

UPCOMING EVENTS:

CKDC'S STUDENT BLACK AND WHITE CONCERT
FRIDAY, NOV. 15, 8:00PM - SUNDAY, NOV. 17, 6:00PM
KRANZBERG ARTS CENTER

TRIVIA NIGHT
FRIDAY, NOV. 22, 6:00PM
.ZACK



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THE BLUE ZONE

FRIDAY, OCT. 25 | 8:00PM
SATURDAY, OCT. 26 | 2:00PM & 8:00PM
SUNDAY, OCT. 27 | 2:00PM

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THE BLUE ZONE

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RAFAEL TILLERY

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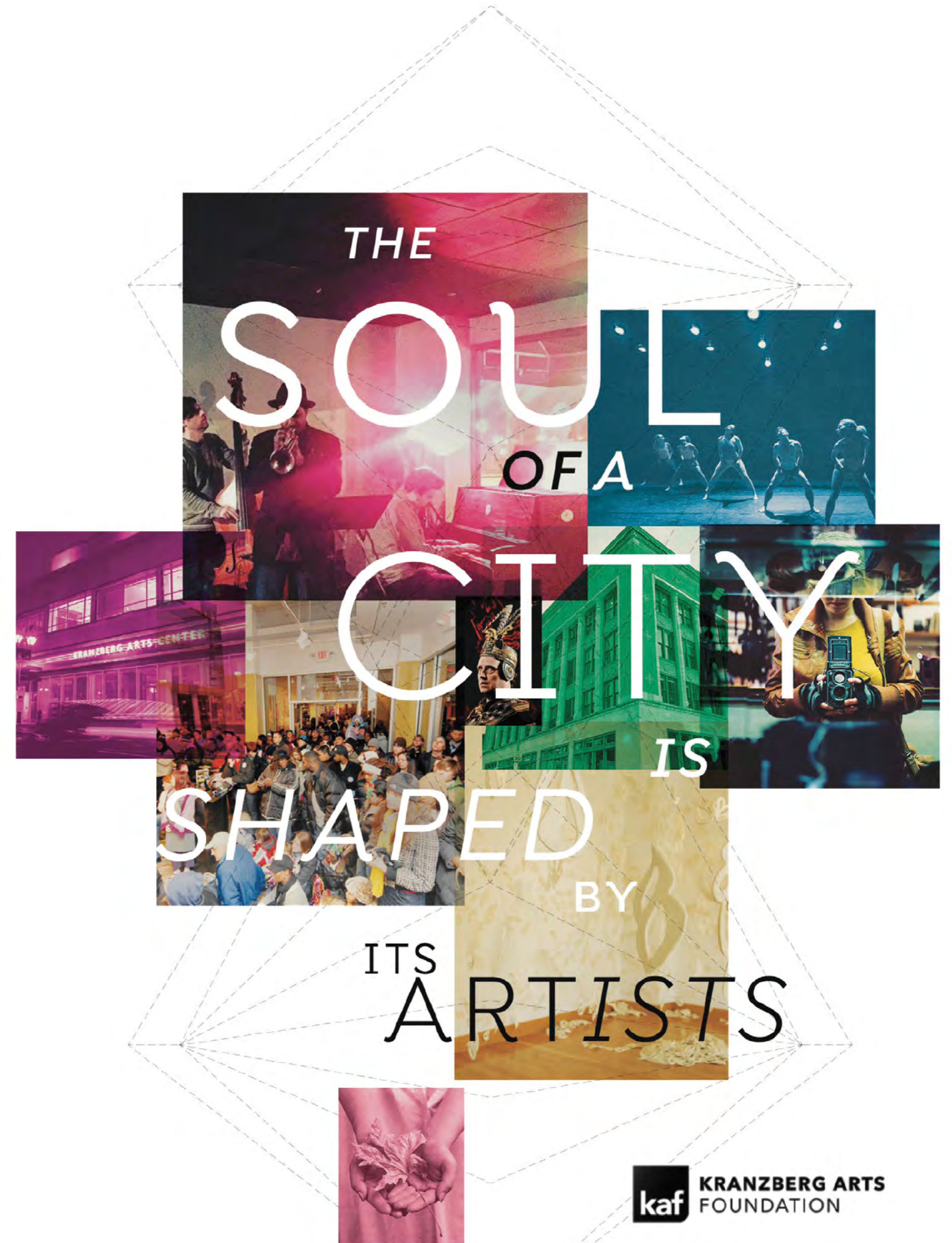
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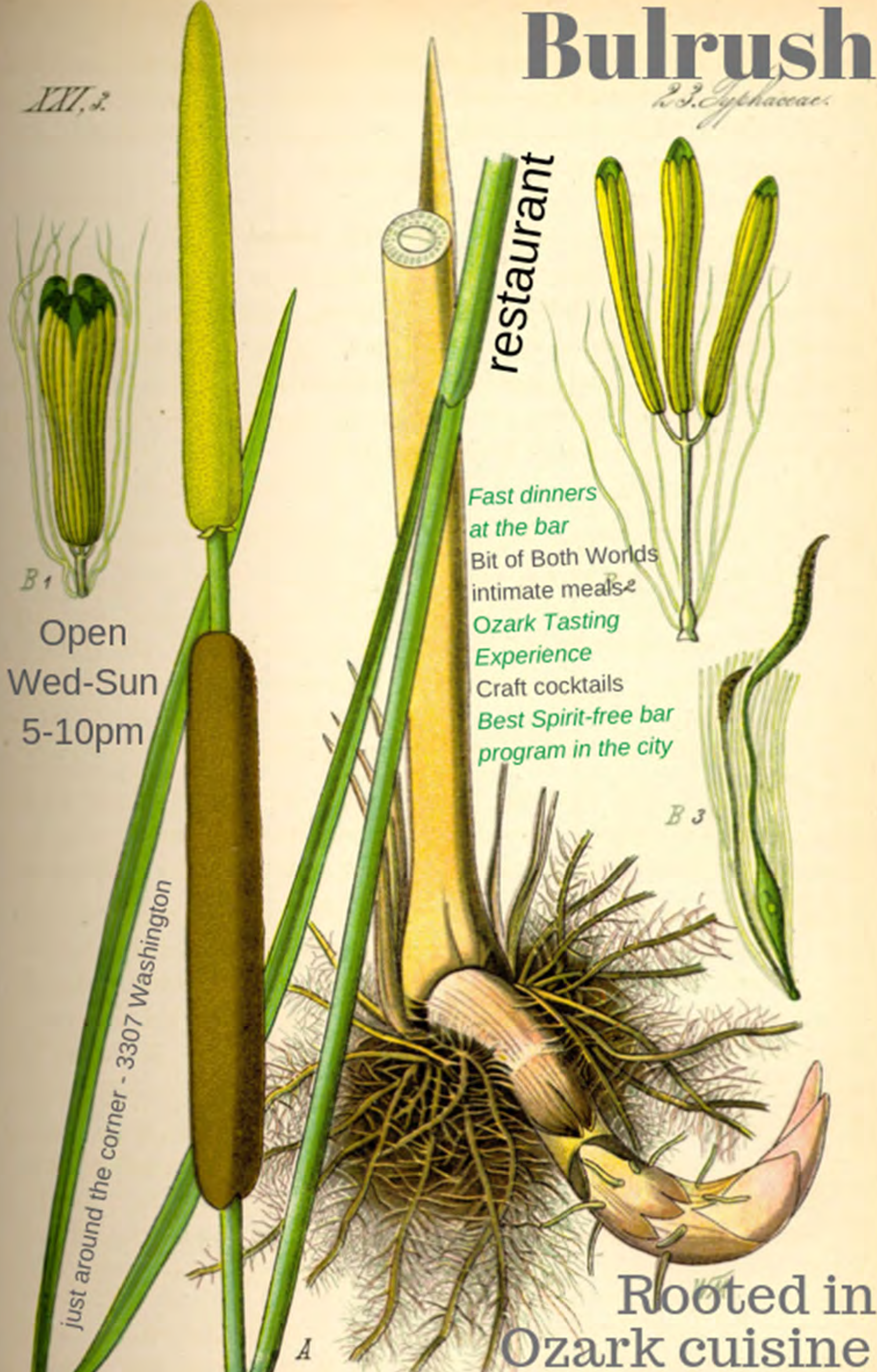
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GUEST ARTISTS:



