



SO  
NOW  
YOU  
KNOW

Mixed  
eMotion  
Theatrix





## SO NOW YOU KNOW

combines the strengths of actors and dancers to tell personal stories of individual discovery in words and movement. This hybrid dance/theatre concept integrates stories and performers in a new engaging dance/theatre experience. These true tales of love, childhood, family, birth and death are hilarious poignant and uplifting. We all have stories to tell, So Now You Know combines spoken language and movement to actively engage the audience. Mixed eMotion Theatrix can bring it's full cast of storyteller/dancers for an evening of personal histories. Or a full performance of SNYK can be developed specifically with and for your multi-faceted community. Our unique development process uncovers compelling stories from your community performers and combines them with movement to create a performance that will touch and unite your audience.

**Watch Our  
Promo Video:**



# COMMUNITY OUTREACH

“So Now You Know” brings actors who move and dancers who speak together to tell stories of individual discovery in words and dance. This performance concept integrates stories and performers in a new engaging hybrid dance/theatre experience. The performance is developed with a group of actors, dancers, or others from your local community who join in workshops where they share true stories of love, childhood, family, work, birth and death. This can be any group from your area; teens, seniors, artists, physically challenged.

Each story must end with what they learned from the experience (“so now I know that...”). From these workshops stories are selected for the production. Music is chosen, inspired by the stories. Working with the Storytelling Coach the story is refined and shaped with the storyteller. Choreography is then added, every member of the cast is involved in movement for the production. We all have stories to tell, “So Now You Know” creates a union between the performers and the audience to share common experiences of life that will uplift and unite them.





# Three ways MeMT can bring **SO NOW YOU KNOW** to your theater:

Mixed eMotion Theatrix can bring our full production of “So Now You Know” to your theater or an original SNYK can be developed utilizing your own community performers.

## **MeMT Cast:**

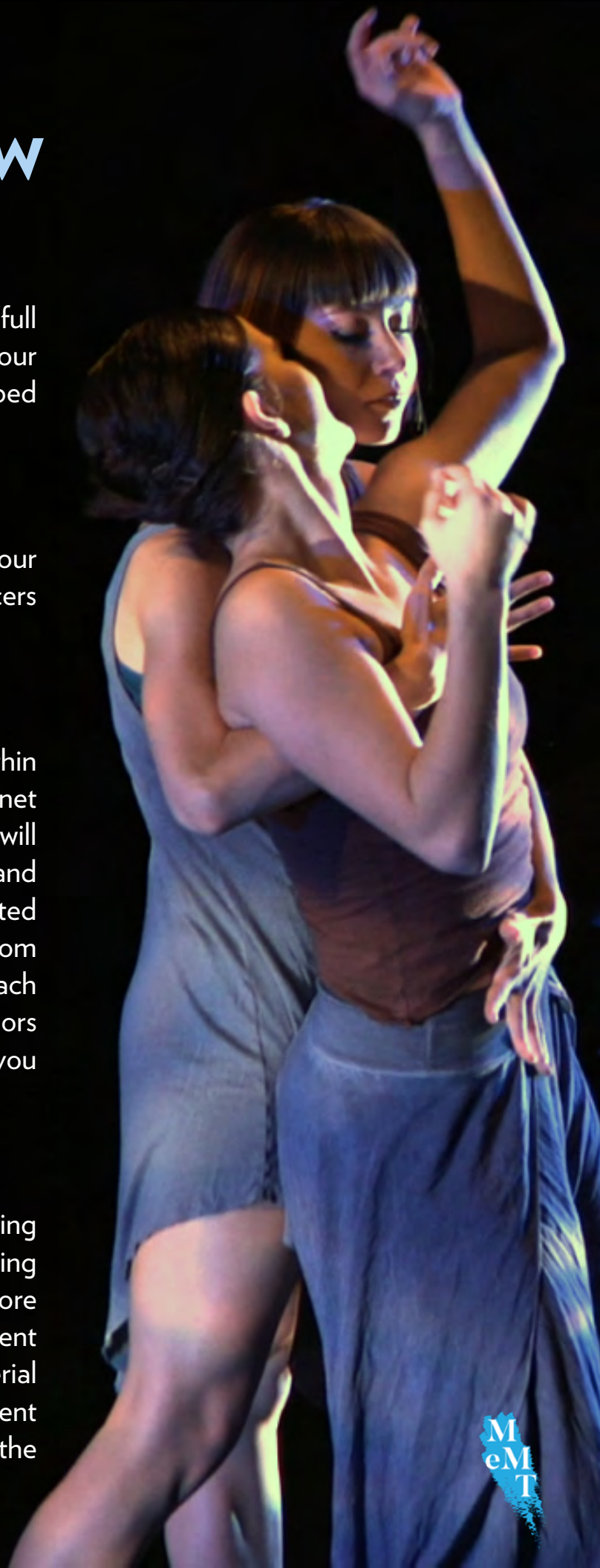
So Now You Know comes to your theater with our 9 to 12 person cast of professional actor/dancers and presents a full performance.

