

LinksHall

Chicago's Center for Independent Dance
and Performing Arts

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Hi-res digital images available on request

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Links Hall presents *Figuring it Out from the Inside Out*: a journey to self-awareness through dance and spoken word, January 24, 2010.

Chicago, IL- *Figuring it Out from Inside Out* offers an evening of theatre and dance; “**Supple**,” choreographed by **Silvita Diaz** Brown and “**Nina Buena?**,” written and performed by **Jasmin Cardenas**. Two separate pieces of art complement each other aesthetically and thematically. Through dance and solo spoken word, the audience will be taken on a journey in two different mediums during a single night. Both pieces explore themes of a life journey of growth, divulging a sense of progress and dealing with life's surprises. Issues of identity and humanity bring about the realization for self-acceptance and allowing flexibility so that life's journey can flow. *Figuring it Out from the Inside Out* runs Friday and Saturday, **Feb. 4** and **5** at **8pm** and Sunday, **Feb. 6** at **7pm**. Tickets are \$15/ \$10 Students. All performances are located at 3435 N. Sheffield Avenue, on the second floor in Chicago, IL 60657. For more information call **773.281.0824**, or purchase tickets online at www.Linkshall.org.

“**Supple**” is a movement piece with contemporary dance elements and text. This piece navigates into the journey of becoming limber; starting in the physical body transcending to the mind with the idea to liberate the spirit. The movement images in this work are metaphors of attaining flexibility in life: breaking chains and being open to the need for change. To become supple is to bend as needed without breaking apart!

“**Niña Buena**” is a solo performance, exploring the joys and challenges of being Latina y Americana. Cultural struggles, stereotypes, gender roles and pivotal moments of change, move this story forward. How do you live up to your Latin family's old-fashioned expectations when you are made in the U.S.A.? Being a good little girl isn't so simple! ...niña o mujer?...the expectations...the pain...and the beautiful confusion of it all. The piece is performed in English with a fusion of Spanish. This first generation American draws on her memories of growing up in a Colombian family in the Midwest.

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ARTIST BIOS

JASMIN CARDENAS is a Chicago native with spicy Colombian blood racing through her veins. This first generation American draws on her family stories and upbringing to develop her bilingual style. Her work was last seen at the 5th Biennial Latino Theater Festival at the Goodman, where her choreography in ‘para carmen’, her original writing and storytelling in 2nd Story’s offerings and as a cast member in ‘A Lovers Dismantling: Fragments of a Scenic Discourse’, Urban Theater. This actress has worked with a variety Chicago theater companies including: The Goodman Theatre (performing in all 5 Latino Theater Festivals), Lookingglass Theater, Remy Bumppo, Victory Gardens, Lifeline Theatre, The Chicago Children’s Theater Co., Adventure Stage Chicago, Pegasus Players, Teatro Luna, Urban Theater (where she is a company member), Collaboraction (where she is an Associate), Chicago Dramatists, Teatro Aguillon, Teatro Vista and the Molecula Artistica, among others. As a storyteller Jasmin has performed around Chicagoland for audiences of all ages at hundreds of audiences at events like: Book-A-Mania at the Chicago Public Library, Ray Bradbury Storytelling Festival, Illinois Storytelling Festival, Tellabration, Mayor Daley Kite Days, Printers Row, Chicago Public Schools, Catholic Schools, State Pre-K, Headstart Programs and countless others. In Spain’s, Basque Country, she studied with Fabrica de Teatro Imaginario with its foundations rooted in the discipline of physical movement, body awareness and a mix of eastern techniques. Fusing her love of performance with the need for raising social consciousness she uses, Theater of the Oppressed, the techniques of Brazilian, Augusto Boal, to work with youth and create art that speaks to the needs of today’s world. Jasmin sits on the Board of (PTO) the Pedagogy and Theater of the Oppressed and is the Lead Organizer for the PTO Conference which will take place in Chicago July 20-23, 2011. www.ptoweb.org



SILVITA DIAZ-BROWN is a choreographer, performer, movement teacher and Yoga instructor. In 2002 through UDLA’s scholarship Excelencia Yenkings, Silvita participated in an exchange program with Juniata College in PA, and became a member of the Juniata Theatre Ensemble performing European Clowning under the direction of Don Rieder, (Clown director of Cirque du Sole), and physical theatre under the direction of Andrew Belser. She obtained a BFA degree in dance from the Universidad de las Americas Puebla in Mexico (UDLA). In 2008, she obtained her MFA in Theatre with a Movement Diploma Certification from York University in Toronto. Silvita has worked with Gerardo Delgado, Karla Barragan, Krissy Spessard, Pedro Beiro and Sunny Savoy. La Belle Époque Gallery, and David Dorfman in Chicago, Toronto, and Pennsylvania. She has danced with Antibody Dance (2009-10) under the direction of Butoh artist, Adam Rose, and dances with OosImaginary directed by Sam Goodman and Lisa Frank. Her own works include “Significant Voice in Movement,” “Listen to the Music of your Soul,” “Deep into the Voice,” “En Falda Roja,” and “Designs in Purple.” She with be participating in the “To Art and Profit Festival,” at Links Hall in spring 2011.

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FEBRUARY 4-6, 2011

FIGURING IT OUT FROM THE INSIDE OUT

PERFORMED BY JASMIN CARDENAS AND SILVITA DIAZ-BROWN

Cardenas and Diaz-Brown take the audience along a journey though life to self-realization. Through two thematically complimentary performances of dance and spoken word, these two women dissect the ideas of identity and humanity, allowing for self-acceptance and flexibility, as they are *Figuring it Out from the Inside Out*.

Monday at 7:30PM

Tickets \$15/ \$10 Students

Links Hall is located at 3435 N. Sheffield Avenue, Chicago, IL 60657—convenient to the BROWN, PURPLE & RED line stop at Belmont and RED line Addison stop in Chicago's Lakeview neighborhood. For more information, call **773.281.0824** or visit www.LinksHall.org

Links Hall encourages artistic innovation and public engagement by maintaining a facility and providing flexible programming for the research, development and presentation of new work in the performing arts.

Links Hall is supported by Alphawood Foundation, Allstate Insurance Company, Arts Midwest, Arts Work Fund for Organizational Development, The Boeing Company, The Chicago Community Trust, Cliff Dwellers Arts Foundation, The Elizabeth Morse Charitable Trust, Foundation for Contemporary Arts, Gaylord and Dorothy Donnelley Foundation, James S. Kemper Foundation, Lisa Dershin Creative Dance Fund, MacArthur Fund for Arts and Culture at The Richard H. Driehaus Foundation, National Performance Network, The Weasel Fund and many individuals.

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