, SLOW CIRCUS Trainer)

Born in Saitama, Japan in 1998. Has congenital unilateral hearing loss. Started juggling when he entered university. He specializes in contact juggling with balls and other objects. He has performed in "The 6th Kanto Student Juggling Tournament, Junior Division" as a runner-up, "Soraten Gekijo vol. 21," "Gendai Circus Experiment III," "Circus without Circle 7th Performance," and other new works.

students of SLOW CIRCUS ACADEMY

Oishi

He uses a wheelchair due to an accident when he was young. He became addicted to street performance after encountering it more than ten years ago, and on his days off he travels east and west in search of street performances. His love for juggling has led him to practice juggling balls, diabolo, and spinning plates. (He is (self-proclaimed) the best juggler in Japan in a wheelchair.

Kao-chan

She loves to sing and dance! She participated in the Yokohama Paratriennale in 2014. She later performed at the 2020 Tokyo Paralympics Opening Ceremony. She is expanding her involvement with society through interaction with her friends. She also tries her hand at stick and juggling, which she is not very good at. Watch her growth!

Johnny

I have loved to express myself since I was a child! Music, drawing, creative children's stories, sign language... I try anything I feel I can express myself. Now he has added juggling to his repertoire and is practicing it every day.

Ayuko Nakamura

Aerial Performer

she has performed in parades at theme parks, various shows and stage productions. She joined the third term of the academy after learning about SLOW CIRCUS, a organization that attempts to expand aerial activities and create a community place where diverse people can gather.

Mai

I discovered juggling at university and am now enjoying a leisurely juggling life. Her favorite tool is a poi.

Yu Machitera

Born in Odawara, Japan in 1990 (Down Syndrome). He performed in the opening ceremony of Tokyo 2020 Paralympics and participated in "Earth ∞ Pieces" organized by Slow Label in 2023.

Matsui

I was a spectator, but I thought I might be able to do something at SLOW CIRCUS, and I wanted to experience various backgrounds and values, so I jumped in.

Mina

I have been doing aerial hammock and trapeze for about 3 years. I am studying at Keio University from the United States. I am studying programming at university, but in the future I want to become a hammock teacher and a dog trainer.

Haruna Yamaoka

Haruna Yamaoka joined SLOW CIRCUS ACADEMY with a desire to interact and create with people from all walks of life, regardless of disability. Obtained a first-class special needs school license in 2018, and performed in Strange Seed Shizuoka's "χορός" in 2023.

YuZuh0

YuZuh0 began rhythmic gymnastics at an early age and discovered contortion. In high school, she was a member of the contemporary dance club. After that, she went to Mongolia to study. Left the world of circus. Returned to circus with slow circus "Minna de ehon" (picture book with everyone). Now she is challenging trapeze.

2.「Tripple~Omnibus Version~」

SLOW CIRCUS currently has over 40 unique members. In this festival, contortionist YuZuh0 with her supple movements, KamiEri, who is deaf and a world champion pole dancer, and Natsumi Sadayuki, a kinesiologist and a dancer specializing in African dance, will perform, making use of their special skills and personalities.

Directed and performed by: KamiEri, YuZuh0, Natsumi Sadayuki

about Tripple~Omnibus Version~

YuZuh0, a contortionist with supple movements, KamiEri, a deaf woman and world champion pole dancer, and Natsumi Sadayuki, a kinesiologist and dancer specializing in African dance, will perform using their own special skills and personalities.

The three members, whose theme is "trip," will present their performances in an omnibus format. We hope you will enjoy the three performances as if you were traveling through three different worlds.

KamiEri

Winner of the Pole Dance World Championships. She has performed Chinese Pole Dance at the Tokyo 2020 Para Opening Ceremony, and is currently challenging herself to perform in various pole dances, circuses, and as a trainer.

She is the only internationally active deaf pole dancer.

Natsumi Sadayuki

She has been involved in the activities of Slow Label since 2014. Since childhood, she has been learning the traditional performing arts of South Africa from Tomo Yanagida and her mother Masayo Sadayuki. Currently, with the motto of "a place where you can be yourself and be inspired," she works as a choreographer and workshop facilitator, focusing on inclusive dance and community dance. She also works with children with developmental disabilities in the field of social welfare, providing them with exercise guidance and training them to become Exercise Rehabilitation Specialists®.

3. Introduction of SLOW CIRCUS Activities

In addition to introducing the various activities conducted by SLOW CIRCUS this year, we will interview the 3rd year students of SLOW CIRCUS ACADEMY and guest director Yosuke Meguro, who have just finished their performances, about episodes in their creative process and their thoughts on the Academy.

Facilitator:

Yoshie Kris(Artistic Director of SLOW LABEL)

She has been involved in citizen-participation art projects that connect people and communities from different fields, attempting social change through dialogue and collaborative processes. In 2010, she encountered the world of disability welfare due to osteosarcoma. The following year, she founded SLOW LABEL. As the general director of the Yokohama Paratriennale (2014-2020), she developed mechanisms for accessibility in stage and event production. For the Tokyo 2020 Paralympics Opening and Closing Ceremonies, she comprehensively supervised the planning, direction, choreography, casting, rehearsal operations, and commentary guides from a DE&I perspective. She received the 65th Yokohama Cultural Award "Culture and Arts Encouragement Award," and is a Thursday commentator on TBS's "Hiruobi."

Tokushima Indigo Dye Marche & MARUIRO Workshop

SLOW LABEL Tokushima will exhibit a marche together with facilities that are members of the Tokushima Disabled Persons' Employment Support Council.

Workshops will also be held using the MARUIRO, a palm-sized weaving machine invented by artist Yui Inoue, who has been active in art festivals in Japan and abroad.

Visitors can enjoy the experience of making original ornaments perfect for Christmas trees.

MARUIRO participation fee: 500-1000 yen (you can take home the MARUIRO you made).

Last entry at 16:00

SLOW LABEL consultation service

Social Circus has been approved as an inclusive learning programme (class subject) for Tokyo Metropolitan High Schools and other schools, and has also been adopted for classes at Iwasaki Gakuen Yokohama Rehabilitation College from 2023.

Educators and welfare professionals who wish to incorporate Social Circus into their classes and leisure activities, and cultural and artistic professionals who wish to increase the accessibility of their productions and programmes, please feel free to contact us.

Experience Juggling

A time to play and interact with the actual tools used in the social circus with the highly individualistic SLOW CIRCUS colleagues.

Organised by:NPO SLOW LABEL

**Co-organised by: ZOU-NO-HANA TERRACESupported by: Yokohama City
Regional Culture Support Project, Yokohama Art Site 2024**

Contact.

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