



Sacred Monsters

Improvisation for Somatic Addicts

Sacred Monsters is a choreographic inquiry into Laban Movement Analysis as means to connect fluid body with fluid mind, a visceral connector of self and selves.

We explore hands-on techniques that activate internal connectivity for efficient core strength, grounding, power and flight. We enliven our “inner homunculus” as a visceral home base and immediate conduit from fluid body to fluid mind. We invite sensation to liberate imagery as it transforms from dragon to cloud to wizard to volcano, etc., our own unique sacred monsters. Allow your tissues to lead you on a tour of inner selves. Fasten your seatbelts!

Hilary Bryan, CMA, MFA is an internationally acclaimed performer and choreographer certified in Laban Movement Analysis (LMA) and based in San Francisco. She directs Hilary Bryan Dance Theater (hilarybryan.com) performing and teaching internationally. Her work has been supported by Dance Theater Workshop, Trust for Mutual Understanding, the Zellerbach Family Fund, the California Arts Council, and CASH. Her written work has been published internationally by Laban for the 21st Century (Bratislava) and the Dance Therapy Institute (San Francisco). Hilary founded The Somatics Series of workshops (SomaticsSeries.org) and The Body at Work Ergonomics consultancy offering movement analysis to corporate clients (thebodyatwork.com). Rita Felciano showcased Hilary's company as the most exciting and unusual local dance of January 2000 (SF Bay Guardian), and named her "poignant" and "unpretentious" work 'Critics Choice.' Wellington, New Zealand's Dominion lauded her work as "satisfying texturally," praising her "strong technique and acting skills."

Photography by Eric Gillet