RAFAEL TILLERY

A native of Chicago, IL, Rafael began his choreographic journey at Austin Peay State University in Clarksville, TN, where he graduated with a Bachelors degree in Theatre and Dance in 2013. He performed as a guest artist alongside the Garth Fagan Dance Company, Shen Wei Dance Arts, and the Dayton Contemporary Dance Company. Rafael danced with the Dayton Contemporary Dance Company II under the direction of Shonna Hickman-Matlock in 2014. Rafael relocated to St. Louis, MO to join the Modern American Dance Company (MADCO) where he performed for two years under the direction of Stacy West.



ALIZA RIVKA

Aliza Rivka is the founder of Vibration Dance, a movement initiative devoted to vibrational wellness. She holds a BA in Dance from Columbia University and an MS in Dance/Movement Therapy from Sarah Lawrence College. Aliza has worked extensively in geriatric care, sharing movement as a healing art with the elderly and their caregivers. Before working in the field of dance/movement therapy, Aliza danced professionally for years in NYC and San Francisco. In 2018, Aliza left the concrete jungle of NYC for the lush jungles of Costa Rica, where she found healing from an autoimmune crisis. Aliza is currently continuing that soul quest by cycling cross-country with her partner. She is so grateful to have found CKDC in St. Louis, and to be part of The Blue Zone! www.alizarivka.com



EMILY DUGGINS

Emily Duggins is a choreographer and dancer from Raleigh, North Carolina. She holds a B.A. from Washington University in St. Louis in Dance and Psychological and Brain Sciences. In school, she trained under David Marchant, Cecil Slaughter, Christine Knoblauch-O'Neal, Kirven Douthit-Boyd, Antonio Douthit-Boyd, and Alicia Graf Mack. Her work has been performed in one self-produced concert, as well as at the CommUNITY Arts Festival, the Exchange Choreography Festival, the Missouri Dance Organization's Conference, the USITT Lighting Design for Dance Competition, and the American College Dance Association Central Regional Conference. Emily has performed professionally with MADCO 2, the Slaughter Project, and Black Irish Contemporary Hip Hop Company. She teaches at Arts in Motion in Brentwood.

CONSUMING KINETICS DANCE COMPANY PRESENTS

THE BLUE ZONE

INANNA'S DREAM

Choreography: Jane Tellini

Music: *Lullabies...Mother Sings...Father Plays* by Roberto Musci

Ave Maria by Charles Gounod and Yo-Yo Ma

Dancers: Josselyn Baker, Erica Garcia (Saturday matinee), Erika Harano, Amanda Hoyt, Ashreale McDowell, and Isaiah Perry

Understudy: Erica Garcia

Sponsored by: Christina Varcarel

Costume Consultation: Beverly Sonen

In *Inanna's Dream* we've explored what lies in the underbelly of spirituality; the journey from light to dark and back to light emulates the cycle of creativity and life; an experience that deepens our state of acceptance by bringing awareness to our cyclical and impermanent nature. *Inanna's Dream* is an invitation to commune at the table of humanity, and to see that leaning on each other in times of difficulty often brings us strength. The rehearsal process for *Inanna's Dream* has been a mix of learning choreography and exercises for self discovery; we leaned into the loneliness, difficulty, uncertainty, tenderness, and peace to deepen in the artistry of dance and discovered the power of togetherness.

ARRIVING AT ENOUGH

Choreography: Kat Norton

Music: *Experience* by Ludovico Einaudi

Dancers: Josselyn Baker, Maggie Fleita, Erica Garcia, Erika Harano, Amanda Hoyt, Ashreale McDowell, and Kaitlyn Whiteman

Understudies: Kirsta Paul and Sonja Petermann

Sponsored by: Anny Perrine

There is an unequal relationship between the energy we apply and the results we achieve. The Pareto Principle (known as the 80/20 rule) predicts that 80% of effects come from 20% of causes. It serves as a reminder that the effort applied to the majority of our daily tasks often does not contribute much to our end goals.

