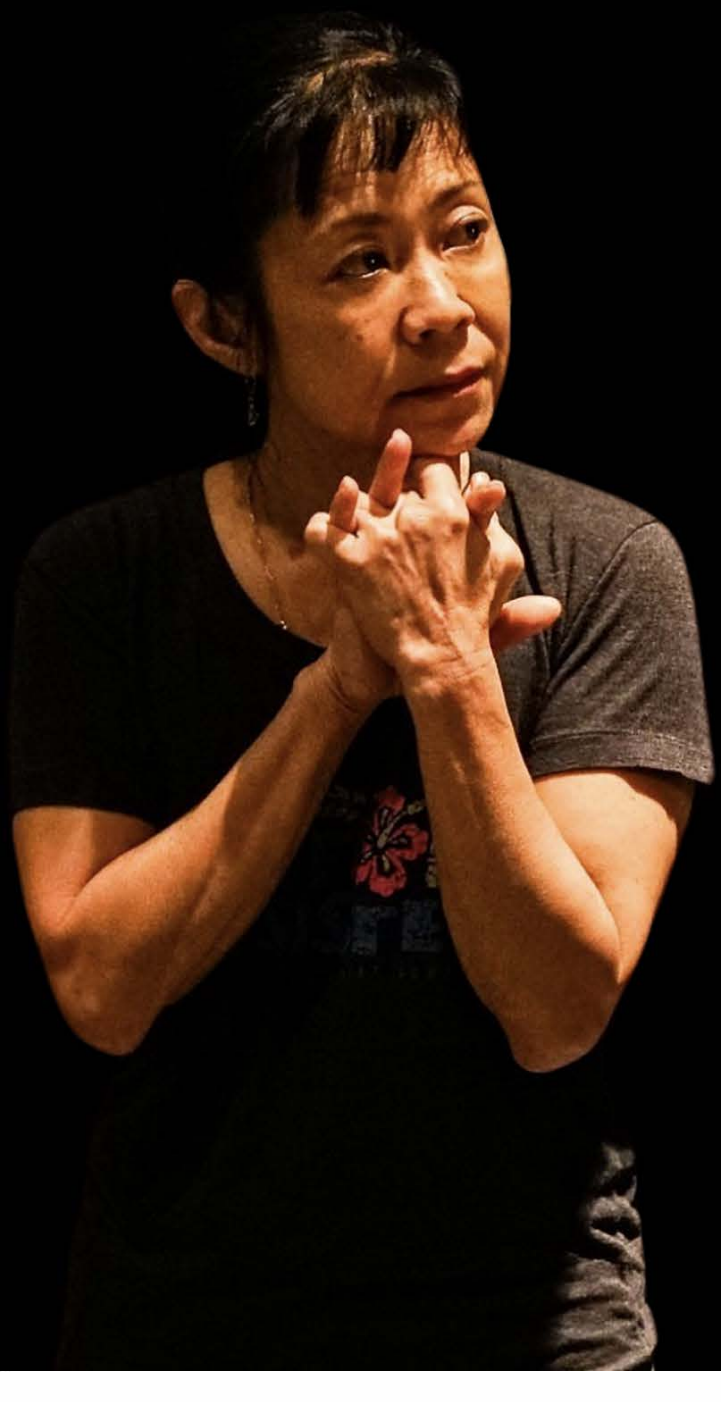
INTERNATIONAL DANCE DAY 2025 ONTARIO AMBASSADOR

Yvonne Ng



For those of us who live in dance, today is not a reminder of its value —it's a pause.

A moment to breathe, to reflect, to feel the ground beneath us.Dance, at its best, doesn't just perform for the world—
it listens to it.

It listens with the skin, the breath, the spine. It notices what's shifting, what's stuck, what's still waiting to be named.

DANCEONTARIO

duo dance umbrella of ontario

In my work—as choreographer, educator, and artistic director of tiger princess dance projects—I return again and again to the body as a site of knowing.

Open Source Forms, the practice I carry and teach, reminds me: we are all born with grace. We do not have to earn our way into presence. We are already here.

This August, as curator and artistic director of dance: made in canada / fait au canada Festival (d:mic/fac), I'm honoured to once again gather artists who are daring, tender, and awake to the world around them.

Their works move through struggle, joy, resistance, and care—reminding us that dance isn't a luxury. It's how many of us come to understand ourselves, and each other.

It’s not always easy to keep going. Resources are limited, hours are long, and much of what sustains us happens behind the scenes. And still—we return.

Because we know the power of presence, of shared space, of embodied truth. Behind every performance lies a network of care—one that must be valued, supported, and sustained if dance is to remain a living force in our culture.

You don’t need to be a dancer to feel the truth of movement. You only need a body. You only need to listen.

To those who make, teach, witness, and carry dance: thank you. Let us keep moving—because in every step, we remember who we are, and who we might become.

- YVONNE NG

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Ontario Ambassador