

CENTRE NATIONAL DE DANSE-THERAPIE

Welcome to the relaxed performance of Les Grands Ballets

This guide has been created to help you prepare for your visit to the relaxed performance of *Don Quixote* at Place des Arts.

A relaxed performance is a performance adapted to all those living with an intellectual deficiency, an autism spectrum disorder, anxiety, a physical handicap or other. To make the performance experience more enjoyable, lights, sound and accessibility will be adjusted, rest/retreat areas will be provided, and the audience is welcome to move, express themselves, enter and exit during the show.



Crédit : Sasha Onyshchenko | Danseuse : Rachele Buriassi

Let's go!

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I'm going to see Les Grands Ballets' production of *Don Quixote*.



Photo: Fabrizio Sansoni, Teatro dell'Opera di Roma | Dancer: Damiano Mongelli

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The performance space

Relaxed performance at Place des Arts.

Address: : 175 Sainte-Catherine Ouest street, Montreal, QC, H2X 3X5



In the Salle Wilfrid-Pelletier



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How to get there

By metro



I'll get off at Place-des-Arts station.



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Place-des-Arts Station

I may take the bus



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Or the school bus



Or a personal vehicle



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If I'm taking **the school bus** or a **personal transport vehicle**, I'll get off near the esplanade in the Quartier des Spectacles. Parking is available in the Place-des-Arts parking lot.



Esplanade in the Quartier des Spectacles



Parking at Place des Arts

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I may have to walk to the Place des Arts entrance on Sainte-Catherine Street.

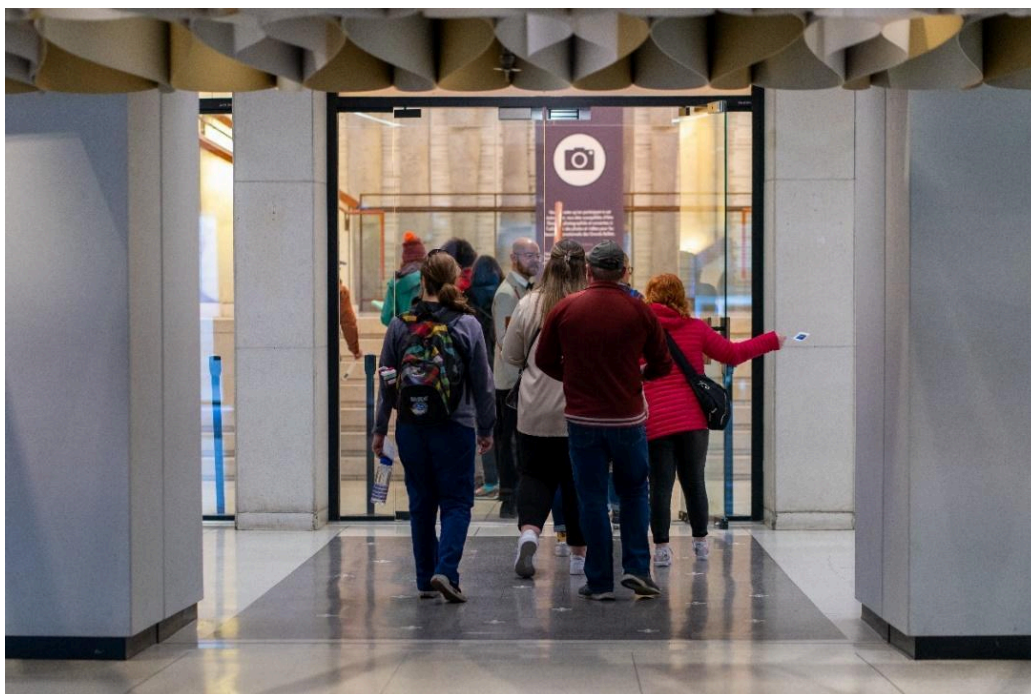


Getting to Salle Wilfrid Pelletier at Place des Arts

When I arrive at Place des Arts, there will be several groups and families coming to watch *Don Quixote's* relaxed performance.

I may recognize some people, or they might all be strangers to me.

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I must have my pass with me and show it to the usher at the entrance to Salle Wilfrid Pelletier.
The usher will then tell me where to go.

PERFORMANCE DÉCONTRACTÉE

Laissez-passer pour la représentation privée de Don Quixote

VENDREDI 30 MAI 2024, 14 h 15 (ouverture des portes à 13 h 30)

Salle Wilfrid-Pelletier, Place des Arts

SECTION : PARTERRE

Coupon valable pour une (1) personne.