FOOD IS FUEL

Choreography: Jordan Woods

Music: *Khanda* by Fazer

Dancers: Cyrus Coble and Isaiah Perry

Sponsored by: Tom and Sue Woods

Interview: The Blue Zone Diet with Professor Gary Kent and Brenda Davis - It Is Written Oceania



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RIGHTTRIBE

Choreography: Ashreale McDowell

Music: *Vocal Sniper* by Nobel

Dancers: Josselyn Baker, Cyrus Coble, Mimi Ito, Kirsta Paul (Saturday night and Sunday matinee), Jane Tellini, and Kaitlyn Whiteman

Understudy: Kirsta Paul

Sponsored by: Rio DeArmond

Right Tribe is a part of the Blue Zones Power 9. The world's longest lived people chose or were born into social circles that supported healthy behaviors. In Okinawa, Japan they created "moais," groups of friends that commit to each other for life.

"I get by with a little help from my friends." - The Beatles

"Anything is possible when you have the right people there to support you." - Misty Copeland

FIFTEEN MINUTE INTERMISSION

ikigai

Choreography: Rafael Tillery

Music: *Vow* by Meredith Monk

Bach to Africa by Lambarena

Dancers: Josselyn Baker, Carl Bringenberg, Erica Garcia, Erika Harano, Amanda Hoyt, and Kaitlyn Whiteman

YOU WILL BE LOVED.

Choreography: Emily Duggins in collaboration with the dancers

Music: *True (Remastered)* by Spandau Ballet

Everybody Loves Somebody by Dean Martin

3 Gymnopedies: Gymnopedie No. 1 by Klara Kormendi

Letters Of A Traveller by Olafur Arnalds and Alice Sara Ott

Dancers: Carl Bringenberg, Maggie Fleita, Mimi Ito (Friday and Saturday), Kirsta Paul, and Sonja Petermann (Sunday)

Understudy: Sonja Petermann

Research shows that healthy relationships lead to longer, healthier lives. Thus, community directly leads to a multi-generational world. I am lucky to have learned about healthy relationships by watching my grandparents. My Granddaddy lived to 89; my Grandmother is now 95. They were married for 69 years before my Granddaddy passed. They lived through World War II and the Great Depression. They were patriarch and matriarch to a large family, and they surrounded themselves with warm people. They did not give up on people or on relationships. They taught me to love endlessly and continually, working through conflict and seeing the best in people. Grandmother and Granddaddy taught me patience, collaboration, and problem solving. The Blue Zone values keeping our elders close - this is so truly valuable, as our elders will teach us how to love if we only let them.



ENVIRONMENTAL PRESS

Choreography: Maggie Fleita

Music: *I Remember Maine* by Swardy

Dancers: Ashreale McDowell, Sonja Petermann (Saturday matinee), Jane Tellini, and Kaitlyn Whiteman

Understudy: Sonja Petermann

Sponsored by: Tina Austin-Hill

Composers: Swardy and Anki

Research shows that meaningful participation is linked to longer life span and increased well-being. The level of participation is dependent upon three factors: the person's abilities, environmental characteristics, and occupational demands. In the face of disability, participation becomes more complex. The environmental press theory is a theory of adaptation that focuses on the relationship between person variables (competencies) and environmental variables (environmental press). When competencies and environmental press work together, an individual is able to perform at their maximum potential.

PURPOSE DRIVEN

Choreography: Arica Brown in collaboration with the dancers

Music: *The Way* by Zack Hemsey

Dancers: Maggie Fleita, Erika Harano, Amanda Hoyt, Kirsta Paul, and Sonja Petermann

Sponsored by: Tina Austin-Hill

Fate whispers to the warrior, "You cannot withstand the storm."

The warrior whispers back, "I AM the storm."

CURTAIN CALL

RETURN

Choreography: Aliza Rivka in collaboration with the dancers

Music: Excerpt from Abraham Hicks (layered with *Dance of the Seven Sisters* by Deya Dova), *Unstoppable Joy* by Marya Stark

Dancers: Maggie Fleita, Amanda Hoyt, Sonja Petermann, and Aliza Rivka

Sponsored by: Rio DeArmond

Return explores the dance between our current medical paradigm and the healing available when we listen to our bodies as extensions of the earth. It is a celebration of our natural state of wellness, and of our ability to heal from within and choose joy regardless of any outer situation or circumstance.

