

## ***BREAKDANCE at Les Grands Ballets with NO LIMITS 2024:***

**A fusion of Olympic sport, artistic discipline, and inclusion**



Photo : Kien Quan

Montreal, January 31, 2024 - The National Centre for Dance Therapy of Les Grands Ballets Canadiens will take on a hip-hop ambiance on **February 9th and 10th as it hosts NO LIMITS 2024**, an international breakdance rendezvous. Over two evenings, B-Boys and B-Girls, amateurs and professional dancers from all backgrounds will challenge each other in dance battles. Dancers of all categories will celebrate inclusion within dance, a discipline long considered exclusive on multiple levels. In an electrifying atmosphere, the audience will witness performances by the incredible Luca Patuelli, also known as "Lazylegz," and his crew ILL-Abilities. Joining them will be numerous invited artists and athletes including world champion Phil Wizard, who will represent Canada at the Paris Olympic Games, as well as international dancers Bruce Almighty, Piecez, Girl Lynx, and Konatsu. These artists will challenge prejudices and push their own limits with power moves and improvisations.

***"Dance, regardless of its style, builds confidence, brings people together, improves overall health, and promotes self-esteem."***

Jonathan Heredia, Director, Community Services and National Centre for Dance Therapy

### **NO LIMITS 2024 Program**

- Friday, February 9th, 9:00 PM: Qualification rounds and Friendly Dance Battle - \$15
- Saturday, February 10th, 8:00 PM: Show and Competition Battle - \$35

Location: Les Grands Ballets' Atrium and Studio-Theatre, 1435 Rue de Bleury, Montreal (Place des Arts Metro Station)

Tickets and information: [GrandsBallets.com](https://GrandsBallets.com)

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**ABOUT THE NATIONAL CENTRE FOR DANCE THERAPY**

Founded in 2013, the National Centre for Dance Therapy is Les Grands Ballets Canadiens' sociocultural service dedicated to promoting the benefits of dance and making it more accessible to vulnerable and marginalized people. In doing so, the Centre helps strengthen the potential of dance and art as a means of prevention and well-being. The Centre's activities can be divided into three components: social and therapeutic interventions through dance, training of professionals in dance for well-being, and involvement in research projects on dance as a therapeutic tool.

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**ABOUT ILL-ABILITIES**

Founded in 2007, ILL-Abilities is an international breakdance crew that offers a wide variety of dance performances for events, festivals, concerts, parties, and theaters. Together, they challenge prejudices through breathtaking performances, workshops, and participation in high-level competitions. In 2013, "No Limits" was nominated for an Olivier Award (London, UK) in the category of "Outstanding Achievement in Dance."

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**ABOUT LES GRANDS BALLETS**

A creation and production company, Les Grands Ballets Canadiens is devoted to the development of dance in all its forms by building on the discipline of classical ballet. Under the artistic direction of Ivan Cavallari, some fifty Canadian and international dancers—accompanied by Les Grands Ballets Orchestra—bring the great classics of ballet to the stage, as well as the creations and repertoire of established and emerging contemporary artists. Located in the heart of Montreal's Quartier des spectacles, Les Grands Ballets is wholly committed to give to as many people as possible access to dance, whether through the Nutcracker Fund for Children, leisure activities at Studios GB or the National Centre for Dance Therapy (NCDT), which is devoted to greater wellbeing through the benefits of dance. Through the excellence of its productions and the scope of its cultural and social actions, the company seeks to inspire discovery and conjure emotions, stimulate the imagination, convey a passion for dance and create a lasting impact.

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**PRESS CONTACT**

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