

HAVEN

Melody Nolan

Creation 2021



Tessa Veldhorst © De Schaapjesfabriek 2020

SYNOPSIS

“Haven” is a dynamic handstand act about the experience of living in a body. In particular, a body which is sometimes adrift in the current and at others surfing the waves. An investigation of the peculiar pleasure of that struggle we all share: how do we cope with ourselves? And who is really in charge? In this conversation between body, space, and gravity, restlessness can become playful, and harmony might emerge from dissonance. It’s all a matter of how you pay attention.

[Trailer for “Haven”](#)

ABOUT

Melody Nolan is a circus artist hailing from California. As a keen explorer of her physicality and surroundings, she draws inspiration from a physical approach to artistic research. Her work balances technique with creativity, melding handstands with acrobatic movement.

Melody was 10 years old when she first encountered circus, and spent the ensuing years traveling and performing alongside her parents and two sisters. Following her preparatory training at the San Diego Circus Center, she continued her studies at Codarts University for the Arts in Rotterdam, NL. Her graduation is anticipated in 2021.

She is motivated by the potential circus holds for offering different perspectives in novel contexts and settings, and is therefore especially interested in site-based and interdisciplinary work.



PRACTICAL INFORMATION

Duration: 7 mins

Location: Indoors (outdoor version possible in consultation with programmer)

Audience: Suitable for all ages. Recommended 8+. Language no problem.

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MOTIVATION

"Haven" is an investigation of what it means to live in a body. The body is a point of departure for the particular experiences, conversations, and daily negotiations we each experience while living with and in ourselves. It can also be a refuge to which we return.

Physicality takes a primary role in this act, which originated from my fascination with the phenomenon of kinesthetic empathy. **Kinesthetic empathy** is "the ability to experience empathy simply by observing the movements of another human being" (Matthew Reason).

It's one of the most ubiquitous forms of connection we experience as humans, often without even realizing it. How can this process, which we are constantly engaging with but seldom conscious of, be consciously employed in a performance setting? I observed a parallel with the experience of balancing; we are constantly interacting with balance, both physically and psychologically, whether or not we are expressly aware of it. This ever-evolving dialogue was the foundation of a physical research process leading to the creation of "Haven". I explored questions such as:

How can I make the experience of balance available to an audience?

What kind of internal experience can be made accessible to audience members through kinesthetic empathy?

In "Haven", bizarre geometry and irregular rhythmicality combine to evoke a fluctuating image of internal conflict and harmony. By giving space to an abstract interpretation of an individual experience in this collective setting, audience and performer might find common ground.



TECHNICAL RIDER

Stage Requirements

Ideal stage dimensions - 6m x 8m

As the act involves hand balancing and acrobatic movement, the stage should be flat, level, and clean. Black marley floor is optimal. Different floor surfaces should be discussed prior to agreement with the artist.

Outside performances are possible in consultation with the artist, and if weather conditions permit safe execution of the act.

Preparation and Rehearsal Time

1 hour Rehearsal with the technician(s) responsible on the day

30 minutes Warm up time before act

Sound

Sound system is to be provided and rigged by the organizer. One technician (arranged by organizer) is required for minimal cues in act.

Lighting

Lighting is to be provided and rigged by the organizer according to the lighting plan, including total stage covering with front and side lights. One technician (arranged by organizer) is required to fulfil lighting plan.

Warm Up Space

A heated/cooled warm up space, minimum 4m x 4m, is required prior to the performance.

Dressing Rooms

A private heated/cooled dressing room with access to WC, drinkable water and mirrors (located in the same building if performance is indoors) will be provided by the organizer. Green room snacks and water are appreciated.

Dietary Restrictions

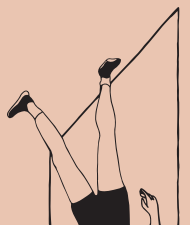
If food is to be provided, please consider that the artist is vegetarian.

