

Seasons of Souls is an original contemporary dance production rooted in contemporary ballet. This bold new work places time at the center of everything – stretching, fracturing, and suspending it through cutting-edge movement. Athletic, precise, and visually striking, the dancers drive a high-impact experience that asks: how do we spend our time, and do we ever truly have enough?

Through physically driven choreography, cinematic imagery, and evocative storytelling, the work examines transformation, resilience, grief, joy, connection, and renewal. Each section of the production reflects a different season of life, inviting audiences into a deeply human experience that is both visually striking and emotionally accessible.