

Gentle Glory: Performance, artist talk and workshop

This is an in-person event

Date October 11, 2025

Time 2:00 pm to 4:15 pm

Location Civic plaza then 3rd floor program room

Event type [Cultural discovery](#)

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Event overview

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Gentle Glory is a solo work-in-progress by Rachel Helten that explores gentleness and empathy as pathways to liberation. Drawing from her personal experience navigating mental health challenges, Rachel examines how a deep connection to self, mother earth, and the wisdom of animism fosters healing and strength in an often violent world.

The piece advocates for emotional intelligence as essential for greater awareness, celebrating vulnerability as a courageous act of alchemical transformation. It also reflects on how proximity can humanize or dehumanize, emphasizing the need to lean in and honour the sensitivity, sentience, and humanity of all through care.

The performance will be followed by an informal artists' talk-back and a 45-minute creative movement workshop – creating a space for collective exploration of themes such as embodied empathy and resilience.

- 2 – 3:30 p.m. – Civic Plaza: Performance & artists' talk-back
- 3:30 – 4:15 p.m. – 3rd floor program room: Movement workshop

This program is presented in partnership with North Vancouver Recreation and Culture as part of [Culture Days](#). Open to all bodies and abilities. No registration required.

Photo courtesy of Emily Welz.

Questions? Please email info@nvc.ca or call 604-998-3450.

Calendar

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