Arrival

Upon arrival at the venue, someone should be present to show the artist the space and dressing rooms.

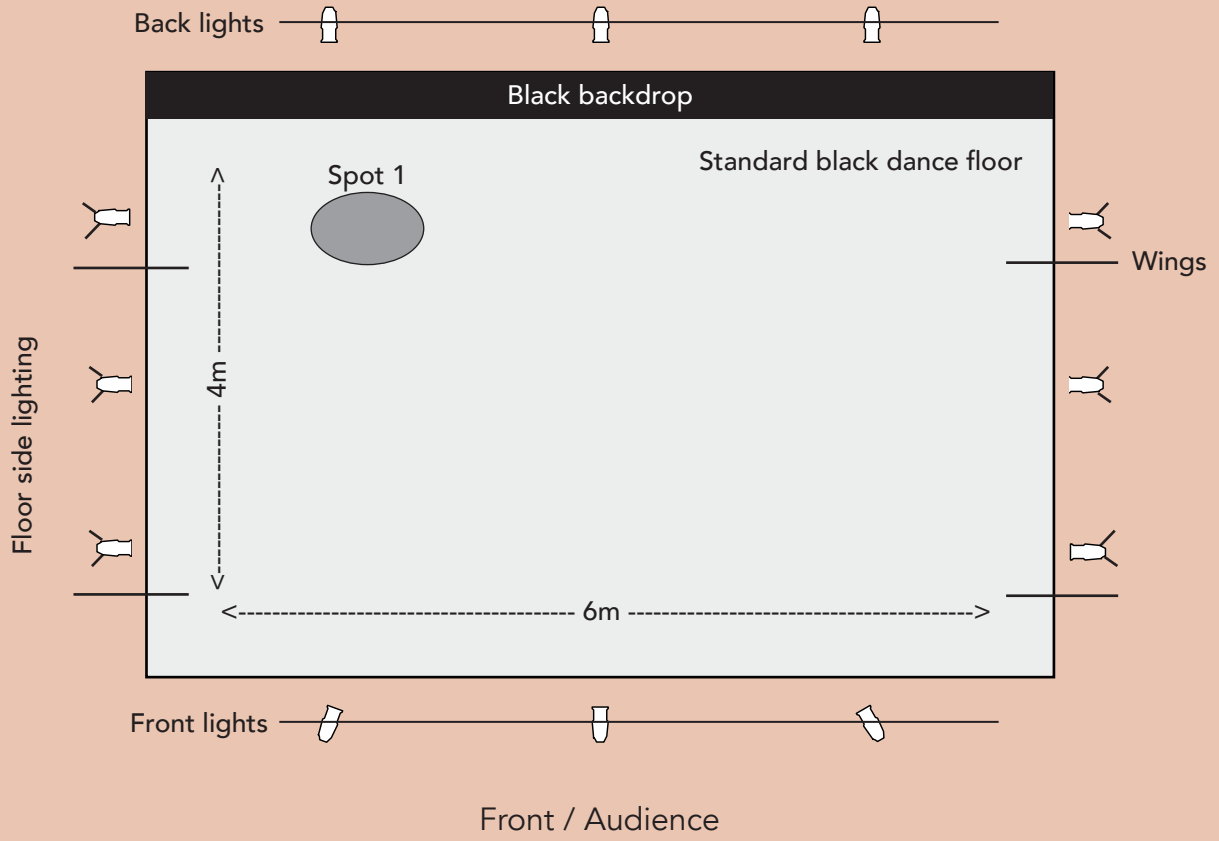
Contact

Please direct any questions to Melody via email or telephone: **t** +31638409295
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STAGE PLAN

Top View



CREDITS

Creation and performance

Melody Nolan

Artistic coach

Samir Calixto

Music

"Kasvien Vari (Colour Of Plants)" by Mika Vainio

Illustrations and Logo

Swaen Oostrum

Photos

Tessa Veldhorst

Manon Verplancke

