

# REFLECTIONS

TRIPLE BILL



## ME, MYSELF AND I

Delving deeper into the human psyche using Sigmund Freud's model of the id, ego and superego. The piece explores the cyclical impact anxiety has on the inner workings of the mind.

**Artistic Director:** Emma-Jane Greig  
**Choreography:** Derek Mok and Stephen Brown  
**Dancers:** Amy Elliott, Iria Arenas and Emily Parpas Georgiou  
**Lighting Design:** Damian Robertson  
**Duration:** 12mins  
**Watch the trailer here:**  
( <https://goo.gl/0trWux> )

## FATHER FIGURINE

A fractured relationship highlighting the hidden vulnerability of a father and son. This piece is an exploration of the male ego, and stereotypes men and boys struggle with in everyday life.

**Artistic Director:** Emma-Jane Greig  
**Choreography:** Derek Mok and Stephen Brown  
**Dancers:** Isaac Ouro and Tobi Oswald Oduntan  
**Lighting Design:** Damian Robertson  
**Written by:** Isaac Ouro  
**Duration:** 15mins  
**Watch the trailer here:**  
( <https://goo.gl/bJWvXD> )

## REFLECTIONS

The piece highlights the internal pressures we place on ourselves that can often lead to distorted thinking, low self-esteem and vulnerability. Accompanied by powerful spoken word and dynamic movement, Reflections takes you on a journey exploring the highs and lows of mental health.

**Artistic Director:** Emma-Jane Greig  
**Choreography:** Derek Mok and Stephen Brown  
**Dancers:** Tobi Oswald Oduntan, Isaac Ouro, Emma-Jane Greig, Amy Elliott, and Emily Parpas Georgiou  
**Lighting Design:** Damian Robertson  
**Written by:** Isaac Ouro  
**Duration:** 20mins  
**Watch the trailer here:** ( <https://goo.gl/K6HWP9> )

# BASIC TECH OUTLINE

The following is a minimalist outline for the technical requirements of Body Politic's Reflections show, comprising of three pieces: "Me, Myself and I", "Father Figurine" and "Reflections". Details are not finalised, and some equipment could potentially be provided by the company.

## Base requirements for all three pieces

Company consists of six dancers and one technician.

Black box theatre with entrances on both wings, and a stage size of at least 6.5m by 6.5m, with a black dance floor laid.

Sound: need a good quality PA, capable of playing music at reasonably loud volume. Also two monitors onstage for performers. Sound inputs are only two channels of pre-recorded music.

Lighting programmed on ETC Ion, which is MIDI triggered by Qlab file with the music.

## Basic rig consists:

- 6 booms, each with two lights
- an open-white front wash
- amber and blue backlight
- cold pipe-end cross light
- 3 pairs of birdies, in downstage-right, downstage-centre and downstage-left.

*\* Haze machine when possible.*

ME, MYSELF AND I	FATHER FIGURINE	REFLECTION
3 dancers	2 dancers	5 dancers
No set. At least six lighting specials in addition to standard rig. Mostly narrow toplight spots.	No set. Two additional lighting specials, both narrow frontlight spots.	Large freestanding wooden white frame.

## Schedule

This schedule is based on having 2 venue technicians to help with the fitup (at least until end of lighting focus).

10.00	Start lights rigging
13.00	Lunch starts
14.00	Lunch ends, sound setup
14.20	Lighting focus
15.30	Lighting plot begins
16.00	Performers arrival, rehearse pieces in space
17.30	Dinner break

18.30	End of dinner – final checks
19.00	Open house
19.30	Show starts – Me, Myself and I
19.45	Father Figurine
20.00	Interval starts
20.20	Interval ends – Reflections
20.40	Show ends

## EDUCATION & WORKSHOPS

Learning and participation is integral to what we do. We have an experienced team of dance practitioners who have worked in a variety of different educational settings ranging from FE colleges to Pupil Referral Units.

We're currently looking to work with schools and groups around Reflections, which explores the growing prevalence of mental health issues in young people. If you are interested in a workshop and getting involved, please contact Emma-Jane Greig at [emj@bodypoliticdance.com](mailto:emj@bodypoliticdance.com)

We also offer:

- Open company class
- Curtain raiser/ residency with young people/ local community group
- Post-show talk/ discussion
- Workshop for local facilitators in mental health awareness in 'sport and physical activity'

## TESTIMONIALS



Excellent show, with incredibly high production values! I was completely captivated from start to finish – the choreography was fantastic, well done on engaging such talented artists to support you in creating such powerful material, that truly tapped in to the emotional, and often heart-wrenching reality of mental health.

– *Emily Winfield, Producer, Studio Wayne McGregor*



I have never seen anything quite like it, and it was an experience that will stay with me for a long time. The performance was beautiful, moving and a phenomenal way to raise awareness of mental health. I only wish every young person in England could watch this performance, as I think it was would be an innovative and powerful way to reduce the stigma of mental health before it fully develops.

– *Annie Sillence, Active Body Healthy Mind Coordinator, Oxfordshire Mind*



'Reflections' is a unique and refreshing approach to raising awareness of mental health issues. This was such a fantastic production, with real creativity, incredible dancing and poignant music that had me captured for the entirety of the performance. I hope that further funding can be found to tour this to groups of young people to break down the stigma and barriers to discussing mental health issues.

– *Sally Culmer, Public Health, Oxfordshire County Council*



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Please contact **Emma-Jane Greig** for further information about our work at [emj@bodypoliticdance.com](mailto:emj@bodypoliticdance.com)