## **Community Cast:**

Create a production completely from within your community. Director/Choreographer Janet Roston and Storytelling Coach Diana Wyenn will come to your theater and develop stories and movement with performers of all ages selected from your community. You can draw from performing groups within your theater outreach (do you have a teen theater company? Seniors that are actively involved as volunteers?) or you can cast with a general audition process.

## **Combo Cast:**

A third possibility can be a mix of the two, using some of your community performers telling stories with movement and adding four or more of MeMT’s cast at the end of the development process. This shortens the amount of material necessary from your community cast to present a full evening’s performance thus shortening the rehearsal process.





**“So Now You Know captured our Middle School students imagination; they were fully engaged in listening to each dancer and his/her story. You could feel the emotion in the building. This group knows how to reach Middle Schoolers. Quite possibly the best live performance our student body has ever attended.”**

- Jenni De Wald, Assistant Principal,  
Alder Creek Middle School, Truckee, CA

**“We have heard nothing but amazing praise from the school administrations and the students’ parents. Janet and Ryan flawlessly incorporated our 3 teen students stories with the professional dancers and the resulting performances were nothing short of magical.”**

- Lydia Ballard, Programs Coordinator,  
Arts For The Schools, Truckee, CA







**“...an incredible movement-theatre piece...  
Truly worth watching!”**

Michael Alexander, Former Executive Director,  
Grand Performances

**“Captivating, funny, surprising and  
invigorating, this is a special work!”**

Leo Garcia, Executive Director,  
Highways Performance Space

**“Janet Roston worked beautifully with  
our teens to produce a funny and touching  
top level performance piece.**

**The audience loved it.”**

Dana Berk, Artistic Director,  
Beverly Hills High School Dance Company



# BIOS



## **Janet Roston** Director/Choreographer

Janet is an award-winning Director/Choreographer working in theater, concert dance and many forms of media. She was the Director/Choreographer and Co-Creator of “Anaïs, A Dance Opera,” which tells the story of famed diarist, Anaïs Nin, a MeMT production. The production premiered at the Greenway Court Theatre, other performances include the New Vic in Santa Barbara and the Musco Center for the Arts, Chapman University. It was part of the Festival Off d’Avignon in France last July and will be opening the International Theater Festival in Casablanca, Morocco as well as performing in Paris in March 2018. As Director/Choreographer of theater her work includes “Midsummer Night” for the Tennessee Shakespeare Company, “Striking 12” (Laguna Playhouse), “Tonya and Nancy, The Rock Opera” (ART, Boston), “CarnEvil” (Sacred Fools Theater) “shAme,” (King King Nightclub), “So Now You Know” (Highways, Wallis) and “The Wanting” (Highways). Janet created choreography for the hit production, “The Boy

From Oz” (Celebration Theatre) for which she received her second Ovation Award (LA’s top theater award) as well as the Los Angeles Drama Critics Circle Award (LADCC). Janet created choreography for “The Color Purple,” (Celebration Theatre) and was awarded the Ovation, NAACP and LADCC Awards. Additional choreography: “Once On this Island,” (International City Theater, NAACP Nomination); “Avenue X,” (Odyssey Theater, Ovation Award Nomination); and “Failure, A Love Story” (Coourage Theater, Ovation Nomination). “Failure” was presented at the Kirk Douglas Theatre as part of Center Theater Group’s “Block Party.” Her contemporary choreography has been presented at London’s Royal Academy of Music and in Cannes, France. Her work was awarded at the Palm Desert Choreography Festival and selected for the Los Angeles Dance Festival, and Pasadena Dance Festival. She has received two American Choreography Awards, is a proud alumni of the Directors Lab and a member of the Society of Stage Directors and Choreographers. [janetroston.com](http://janetroston.com)



