

A close-up photograph of a woman's face, looking slightly to the right. She has dark hair and a small hoop earring. Her face is partially obscured by numerous prescription medicine bottles of various sizes and colors (brown, white, yellow) that are stacked around her head and neck.

thing every after

Director: Ella-Gabriel Mason

Dancers: Lia Haynes, Mandy Hackman, Ella-Gabriel Mason, Tessa Rhodes, Tiana Sanders, Madeline Shuron

Music & Videography: Miles Wilder

Photography: Benko

Video editing & installation: Ella-Gabriel Mason

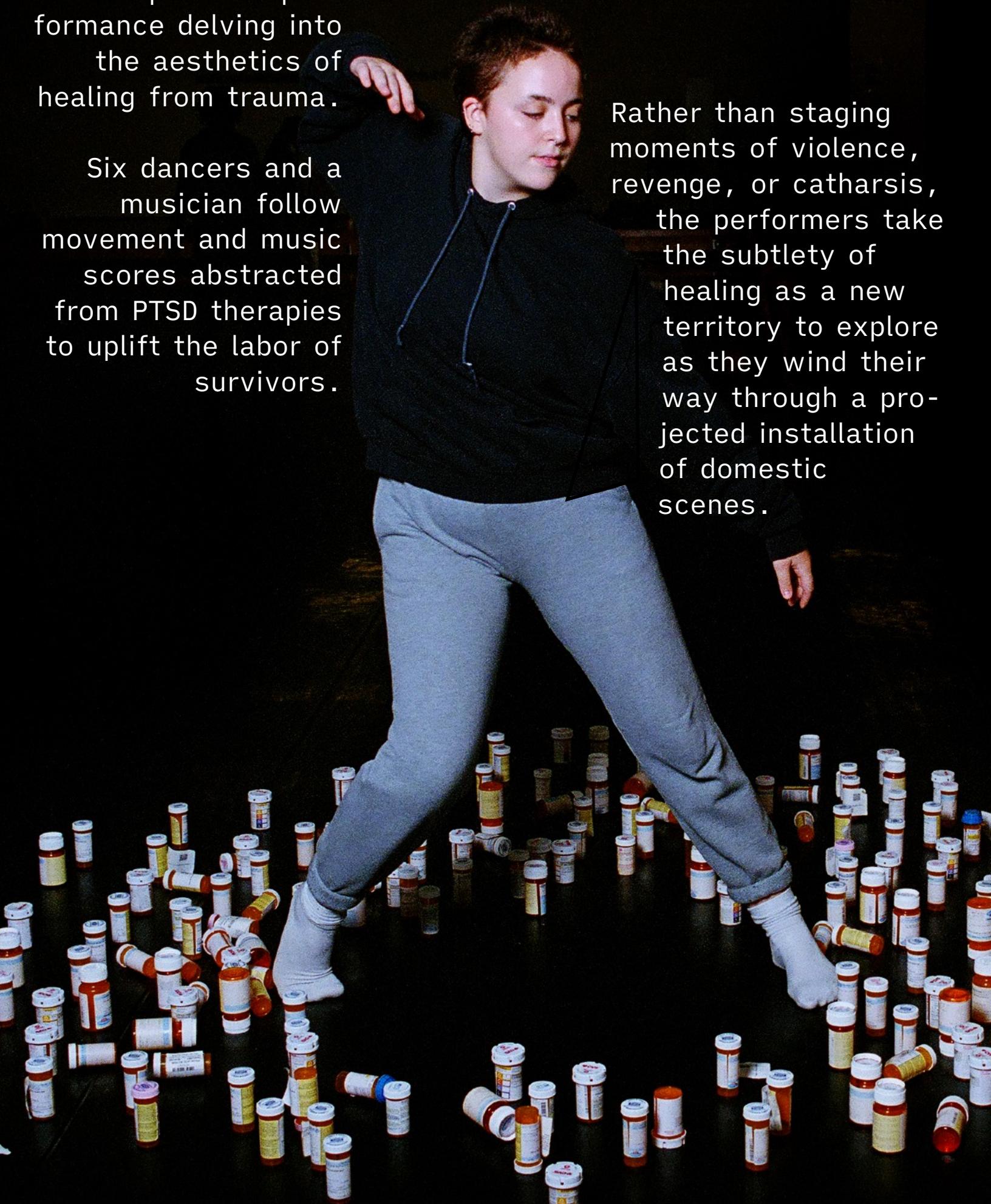
Graphic design: Ardon Shorr

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Student Grant from Temple University, Philadelphia, PA, USA

An improvised performance delving into the aesthetics of healing from trauma.

