

The 'D' Word Season 4 Trailer

- ARIA EVANS: Hi, I'm Aria Evans. Welcome to The 'D' Word podcast. I'm here to reveal insights into why physical expression matters, and how it lives within our daily lives. This season our theme is transformation- transforming relationships, identity, our way of thinking, and social hierarchies. How does dance do this?
- AURORA MATRIX '...Something in me where it's like, oh I can walk into the room and I know people will part the way for me, I know people will look at me. And there's definitely some power there that I've started to bring into my everyday life.'
- CASSA PANCHO: '...When you keep telling us diversity is great, because there's a few dancers in the companies that are of color, and when you tell us there's no racism, let me just show you the kinds of messages that we receive.'
- ROBIN LACAMBRA: '...That's what leaders need to know is that, one, you're human. You are harmful. 100%. You're 100% harmful. [Laughs]. You're gonna mess up. And so it's not about preventing messing up, it's about preparing for it so that when you mess up, you don't make things worse.'
- SHANNON LITZENBERGER: '...It's like if you had never thrown a Frisbee before and someone put a Frisbee in your hand, the idea that you're not going to immediately fail at getting that thing to fly across the field, I mean, it's inevitable, right?'
- ARIA EVANS: The 'D' Word is presented by dance: made in canada, a biennial contemporary dance festival featuring Canadian dance artists with unique artistic visions from all cultural backgrounds. Let dance transform you.

**This transcript has been edited for clarity.*