Choreographers’ Notes

Piece #1 The Whole Self
Alberta Shulman

“The so-called ‘mental’ and ‘physical’ are not separate entities...all training...must be based on the indivisible unity of the human organism.”  —F. Matthias Alexander

This work functions to serve the people taking part in it. It would not be the same without true diligence and honesty from my participants. I owe them my thanks for being so open and trusting while exploring with me.

We invite you to join our exploration.

Piece #2 Meanwhile
Kayla Leigh Smallcanyon

“But after organizing everything just perfectly, she was left with a bunch of stuff that didn’t fit anywhere. Things still in the shoebox that had to go somewhere. So in desperation she threw up her arms and said, “Ok! Fine. All the rest of this stuff that isn’t perfectable, that doesn’t seem to fit anywhere else will just have to be piled into this last, rather large tattered box that we can sort of push behind the couch. Maybe later we can come back and figure where it all is supposed to fit in. Let’s label the box ART”.

—Nicolas Wilton

Piece #3 Parallax
Michaela Moore

The focal point of this piece examines the constant reflection of self-perception, and a realization that we see ourselves differently than how other people see us.

The process of believing what you see, then deciding to turn away to be able to see yourself through a clear lens, is a tough and honorable action to perform.

You will see that once a mindset has changed, the beauty of life is revealed.

“I know that mirrors give us a false sense of confidence. The reflection that we see everyday has nothing to do with how others see us, The Glass Lies”.

—Rasmenia Massoud

Piece #4 The process the ritual
Jamie Holzman

Consider your perception of yourself
Your fears
Systems
Mechanisms
The process, the ritual.

Thank you to the Theatre & Dance faculty and staff, my readers Gesel Mason, Michelle Ellisworth and Holly Gayley, my mentors, my family and friends and my cast for guiding and supporting me through my creative process.

Shout out to Connie Lane and Mark O'Maley, production extraordinaires, for making this whole show come to life.

Production Designer .......... Mark O'Maley
Assistant Designer ............. Aundrea Anderson
Production Team
Technical Director: Mark O'Maley
Stage Manager: Alex Valles
Assistant Stage Manager: Christin Woolley
Lightboard Operator: Alson Sholm
Sound Operator: Alex Valles
Run Crew: India Wanebo
Dressers: Lexi Traub

Piece #1 The Whole Self
Facilitator: Alberta Shulman
Participants: Jamie Holzman
Michaela Moore
Jordan Cate
Taylor Sullo
Taylor King
Olivia Dwyer
Lauren Noffert
The Moonglows
Album: Goodnight Sweetheart
"Goodnight Sweetheart" by
"Pieces of the Universe (Heartbeats), "Momma's Song,"
"Death Bed," "Strong Animals" by
Daniel Romer & Benh Zeitlin
"Bluebird," a poem by
Charles Bukowski
Video: Boss RC30 - How To Use A Loop Pedal
Properly
Artist: ReelfunkyProductions

Piece #2 Meanwhile
Choreographer: Kayla Leigh Smalcanyan
Dancers: Claire Garand
Lauren Noffert
Ranya Jarrar
Kristizian Havasi
Kayla Leigh Smalcanyan
"Little Lion Man," "The Cave" by
Beasts Of The Southern Wild (Music from
the Motion Picture)
Album: Bluebird (Original Motion Picture Soundtrack)
"Riptide, FlicFlac Mix" by
Vance Joy
"Riptide (Remixes) - Single
The Lumineers
"I Don't Know" by
The Lumineers
"Riptide, FlicFlac Mix" by
Vance Joy
"Riptide Remixes" - Single
Susana Cain
Producer: TED Talks
"The Power of Introverts" by
"Brave: Proverbs 31 Woman, Ester,
The Power of Vulnerability" by
"The Power of Introverts" by
"Tom Talbert: 442nd Security Forces Prepare to Deploy, 2013"

Piece #3 Parallax
Choreographer: Michaela Moore
Dancers: Brea Graber
Sheridan Bernstein
Ranya Jarrar
Lauren Noffert
"This Better Earth/On The Nature of Daylight" by
Dinah Washington
Album: Shut Up Island
"An Ending A Beginning" by
Dustin O'Halloran
Album: Late Night Tales: Bonobo
"Wait" by
Hurry Up, We're Dreaming
Album: Hip Hop
"Special Thanks:
Mark O'Maley, CU Dance Faculty & Staff, My Cast, Donna Mejia,
Michelle Ellsworth, Gesel Mason, Nada Dlaunchenko,
Allan Blackwell, Fellow BFA's.

Piece #4 The process the ritual
Choreographer & Director: Jamie Holzman
In collaboration/experimentation with:
The Performers: Emily Pietruszka
Sophia Hernandez
Gabrielle Whitcomb
Heather Woolley
Taylor King
Sedimre Verrmont
"Nobody Weird Like Me" by
Red Hot Chili Peppers
Album: Mother's Milk
"Before The Beginning" by
John Frusciante
Album: The Empyrean
Recorded Voices (Rehearsal Discussions):
The Performers

Special Thanks:
Jesse Zaritt

*Special Thanks*
My sister Tarrah, my Mom and Bob, my Nana, Ellsworth, lovely interruptions,
lovely friends & family, God Himself.

TED Talks
"Brave: Proverbs 31 Woman, Ester,
The Power of Vulnerability" by
"The Power of Introverts" by
"Tom Talbert: 442nd Security Forces Prepare to Deploy, 2013"

Production Team

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*Special Thanks*
Michelle Ellsworth

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