

# ASCENDANCE project



STRENGTH. GRACE. BEAUTY.  
...the fusion of climbing and dance



AscenDance Project performs choreographed movement on a **climbing wall**. Without ropes or suspension, the dancers use sheer strength to overcome gravity with **style and fluidity**.

The choreography incorporates techniques from a variety of backgrounds including gymnastics, parkour, rock climbing, acro yoga and aerial dance. The result is an **energetic performance** that is sure to captivate.

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