



## MEDIA RELEASE

### MELBOURNE, IT'S TIME TO BE YOUR SELF

11 May 2017

Australian Dance Theatre is returning to Melbourne for the first time since 2013 with **Garry Stewart's** global tour de force *Be Your Self*.

Performed with a physicality that must be seen to be believed, *Be Your Self* transforms the ADT dancers into erupting powerful and emotional entities that question the very essence of our being... what makes you, you?

In this extraordinary creation, Stewart examines how the body is central to our identity and that our notion of the 'self' is indeed located in our bodies. Our emotions, moods and psychological states are just as much a component of our physical reality as any other bodily function including our heartbeat or respiration.

"In thinking about the question 'who am I?' the body is the most appropriate place to start," the ADT artistic director explains.

"It's not just a nebulous concept we carry around in our heads. The discussion of selfhood and identity is so relevant to dance and *Be Your Self* cross pollinates ideas from philosophy, neuroscience and psychology into an entertaining and action packed whole."

Since its 2010 premiere, *Be Your Self* has toured extensively overseas as well as to Sydney, Perth and a number of Australian regional venues, enjoying critical and audience acclaim.

However, it has never been to Melbourne and Stewart can't wait to share it with ADT's legion of fans there.

"For me it's an important work within our repertoire and isn't quite like anything else that I've created," he says.

"Melbourne has a very literate dance community, so it's exciting to expose our work to such a sophisticated audience who I think will really connect with the physicality and the concepts of the work equally."

Set to a wildly unpredictable electronic score by Brendan Woithe, Stewart collaborated with visionary New York architectural firm Diller, Scofidio + Renfro, to create the ingenious set design, which forms the backdrop for a surreal video projection.

The movements of the dancers are accompanied by an actor on stage who delivers an astounding series of monologues that bring a sense of wonder at the marvels of the human body. Stewart worked on this text with

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Professor Ian Gibbons – former Professor of Physiology at Flinders University - as well as ADT physiotherapist Michael Heynen.

In creating the piece, Stewart and the dancers spent a day with Professor Gibbons examining preserved cadavers at the Flinders Medical Centre in Adelaide. They also underwent a period of Buddhist meditation on the nature of the self.

Training daily across a number of physical disciplines including breakdance, yoga and tumbling, the ADT dancers show an unrivalled breadth of skill as virtuosic performers who push the boundaries of what we commonly associate with contemporary dance.

*Be Your Self* was co-produced by the Grand Theatre de la Ville de Luxembourg, La Rose des Vents Villeneuve d'Ascq, Le Rive Gauche Centre Culturel de Saint-Etienne-du-Rouvray, Centro Cultural Vila Flor and Arts SA's Major Commission Fund.

Following the full-scale *Be Your Self* season in Melbourne, ADT will commence a regional tour of *Be Your Self Redux*, a reduced-scale version of the work, across Australia.

- Ends -

## **BE YOUR SELF – MELBOURNE**

Wednesday 2 – Saturday 5 August 2017 - **The Sumner, Southbank Theatre Melbourne**  
For more info and to book - <http://bit.ly/adtbeyourself2017>

## **BE YOUR SELF (REDUX) - NATIONAL TOUR**

Tuesday 15 August- **Townsville Civic Theatre**, Townsville (QLD)  
For more info and to book – [click here](#)

Friday 18 – Saturday 19 August - **Northern Rivers Performing Arts (NORPA)** – Lismore (NSW)  
For more info and to book – [click here](#)

Thursday 24 August - **Empire Theatre** – Toowoomba (QLD)  
For more info and to book – [click here](#)

Saturday 2 September – **Riverside Theatres** – Parramatta (NSW)  
For more info and to book – [click here](#)

Friday 8 September - **Frankston Arts Centre** – Frankston (VIC)  
For more info and to book – [click here](#)

Tuesday 12 September - **Mildura Arts Centre** – Mildura (VIC)  
For more info and to book – [click here](#)

**For further information, review tickets or to arrange an interview please contact:**

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