

Adelaide Festival Centre in association with Restless Dance Theatre present

exposed



6-9 April

restless
DANCE THEATRE

director's notes

The idea came from an experience I had as a person living with disability where I was made to feel very vulnerable in the public space. I felt overwhelmed with fear and distress at the lack of empathy shown. I initially revealed my vulnerability but quickly realised the situation required me to show strength.

It got me asking 'What happens when your usual defences are challenged? Do you stay and fight? What's your fall-back?' It is my response to the feeling of vulnerability – a powerful standing up for oneself.'

Drawing on this personal experience Michelle explained in greater detail her thoughts behind creating the work.

To be brave,
yet vulnerable,
is when we feel
safe and not
exposed.

Michelle Ryan

'Most of us are free to make choices about what parts of our life we keep private and what is public. But for some, this choice is often not so straightforward. We need to rely on others, sometimes strangers to help us with moments in life that you might take for granted. And if we are lucky, we will have people around us who we trust. Trust is built slowly over time, relinquishing ourselves to the hands of others.

With our backs to the wall, creating edges and boundaries, we build a community around us to keep our fragility protected. It is when we feel safe enough to let our guards down, we can show the little pieces of ourselves that are our most personal. To be brave, yet vulnerable, is when we feel safe and not exposed.'

Michelle Ryan

Kaurna acknowledgement

Restless Dance Theatre is on a journey of understanding the Spirit of Place. We know this place is ancient and that the living spirit of the first peoples still breathe here. We respect the continuing living spirit of culture which lives through their generations today. Restless acknowledges the family clans of the Kaurna Nation and we shall walk softly and with respect as we feel the footprints of their ancestors.

exposed company dancers



✓ Darcy
Carpenter



✓ Jianna
Georgiou
(INJURED)



✓ Michael
Hodyl



✓ Bhodi
Hudson



✓ Alexis
Luke



✓ Madelene
Macera



✓ Michael
Noble



✓ Charlie
Wilkins

✓ our dancers
scan to meet
the company



creatives

Director

Michelle Ryan

Assistant Director

Larissa McGowan

Lighting and Set Designer

Geoff Cobham

Costume Designer

Renata Henschke

Music composed and
performed by

Emily Tulloch and

Hillary Kleinig

Music recorded and mixed by

Jarrad Payne

Hillary Kleinig and

Emily Tulloch

Rehearsal Directors

Larissa McGowan

Jo Curren and

Lina Limosan

Production and Stage Manager

Katya Shevtsov

Sound Engineer

Jarrad Payne

executive team

Chief Executive Officer

Julie Moralee

Artistic Director

Michelle Ryan

Creative Producer

Roz Hervey

Finance Manager

Theresa Williams

Marketing Campaign Manager

Nicole McKenzie

keep restless dancing (and watch us soar!)

Thank you for joining us at today's performance of *Exposed*.

It is through the generous support we received to **Keep Restless Dancing** that we can accomplish works and continue to tell our stories through making strong and unique dance theatre, informed by disability, for everyone.

We have a jammed packed program of tours, workshops and events planned for the year ahead, so far, the company dancers have spent a total of three weeks in the rehearsal

studio; toured in regional South Australia; performed at WOMADelaide; and finished the first creative development of a new work to be premiered in Adelaide in 2023!

It is our ambitious target to employ our dancers for 52 weeks of the year that we need your help to Keep Restless Dancing in 2022.

It has been the support of individuals that has truly made a difference to our company,

and for that, we are extremely grateful to everyone. It is our goal to continue to make art that changes people's lives and together we will **Keep Restless Dancing** and watch our artist's soar!

Michelle Ryan
Director

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Government funding



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