Six dancers and a musician follow movement and music scores abstracted from PTSD therapies to uplift the labor of survivors.

Rather than staging moments of violence, revenge, or catharsis, the performers take the subtlety of healing as a new territory to explore as they wind their way through a projected installation of domestic scenes.

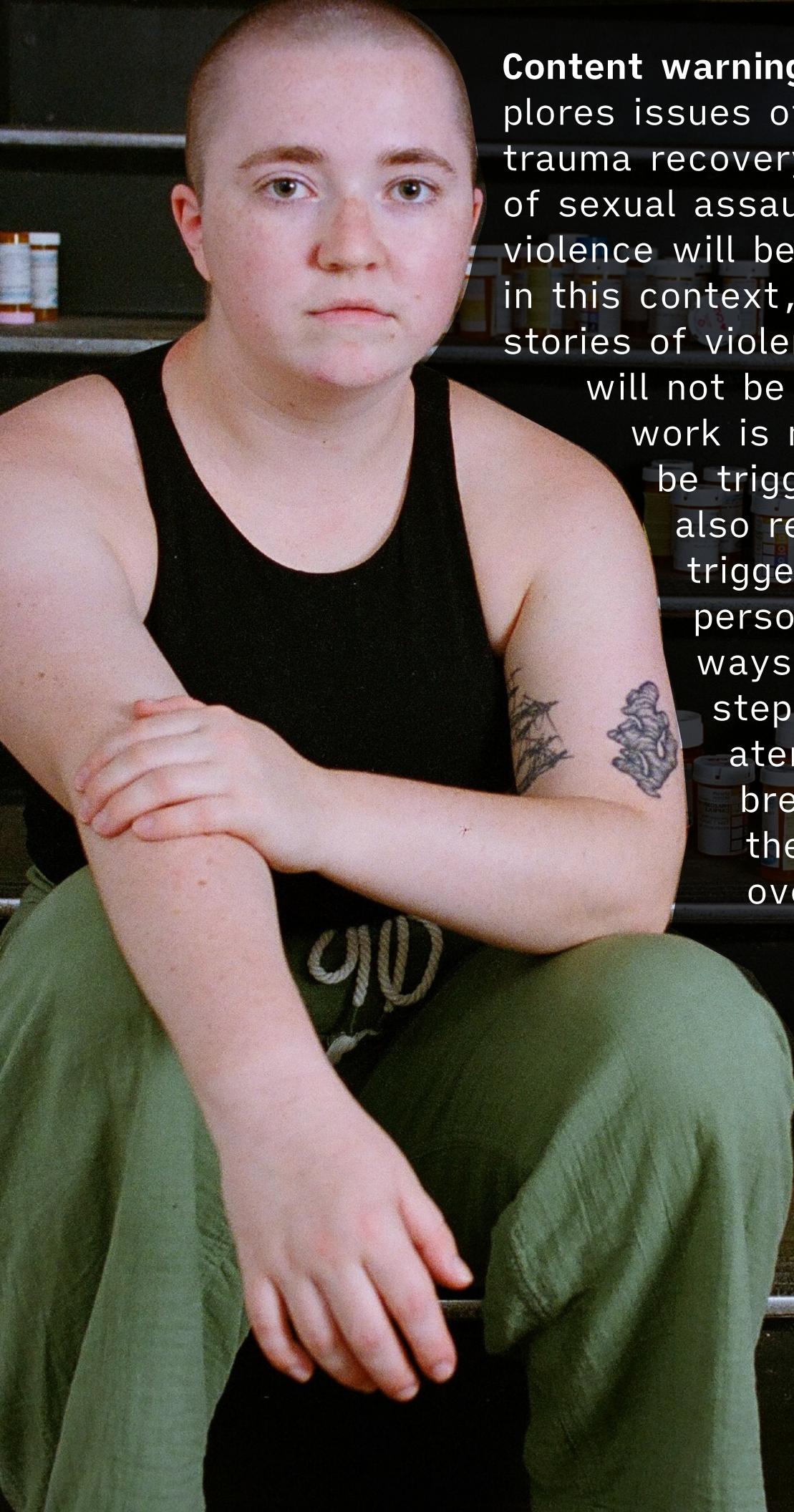




The pill bottles featured in the set and projections are the remnants of Ella-Gabriel's psychiatric medications.

They have been collecting these pill bottles since their diagnosis with PTSD in 2011.

