

English National Ballet premieres *Body & Soul*: a bold new programme of works from Crystal Pite and Kameron N. Saunders

English National Ballet returns to **Sadler's Wells** from **Thursday 19 – Saturday 28 March** with ***Body & Soul*** – an innovative double bill of works by **Crystal Pite** and **Kameron N. Saunders**, exploring the human experience.

Body & Soul brings together established brilliance and fresh creativity, celebrating the bold, diverse voices shaping ballet today.

English National Ballet's Artistic Director Aaron S. Watkin said: "*Body & Soul* is more than a title - it unites these works into a single journey where dance, individuality and community come alive. Whether you are a longtime ballet fan or new to the artform, this double bill offers a living, breathing experience where body, soul and imagination meet. Following its London dates, I'm thrilled to take *Body & Soul* to Plymouth, reflecting our commitment to making new, innovative work accessible to more audiences."

The programme opens with the UK premiere of ***Body and Soul (Part 1)*** by **Crystal Pite**, one of the most sought-after choreographers working today. Pite originally created *Body and Soul (Part 1)* for Paris Opera Ballet and has seen her work performed by leading companies across the world. This is the first time English National Ballet has brought Pite's choreography to the stage.

Body and Soul (Part 1) explores the human desire for connection and the conflicts that shape us. Through her signature blend of striking imagery, emotional depth and extraordinary ensemble work, Pite seamlessly blends precision and fluidity to create mesmerising waves of movement across the stage.

Body and Soul (Part 1) has music by **Owen Belton**, with additional music by **Frédéric Chopin**, narration by **Marina Hands**, scenography by **Jay Gower Taylor**, costume design by **Nancy Bryant**, lighting by **Tom Visser**, and is staged by **Eric Beauchesne** and **Jermaine Spivey**.

Completing the programme is a world premiere from rising talent and acclaimed commercial dancer **Kameron N. Saunders**, who has built a huge following working with some of the world's biggest artists, including Taylor Swift and Chappell Roan. Saunders is also a prize-winning choreographer and has created pieces for Joffrey Ballet and Dallas Black Dance Theatre.

Saunders brings his fresh voice to the world premiere of **Proper Conduct**. His movement language is unique, athletic, genre-crossing, and intensely nuanced resulting in a contemporary style that is utterly his own. This powerful new work imagines a world governed by scrutiny and observation, where visibility shapes value and behaviour is constantly negotiated.

Proper Conduct unfolds in three parts to an original score by **Brandon Finklea** and **Harold Walker III**, orchestrated by **Gavin Sutherland** and performed live by the **English National Ballet Philharmonic**. The creative team includes assistant choreographer **Prince Lyons**, designer **Kimie Nakano** and lighting designer **Joshie Harriette**.

Following its premiere at Sadler's Wells, ***Body & Soul*** travels to **Theatre Royal Plymouth** from **30 April – 2 May**, sharing innovative new work with audiences across the country.

Press night: Thursday 19 March 2026 at 7.30pm

Post-performance talks: Friday 20 & Saturday 21 March

-ENDS-

For further information, interview requests, and images, please contact Press Officer Lydia Bell on lydia.bell@ballet.org.uk or Communications Consultant Caroline Ansdell on contractor_caroline.ansdell@ballet.org.uk

For images please visit [ENB DAM - Login](#)

Listings:

Body & Soul

Sadler's Wells

Performances: Thursday 19 March – Saturday 28 March at 7.30pm; Wednesday and Saturday matinees at 2.30pm

Audio Described performance: Saturday 17 January at 2.30pm

Press night: 19 March 2026 at 7.30pm

Notes to Editors

English National Ballet is a National Portfolio Organisation supported by Arts Council England. Ballymore is Principal Building Partner of English National Ballet. English National Ballet is an Associate Company of Sadler's Wells. Cunard is Production Sponsor for *Body & Soul*.

About English National Ballet

We are English National Ballet. And for over 75 years, we've been opening doors, curtains and minds. Creating moving, meaningful experiences that take ballet to new places – creatively, emotionally, and physically.

Whether we're on stage, on screen or online, we are here to open up the possibilities of ballet for everyone, everywhere. In towns, cities, studios and schools – across England and around the world – we connect with more people, in more places, in more ways.

Because the beauty of ballet is you can simply feel it. And whatever you feel, you're free to feel it here.

Feel more with English National Ballet.

Crystal Pite

Canadian choreographer Crystal Pite is a former company member of Ballet British Columbia and William Forsythe's Ballett Frankfurt.

In a choreographic career spanning 35 years, Pite has created more than sixty works for companies such as The Royal Ballet, Nederlands Dans Theater, The Paris Opera Ballet, and The National Ballet of Canada. She is known for works that courageously address themes such as trauma, addiction, conflict, consciousness and mortality; her bold and original vision has earned her international acclaim and inspired an entire generation of dance artists.

She is an Associate Artist at three institutions: Nederlands Dans Theater, Sadler's Wells (London) and Canada's National Arts Centre. She has an honorary Doctorate of Fine Arts from Simon Fraser University, is a Member of the Order of Canada and holds the honour of Officier de l'Ordre of Arts et des Lettres from France.

In 2002, she formed Kidd Pivot in Vancouver, a company that strives to distill and translate universal questions into artworks that connect us to essential parts of humanity. World-renowned for radical hybrids of dance and theatre, Kidd Pivot tours internationally with critically-acclaimed works such as *Betroffenheit*, *Revisor*, and *Assembly Hall* (co-created with Jonathon Young), *The Tempest Replica*, *Dark Matters*, *Lost Action*, and *The You Show*.

Pite's many awards include the 2022 Governor General of Canada's Performing Arts Award, the 2011 Jacob's Pillow Dance Award and the Canada Council's 2012 Jacqueline Lemieux Prize. In 2017, she received the Benois de la Danse for her creation *The Seasons' Canon* at the Paris Opera Ballet. In 2018, she received the Grand Prix de la danse de Montréal. She is the recipient of five Sir Laurence Olivier awards for creations with Kidd Pivot and The Royal Ballet.

Kameron N. Saunders

Kameron N. Saunders is from St. Louis, MO. He began his dance training at the Center of Creative Arts. He is a graduate of the University of Missouri-Kansas City with a BFA in Dance. Kameron has worked with renowned artists such as Alonzo King, Matthew Rushing, Chloe Arnold, Ava Bernstine-Mitchell, Sean Bankhead, Fatima Robinson, Ken Page, Danielle Polanco, Martha Nichols and many others. In 2018 Kameron was one of eight internationally selected choreographers for the Ann & Weston Hicks Choreography Fellowship at Jacob's Pillow in its inaugural year under the direction of Dianne McIntyre and Risa Steinberg. In 2020 Kameron was awarded the Passion Project Grant from the Jaquel Knight Foundation. In 2022 Kameron was named a Princess Grace Award winner in choreography for his work *Black in Time* for Dallas Black Dance Theatre. In 2023 he was selected as a choreographer for the Joffrey Ballet Winning Works choreography competition. While navigating a choreographic career in concert work Kameron has simultaneously been nurturing a performance career in commercial work. He has done award shows, music videos, and tours alongside pop artists such as Chappell Roan, Saucy Santana, Lizzo, and Taylor Swift. Additionally, he was a featured dancer in films such as *Spirited* and *The Color Purple*. Most recently Kameron was a dancer for the worldwide Taylor Swift: The Eras Tour and he was a guest star on the CBS sitcom *Poppa's House*.