## **Ryan Bergmann** Executive Director / Storytelling Coach

Ryan is a Los Angeles based theatrical director and producer. He has spent well over a decade devoted to promoting and growing the arts community in and around the Los Angeles area and beyond. He specializes in new works and developing theatre arts that foster communication and acceptance of all communities. Ryan earned his BA in Theatre and German at Truman State University and has continued his studies throughout the world. In 2015 Ryan and his partner in crime, Janet Roston proudly established Mixed eMotion Theatrix with the dream of bringing the magic and joys of theatre, dance and multimedia to all communities throughout the world to further acceptance and growth within us all. His most recent

directorial work includes, “Mutt House, The Musical” (Kirk Douglas Theatre), “Die Mommie Die” (Kirk Douglas Theatre), “Die Mommie Die” (Celebration Theatre), “Niagara Fall” (Theatre of NOTE), “Bronies the Musical” (LA Fringe, Best Musical Winner), “revolver” (Celebration Theatre), “The Real Housekeepers of Studio City” (LA Fringe, Best of Fringe Winner). Ryan’s most recent producing work includes, “Anaïs, A Dance Opera” (Greenway Court Theater), “Tonya & Nancy: The Rock Opera” (King King), “The Next Fairy Tale” (Celebration Theatre), and “BASH’d: A Gay Rap Opera” (Celebration Theatre). [ryanbergmann.com](http://ryanbergmann.com)



## **Joe LaRue** Producer

Joe is a stage/film director, video editor, photographer, graphic designer, dramaturg, and projection designer. His projection design, story editing, and research skills were pivotal in the shaping of MeMT’s *Anaïs, A Dance Opera*. He is the director of the web-series *Dog Days* and *Pet Peeves*. His short films *Adobo*, *Loaded*, and *Thanksgiving* have screened at festivals including the Boulder International Film Festival, D.C. Asian Pacific American Film Festival, Philadelphia Gay and Lesbian Film Festival, and the Long Island Gay & Lesbian Film Festival. He is the editor of the hit Nigerian feature films *When Love Happens*, *Lunch Time Heroes* and *When Love Happens Again*. Projection design credits include *Gatsby Redux* (Walt Disney Concert Hall), *Striking 12* (Laguna Playhouse), four consecutive years of *The 24hr Plays*, *Tonya & Nancy* (Club Oberon, Boston), *Serpentine Pink* (Son of Semele), and *CarnEvil* (Sacred Fools). Joe holds an MFA

in Acting from the University of Florida. [joelarue.com](http://joelarue.com)





# THE COMPANY

## Mixed eMotion Theatrix

### OUR MISSION

Mixed eMotion Theatrix (MeMT), formed in 2016, combines music, contemporary dance, ethnic movement, opera, theater, film and multi-media to create hybrid performance experiences in live theater. The company is dedicated to telling stories of the human condition through the use of folk tales, myths, classic literature, new histories and biographies. It is the goal of MeMT to create productions that are filled with wonderment, insight and the rush of human motion and emotion.

### PRODUCTION HISTORY

#### Anaïs A DANCE OPERA

Anaïs, A Dance Opera blends dance, music, theater, and text to explore and illuminate the riveting life of famed diarist and literary figure Anaïs Nin. With one female vocalist, six dancers and stunning projections the show tells the absorbing story of Nin, revealing her world of words, sex, passion and creativity: her scorching affair with novelist Henry Miller; her immersion into the decadent café culture of 30's Paris; and her daring sexual adventures in 40's NYC. The production had development presentations at the Miles Playhouse, and Pasadena Dance Festival. The show premiered in Los Angeles in '16 to rave reviews, sold out houses and an extended run. It performed the month of July '17 in France at the Festival OFF d'Avignon, Paris at the vintage cabaret, La Nouvelle Eve. and opened the International Theatre Festival in Casablanca, Morocco.