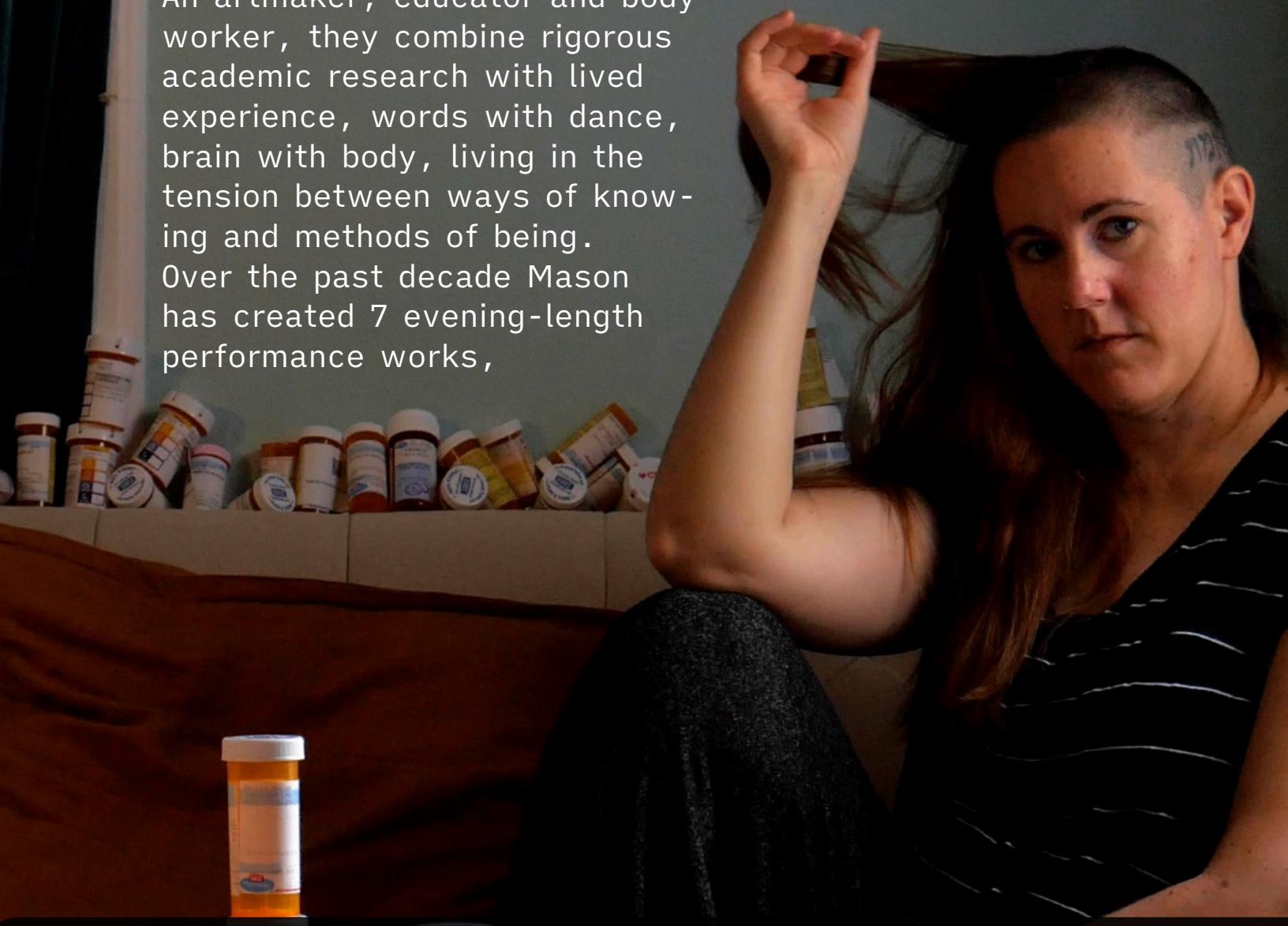
Content warning: This work explores issues of trauma and trauma recovery. The existence of sexual assault, abuse, and violence will be mentioned within this context, but explicit stories of violence and abuse will not be shared. The work is not intended to be triggering AND we also recognize that triggers are intensely personal. You are always free to quietly step out of the theater and take a break if you find the performance overwhelming.



About the artist

Ella-Gabriel Mason wants to understand who we are, how we got here, and how we're all thinking and feeling about that. An artmaker, educator and body-worker, they combine rigorous academic research with lived experience, words with dance, brain with body, living in the tension between ways of knowing and methods of being.