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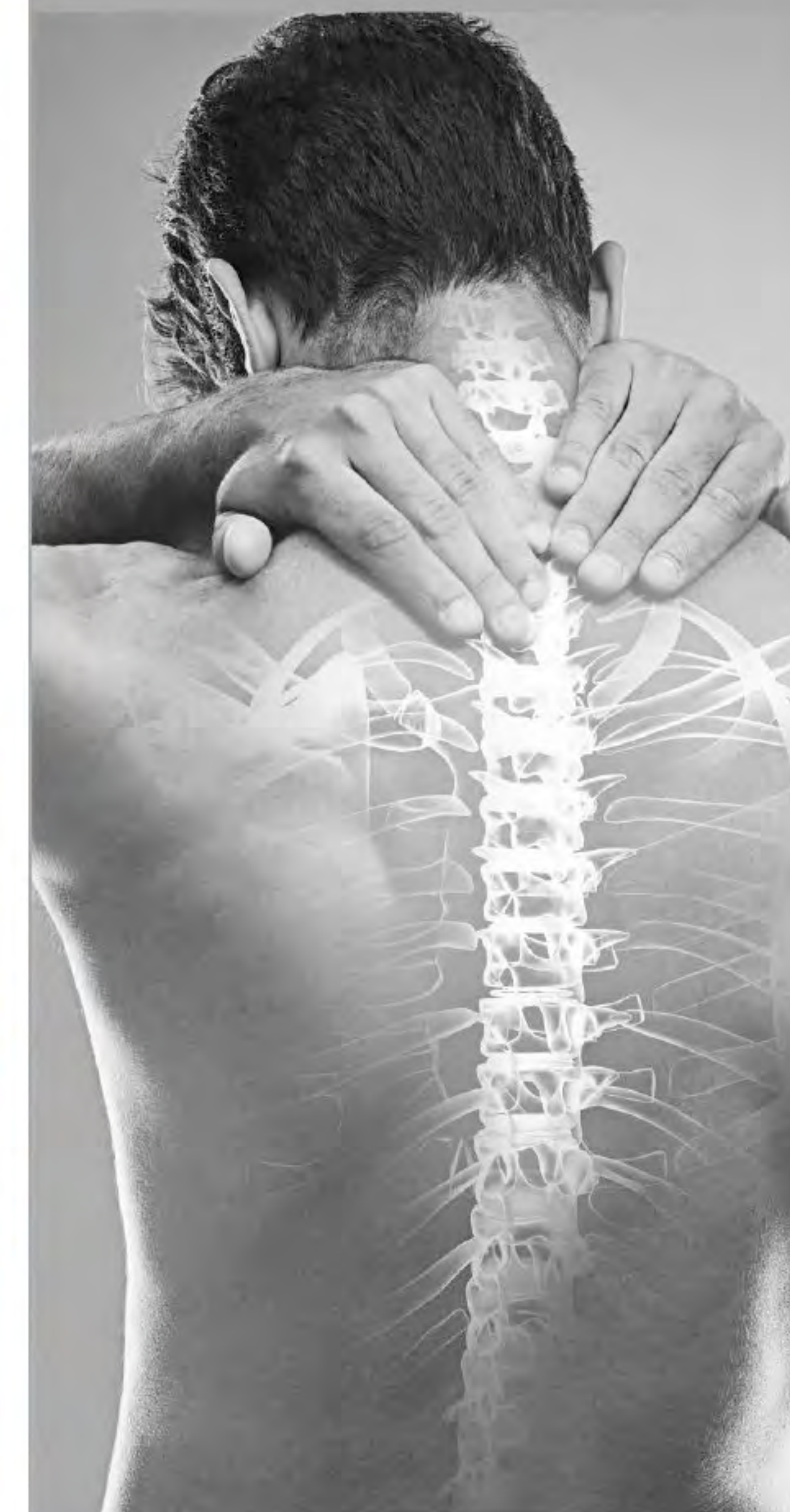
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