[anaisdanceopera.com](http://anaisdanceopera.com)



#### SO NOW YOU KNOW

So Now You Know combines storytelling and dance to tell personal stories of individual discovery in words and movement. These true tales of love, childhood, family, birth and death are poignant, uplifting and often hilarious. This show has been performed both with it's pro dancer/actor cast but also as a outreach project incorporating teens, seniors and disabled from a community. We all have stories to tell, *So Now You Know*, combines spoken and movement language to actively engage and unite the audience.

Gatsby Redux was originally created for the Los Angeles Music Center event, Moves After Dark. This site specific project utilized Frank Gehry's gorgeous Walt Disney Hall. Using *The Great Gatsby* as a theatrical departure point, Roston created choreography filled with love triangles, intimate dance among the trees and waves of movement from a large ensemble. In addition to dancers in white linen and flowing dresses the choreography incorporated 1920's cartoons projected on the curved metal walls of Disney Hall. MeMT now offers *Gatsby Redux* as a full-length site specific performance that is a vintage yet contemporary dance experience.





# PRESS

## FOR ANAÏS, A DANCE OPERA



**“Sensuous, compelling  
and thought provoking”**

- *Huffington Post*

**“Beautifully staged  
and executed.”**

- *Parler Paris*

**“An impressive,  
multi-faceted  
collaboration”**

- *Broadway World*

**“A dazzling and intricate show.  
Elegant and unique”**

- *Artsbeat LA*

**“Amazing...strong, intelligent  
and inventive. A vibrant and  
bold portrait of Anaïs Nin.”**

- *Festi.tv, France*

**“Brilliant and Daring”**

- *Hollywood 360*





# PRESS

## FOR GATSBY REDUX

**Stunning**...Roston's movement spoke to the 1920's Charleston/flapper era but without copying it directly. The dance had a lively garden party-like atmosphere with beautifully detailed costumes.

### LA Dance Chronicle

A gorgeous dance story unfolds that is **passionate and involving**. Use of the amphitheater and Blue Ribbon Garden was **ingenious and immersive**. Janet Roston did a superb job on the lively, upbeat and sometimes jazzy choreography... It felt like we were a part of this swingin' soiree'.

### Broadway World

Ms. Roston, whose amazing work is currently on display at Celebration Theatre's "Cabaret," is **one of L.A.'s best choreographers**. Her "Gatsby Redux" **transports the audience** to the 20's with touching, wry and animated movement.

### Stage and Cinema



*Read Our Feature Story in the LA Times!*







HANS CHRISTIAN ANDERSEN'S

# THE SHADOW

(IN DEVELOPMENT)

***Hans Christian Anderson's The Shadow*** uses music, vocals, dance, projections, puppetry and shadow play to tell Anderson's story and then sets it on its head to present a new uplifting fairy tale of discovery, adventure and the positive nature of man.

Act 1 is the original HCA fairy tale, dark and mysterious, telling the tale of a Shadow that takes over a Man's life. Act 2, our original addition, continues where the HCA story left off, sending The Shadow on an epic journey to discover his new shadow, man's inherent goodness and, ultimately, redemption.

The production's use of multiple theatrical elements is a reflection of Mixed eMotion Theatrix's dedication to telling stories through hybrid theater work, imaginatively integrating movement, music, media and old school theatricality, such as puppetry, to create gorgeous, fun and enlightening live theater experiences. The award-winning members of Mixed eMotion Theatrix represent an international, highly creative, diverse and multi-disciplinary melange.

## WHY THE SHADOW?

The stories of Hans Christian Andersen are beloved by children and adults. Many of his works have inspired timeless adaptations from Disney's *The Little Mermaid* to *Frozen* (inspired by Andersen's *The Snow Queen*.) A product of Western Society, Andersen's stories are written through a culturally biased lens informed by his own entitlement and privilege. His tale, *The Shadow*, leans on that bias, which hinges on the title character's dark journey from servant into master. Andersen's original version ends with the author clearly despairing for humanity. In our expanded version of his story, however, we explore the Shadow's transformation in a multicultural fashion, ultimately resulting in The Shadow finding goodness and generosity in humankind. With this move beyond darkness to empathy we strive to create a new fairytale of hope and compassion for our times.

# CONTACT

## For Additional Information:

Ryan Bergmann

Executive Director

Mixed eMotion Theatrix

admin@memtheatrix.com

[memtheatrix.com](http://memtheatrix.com)



Mixed  
eMotion  
Theatrix