Over the past decade Mason has created 7 evening-length performance works,



and a number of installations, video pieces, and short movement works. They have been granted residencies at Future Tenant Gallery (PGH) and Pearlarts Studios (PGH), and their works have been presented at the New Hazlett Theater (PGH), Kelly-Strayhorn Theater (PGH), vox populi (PHL), wild project (NYC), WOW Café Theater (NYC), and BAAD! (NYC). In addition to their work as a creator and performer, Mason is a licensed massage therapist specializing in trauma-sensitive bodywork. They bring their deep background in embodied practices to their work (both paid and volunteer) in a variety of community organizing roles. Mason is currently a dance MFA candidate at Temple University and aspiring to bake the perfect babka.

Miles Wilder is a modern dance, contact dance, and circus composer from Colorado, based currently in the Boston area. They are a sound-sculptor who melds multi-instrumental live-looping and soulful vocals. Wilder's music is a guided journey to no-place and of every place, all at once. Their work is multi-disciplinary and collaborative, providing the soundtrack to vast imagined worlds on stages big and small.

Tessa Rhodes is a third-year student here at Temple and is studying Early Childhood Education with a Dance minor. Tessa began their dance career in Baltimore, Maryland as a competition dancer focusing on Ballet, Tap, Jazz, and Modern. Since coming to Philadelphia they have become interested in other forms of dance such as Improvisation and Breaking. They do not love writing about themselves, but they do love cats, arts and crafts, houseplants, music, and dancing (especially with cool people!)

Madeline Shuron studied theatre at Bryn Mawr College and is an MFA candidate in dance and lecturer at Temple University. As an artist and educator based in Philadelphia, she is interested in investigating embodied affect and interrogating the audience-performer relationship through an interdisciplinary approach of dance, theatre, film, puppetry, and clowning.

We are not defined by the moments of violence we experience. It's **everything after** that makes us who we are.



Lia Haynes is a current fourth year student in Boyer's dance department from Plainfield, New Jersey, pursuing a double major in Dance and Africology and African American Studies. She began her dance training at three years old, beginning with Ballet and Tap. Over the years she began training in other styles such as Jazz, Horton, Graham, Contemporary, Lyrical, Hip Hop, Umfundalai and West African dance techniques. With her broad interest in various dance styles and her passion for social justice and education, it has led her to choreographing and teaching dance locally in New Jersey and internationally in Ghana. In the future, Lia plans to continue performing and teaching dance through an Afrocentric perspective to create socially challenging narratives both on and off stage.

Tiana Sanders is a teaching dance artist from Wilmington, Delaware. She is a recent graduate of Temple University in Philadelphia, Pennsylvania where she received her Bachelor of Fine Arts degree in dance. She received her Associate's degree in General Business from Delaware Technical Community College in August 2021. She is going on her second season as the Hip-Hop dance teacher at Christina Cultural Arts Center (CCAC). She has also received many opportunities to teach classes in various dance styles at CCAC along with many partnering programs including monthly hip-hop and African dance classes at the Route 9 Library in New Castle, DE. At Temple University, she received the Rose Vernick BFA Choreography Award and was the winning choreographer for The Wilmington Public Library's 1st annual Dancing With The Delaware Stars gala in March 2022. She trained under Dara Meredith, LaCeda Nelson, Raye Jones Avery, Shawn Lamere Williams, and Charon Mapp and has worked with choreographers including Ephrat Asherie, Megan Bridge, and Marion Ramirez.



Michael Francis Benko studied Civil Engineering in Colorado and currently works for the City of Philadelphia as a design engineer for water and sewer projects. Photography has served to feed the creative side of Michael's brain for about ten years, and Benko's skills are routinely applied to anything they feel up to doing or are invited to do.

Mandy Hackman is a dancer, choreographer and aerial artist. She is currently based in Boston, where you can find her making contemporary circus with Circus617 and performing aerial, stilts, and tarot as an event performer. Mandy has worked with dance, circus, and theater companies throughout the US over her long career, specializing in interdisciplinary and immersive works. She has scaled factory walls with Rainbow Militia, hung from the ceiling above orchestras with Frequent Flyers Aerial Dance, created intimate worlds on film with Hypha and danced on stages of all sizes with Sinecdoche Dance, Control Group Productions, and many more. Mandy has toured her own choreography throughout the US and been a commissioned artist for the US Aerial Dance Festival, Excessive Realness Dance Festival, and others. Her hope as a movement artist is to be as honest and curious as possible, no matter what the container is. She is very honored to have created work with Ella for over a decade. When not performing, Mandy teaches neuromuscular repatterning and body inclusive strength training through her fitness company, All Our Bodies.