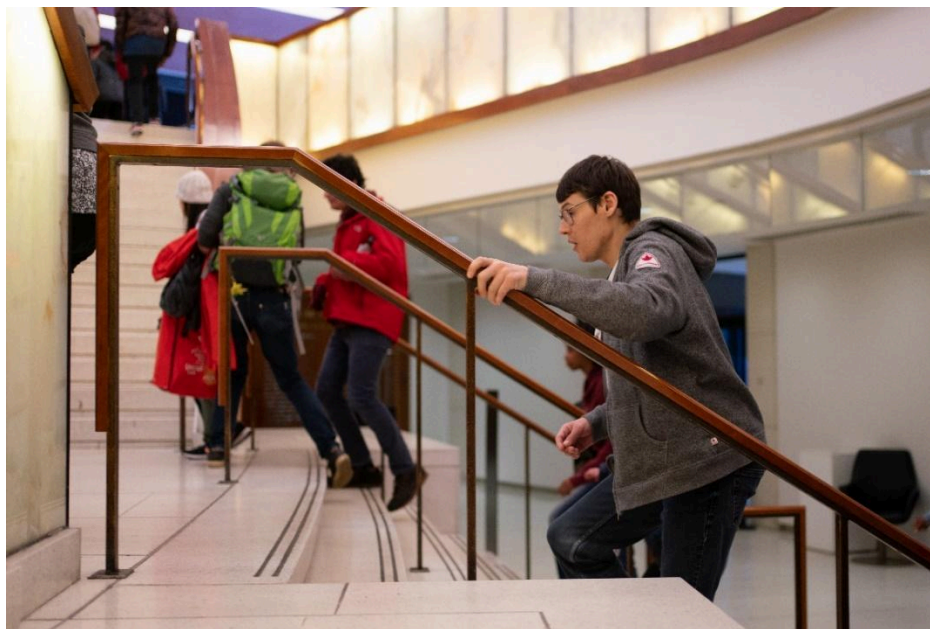
Ce coupon constitue un droit d'entrée et doit être présenté au personnel de la Place des Arts à l'entrée du théâtre.

Photo : Sasha Qnyshchenko / Danseuse : Rachele Burjassi



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Once inside, I can go to the bathroom and rest in the foyer.



Foyer of la Place des Arts

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Time to choose your seat

Before the show starts, there will be a bell, the signal to choose your seat in the auditorium and let the show begin. Seats are not assigned, so I choose a place where I feel comfortable and sit with my group or family.



It's show time!

The lights in the room will be dimmed.

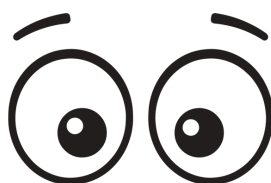
Émilie Barrette, Dance Therapy Manager, and Audrée Papineau-Chartrand, Coordinator of the National Centre for Dance Therapy, will explain the guidelines to be followed during the relaxed performance.



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The ballet lasts 53 minutes



JE REGARDE LE SPECTACLE
I'M WATCHING THE SHOW



J'ÉCOUTE LE SPECTACLE
I'M LISTENING TO THE SHOW

I applaud when I see the pictogram

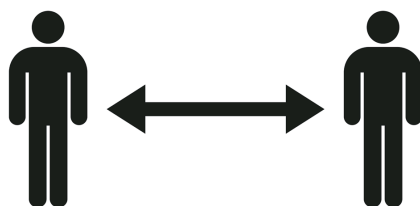
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JE NE MANGE PAS DANS LA SALLE
I DO NOT EAT INSIDE THE THEATRE



JE NE BOIS PAS DANS LA SALLE
I DO NOT DRINK IN THE THEATRE



JE RESPECTE L'ESPACE DES AUTRES
I RESPECT OTHER PEOPLE'S SPACE

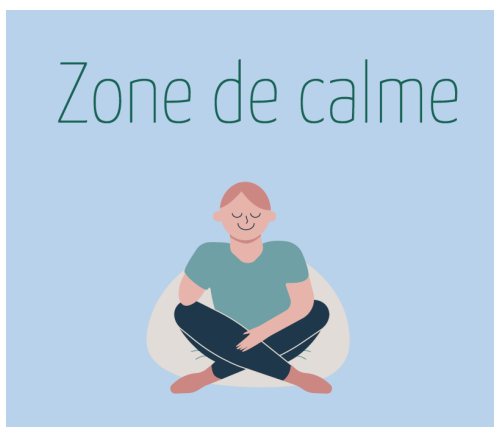
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During the performance

During the show, I can sit back and watch, or I can dance safely in the aisle.



At any time, I can leave with my partner to retire to a designated rest area located in the foyers outside the theater.



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The bathrooms are located on the parterre. There are steps to get there. I ask the help of an usher if I need to go to the bathroom reserved for people with reduced mobility.



Final bow

I'll know it's the end of the show when the dancers all stand on stage and take a final bow. I can give them a round of applause to show that I've enjoyed my experience and the show.



J'APPLAUDIS
I CLAP MY HANDS

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Leaving the relaxed performance



After the final salute, it's time to leave the auditorium.

Several people will be leaving at the same time. It's important to stay with my group or family.

This presentation of the relaxed performance Giselle is offered by the National Centre for Dance Therapy, with the support of the City of Montreal.

Montréal 