

**DANSENSE-NRTYABODHA PRESENTS *CHANGING BODIES, SHIFTING LANDSCAPES***

*Changing Bodies Shifting Landscapes* is a collaborative dance work reflecting on changes in the female body that occur throughout life. This dance—part of a larger work in progress—deals with menstrual health. Research from our own experiences, customs across cultures and the reasoning given for them, and the policies that affect menstruating bodies. After a year of development, this piece continues to evolve, weaving together powerful narratives, both from bleeders and non-bleeders, that highlight women's health as a fundamental human right. The collision of creative energy among a varied group of local dancers and musicians from India brings *Changing Bodies Shifting Landscapes* to life. Whether you joined us for a previous iteration of this performance or are experiencing this work for the first time, we invite you to witness this journey of growth, discovery, and empowerment. The half-hour work will be followed by the Critical Response Process to foster an open and meaningful dialogue around the often-unspoken themes that have shaped this work.

The work has a specific form and process. The first 2 sections are set choreography guided by research prompts and/or karana movements, which are part of the advanced course in Bharata-Nrityam at Dansense-Nrtyabodha. These movement choices choreography came from stories of the shame and embarrassment of blood stains and the discomfort of puberty changes. The movements are also inspired by the confidence that comes from the kindness and understanding of friends and strangers, female and otherwise. The following sections are real-time composition. In a sense, moving from the predetermined form of the first half to the open score of the second is representative of how we can expand our experiences and explore new ways of being/relating as women across generations, cultures, and genders.

Conversations through Liz Lerman's Critical Response Process® (CRP) have contributed to this production. The musicians from India have played a vital role as they listened and thought with us to create a music score with extensive improvisations. The music not only reflects but enhances the movements and stories they contain.

NOTES:

**Invitations to audience participation during the performance:**

- What words do you associate with menstruation?
- Share something from your culture that is specific to menstruation.
- What do you wish you knew earlier about menstruation?

**Based on what you experienced in today's production of CBSL...**

What was memorable about your experience of CBSL? What resonated with you, what stood out, what surprised you...? Nothing is too small to notice.

What are you curious about? What would you like to know more about from what you saw? If you had a negative reaction or feel uncomfortable with something in the program, why?



<https://www.dansense.org/events.html>



## THE COLLABORATORS

Aayan is in the 4th grade. He enjoys reading and learning Tang Soo Do. He is a fan of Harry Potter, Avatar the Last Airbender and good food.



Coley Curry is a dancer and multidisciplinary creative whose work spans storytelling, facilitation, collage, craft, and film. Coley strives to create spaces that center community, ritual, and healing.



Ganesan Gajendran is a versatile Indian Percussionist, primarily adept in the *mridangam*. He imparts his knowledge through traditional classes and provides expert accompaniment to dance students for their stage debuts, thus demonstrating his great capacity for educating and encouraging aspiring artists, as well.



Jisun Myung is a performance artist and musician. She's grateful to be part of this project. [www.potlucktheatre.com](http://www.potlucktheatre.com)



Jivantika has been learning dance for 8 years at Dansense. She is a 7th grader at Basis-Chandler. When not studying, she enjoys crafting and running with her Dad.



Jorge Edson "Bboy House" Magaña is a first-generation college graduate with a B.A. in Psychology/Sociology and an M.F.A from ASU. With 40+ years of lived experience in Hip Hop culture, specializing in breakin', he co-founded the World Wide (Spain, Denmark) Furious Styles Crew and significantly impacted Arizona's art communities. He is a professor at ASU and teaches and judges internationally. IG: BboyHouse [www.FuriousStylesCrew.com](http://www.FuriousStylesCrew.com)



Kadapa Raghavendran is a flutist who performs for various dance forms and for musical concerts. He and his wife Dr. P. Lakshmi, a veena artist and professor, continue to pass on the traditions of Carnatic music to younger generations.



Karion Houston is a dancer from Gary, Indiana who has been practicing the art of movement for over 2 decades. Trained in classical ballet, modern, jazz, hip-hop, African Diasporic movement and more, they are a freelance dance artist. Currently their style of art focuses on meshing the various crafts cultivated to create movement that resonates in mind, body, and spirit.



Keenan Smith is a Performance and Movement major in his senior year at Arizona State University. His most recent project was in the ASU School of Music, Dance, and Theatre's devised production of Anthropocene. Keenan works in acting and dance and is excited for you to see this project!



Manasi Tripathy is an Odissi dancer and teacher. Manasi holds a Master's degree in Odiya Literature and is a makeup artist and costume designer. In 2022, the AZ Coalition to End Sexual & Domestic Violence honored her with the Three Heart Award for survivors for promoting healing through dance.



Mary Fitzgerald is a contemporary modern dance artist who is insatiably curious about movement—in all its forms—and collaborative art making. She is a dance faculty member at Arizona State University. <https://mary.fitzgeraldance.com>



Rajitha is a Bharatanatyam dancer and Physical Therapist by profession. She is passionate about this art form and grateful to be able to continue learning, performing and collaborating with all incredible dance artists.



Sai Pratyusha Gutti is a Bharatanatyam dancer and is training in Bharatanatyam under Sumana Sen Mandala. Working with Sumana enabled her to widen her horizon by participating in community projects and go beyond the tradition. By profession, she is a Signal Processing Software Development Engineer at Cirrus Logic.



Sai Sabapathy is a versatile vocalist. His performances cover the spectrum from the Chennai sabhas to the ancient temple festivals, both as a concert vocalist and an accompanist to dancers. Sai is a graded All-India Radio artist, an avid nature photographer and holds a Master's in Computer Applications.



R. Selvaprasad is a violinist who hails from Kumbakonam. Selvaprasad is also trained in the art of performing percussion syllables vocally in Carnatic music, known as konnakol. Lauded for his versatility, he is an All India Radio graded artist.



Sumana is a Bharata-Nrityam artist. She is filled with gratitude to be surrounded by such generous artists-colleagues who are instrumental in realizing the Dansense-Nrtyabodha Collective. See more at: [www.dansense.org](http://www.dansense.org) @dansensenrtyabodha



Tremayne Manahane is a dancer, singer, and storyteller whose work explores the traditions of the Pacific Islands and Western dance practices. Originally from the Mariana Islands in the Pacific region of Micronesia, Tremayne has been a visitor in the ancestral lands of O'odham and Piipaash. As a first-generation, non-traditional college graduate, he is moved by the power of education and the inexhaustible growth of one's knowledge.



Esteban Rosales is a stage manager, lighting board operator, lighting designer, dancer, and choreographer based in Phoenix, Arizona. He is Phoenix Center for the Arts' official Technical Coordinator. He juggles both performance and backstage life styles as he hopes to premier his upcoming dance project, ROBOTICA, in 2025.



### CRP® FACILITATORS

Ruby Morales is a dance activist investigating culturally informed teaching methods, circular leadership models, and her relationship with movement as a bgirl and Mexican style cumbia. She's a company dancer and the Resource Director for CONTRA-TIEMPO and a co-founder of The Pachanga Collective.



Sarah Sullivan (she/her/) is a theatre artist, arts administrator, and writer living, working and creating in Phoenix, Arizona. She is a Producing Artistic Collaborator at Rising Youth Theatre, where she focuses on administrative and operational work, building systems that support radical and innovative artmaking and community.

