1 my body benefits in solitude
2 my body finds energy in surrender
3 my body enjoys jokes, riddles and games
4 my body engages in work
5 my body commits to practice
6 my body seeks comfort but not for long
7 my body is limited by physical presence
8 my body knowingly participates in its appearances
9 my body likes rest
10 my body is bored by answers
11 my body seeks more than one view of itself
12 my body delights in resourcefulness
13 my body trusts the unknown
14 my body feels weightless in the presence of paradox
15 my body equates patience with renewal
16 my body hears many voices, not one voice
17 my body relaxes when thoughts abate
18 my body is held in the present

Deborah Hay
Wesleyan University Press, 2000

The 18 chapter headings above are from Deborah Hay’s third book My Body, The Buddhist and offer an evocative indication of the depth and breadth of Hay’s reflections on the body & choreography.
Performance and Solo Adaptation by Bianca Martin
Bianca is a Perth based contemporary dance choreographer. 2008 marked the debut of her full-length work HOME ALONE (the suburbs dream tonight) as part of the Artrage Silver Festival, and launched Company Upstairs as a vehicle for her dance theatre and installation works. HOME ALONE was nominated for Outstanding Achievement in Choreography and won the Award for Design and / or Composition in Dance at the 2009 WA Dance Awards. In 2008 Bianca presented a version of Thomas Lehmen’s “Schreibstück” at the Perth Institute of Contemporary Arts, for which she was nominated for Outstanding Achievement in Choreography at the 2008 WA Dance Awards. In Australia Bianca has performed for Buzz Dance Theatre, Co Loaded and Hydra Poesis. In Europe she has performed dance theatre work for Compagnie Abyla (France), Sebastian Prantl (Austria) and Company Bettina Ówczarek (Germany). She is currently choreographing for Barking Gecko’s The African Magician. Further projects for 2010 include performance for Personal, Political, Physical Challenge by Hydra Poesis and Company Upstairs will host Margie Medlin (Critical Path, Sydney) and Gerald Thompson funded by PICA. Bianca is in her final year of a Bachelor of Laws at UWA.

Notes
For a number of years I have been creating dance theatre for groups of dancers. My experience of performing “in The Dark” will not be taking my work in a direction away from that. It has been an extraordinary opportunity to experience Deborah Hay’s technique. Hypothetically, this practice almost collides with the artistic path I have been on. I have been instilling meaning and symbolism in movement, layering artistic elements in my work to create a political or social overtone, with set dance steps, created from the dancer’s bodies or my own. Deborah’s work has enabled me to get ‘inside’ my choreography again. It has broken open all of my movement patterns, and allowed me to see the beauty and absurdity of the moving human body. It constantly challenges my view of the ‘trained’ dancer’s body in space, by making it appear ‘untrained’. I have felt incredibly honoured to be part of a project with enormously talented performers and choreographers from around Australia, and to be supported by STRUT for the whole project. One of my favourite ideas of Deborah’s is that she gives the audience no hooks, or clues. I hope you will enjoy that experience.

Set Design by: Jamie Macchiusi
Jamie is an artist. He graduated from Curtin University of Technology and has exhibited his work nationally and internationally. Jamie’s work has been featured in SILVER at Perth Institute of Contemporary Art, Invisible Miracles at Neon+Idv, Milan and a number of other artist run initiatives. Jamie won the 2009 West Australian Dance Award for Design or Composition in Dance for the Company Upstairs production of HOME ALONE (the suburbs dream tonight).

Sound by: Lindsay Vickery
Lindsay is a composer and performer across Europe, the USA and Asia. His music includes works for acoustic and electronic instruments in interactive-electronic, improvised or fully notated settings, ranging from solo pieces to opera and has been commissioned by numerous groups for concert, dance and theatre. He is also a highly regarded performer on reed instruments and electronics, touring as a soloist and with ensembles in many parts of the world.

Costume Design by: Callie Batt

Thank you to: Lindsay Vickery, Deborah Robertson, Danielle Micich, Callie Batt, John and Cherry, Arjan Tulsi, Geoff Baker, all at STRUT dance.
DALKEITH choreographer Bianca Martin will hit the stage for the first time in three years after being handpicked to perform a piece by US choreographer Deborah Hay.

Ms Martin answered a call to perform In the Dark along with other hopefuls around Australia and was one of two WA dancers chosen for the "edgy" piece.

Felicity Bott and Ms Martin, along with four dancers selected from Sydney and four from Melbourne, spent 10 days with the choreographer at a rural arts centre a few hours from Sydney to rehearse the performance.

"It's been a massive challenge for me and the show is really different to the kind of work I have been making, but I'm ready for the challenge," Ms Martin said.

In the Dark will be at the Perth Institute of Contemporary Arts on June 17-19 from 6pm. For tickets, call 9228 6300 or visit www.pica.org.au.
Thursday 19 May 2011

- Min 10°C
- Max 24°C
- [More details]

Friday

- 13 - 19°C

Saturday

- 6 - 19°C

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**Moral dilemma of the week**

**Dilemma #3: Suffering Mother**

A mother is suffering from terrible pain caused by a rare sickness. There is no way for her to get treatment at a medical facility because the family is extremily poor. [read more](http://eastern.inmycommunity.com.au/news-and-views/local-news/Dancing-back-in-the-dark/7558997/)

**Featured local event**

**Capel Vale 65 Roses Grand Ball for Cystic Fibrosis - May 21**


**See other local events or list your own event here**

**Joke of the day**

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Little Johnny's neighbor had a baby. Unfortunately, the baby was born without ears. read more

Videos of the week

8 Year Old Banjo Player

Droplet Collisions

Lottery Winners

See more great videos

Photographer galleries of the week

Dan Holdsworth

Dominik Smialowski

Jonathan Levitt

See more great galleries

Flash games of the week

Big Time Racing

Anbot 2

Angkor Quest

Play more great games

Your Stars

TAURUS - April 20 to May 20
May 19 - Deep insights are likely as the introspective Moon moves into Sagittarius and your eighth house of sex, death and taxes. Someone close to you may be experiencing emotional turmoil... try to be patient and even-tempered no matter how hard you are pressed. This evening, avoid superficial types and engage in more substantial connections.

Read other star signs here

Earthweek

For all the latest on natural events happening around the world, take a look at Earthweek - a diary of our planet. It explains what Mother Nature has been up to for the past week. Click to view