



American Repertory Theater

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AMERICAN REPERTORY THEATER & HARVARD CENTER FOR WELLNESS AND HEALTH PROMOTION ANNOUNCE UPCOMING WELLSRING EVENTS

Pilot initiative offered in conjunction with A.R.T. programming
to foster connection and well-being

Cambridge, MA—American Repertory Theater (A.R.T.) at Harvard University, under the leadership of Terrie and Bradley Bloom Artistic Director Diane Paulus and Executive Producer Diane Borger, announces today Fall 2020 workshops offered through **The Wellspring**, a new partnership with the **Harvard Center for Wellness and Health Promotion (CWHP)**.

The pilot series of programs aims to respond to the wellness needs within our community and foster connection and well-being during this period of social isolation by integrating artistic, health, and wellness practices. Upcoming programs include free online workshops connected to Kit Yan's **Queer Heartache** and Sara Porkalob's **Dragon Mama** from A.R.T.'s **Virtually OBERON** series and family yoga associated with the family holiday musical **Jack and the Beanstalk**.

Wellspring events are online, free, and open to the public, who are invited to register or view them on demand at AmericanRepertoryTheater.org/Wellspring. Information about associated productions is available at AmericanRepertoryTheater.org.

• **Writing and Freeing Your Voice with Kit Yan**

Wednesday, November 17 at 7PM
Registration required and now open

In this workshop, explore your inner landscape through guided free writing, then refine your writing through a series of performance exercises created to help free your voice through your own words. The workshop, which will occur over Zoom, is open to all levels of experience; sharing is optional.

Offered in conjunction with **Queer Heartache**, from award-winning queer, trans, Asian-American poet from Hawaii, Kit Yan and directed by Jessi D. Hill. **Queer Heartache** is Yan's solo slam poetry show that explores their identities, asks what queer hearts and families are made of, and interrogates the forces that constantly work to break them apart. The show is a testament to the resilience of queer love in all its forms. If you've ever had your heart broken, wondered how your pets self-identify, or wanted to tell someone your gender is none of their business, this show is for you.

Queer Heartache is available on demand anytime now through November 27. Access to the event lasts 48 hours from your order date. Household tickets \$20 each with pay-what-you-can option available at AmericanRepertoryTheater.org/Queer-Heartache.

• **Beanstalk Yoga**

Available on demand Monday, November 30, 2020 - Monday, January 4, 2021
No registration required

Laughter Yoga

Join yoga instructor Jason Jedrusiak for a family-oriented warm-up for your body and your mind as you get ready for **Jack and the Beanstalk**. Laughter yoga invites you to laugh, play, and connect through simple movements and silliness.

Story Time Yoga

Go on a journey with Jack and friends by putting the story and feelings into your own body on an adventure through yoga, movement, and play. Featuring puppets, laughter, storytelling, silliness, creativity, and more.

Offered in conjunction with **Jack and the Beanstalk: A Musical Adventure**. The annual family holiday show goes virtual this Thanksgiving with a new, streaming musical that takes us on an epic journey through Storyland. The vivid imaginations of Harvard undergraduates Julia Riew and Ian Chan (the creators of last season's **Thumbelina**) transform the classic fairy tale into a contemporary celebration of the power of kindness, courage, determination, and creativity to overcome life's obstacles. Rebecca Aparicio makes her A.R.T. directorial debut with this production after serving as Assistant Director on **Endlings** and **Gloria: A Life**.

Jack and the Beanstalk will be available on demand November 27, 2020 - January 4, 2021. Access to the event lasts 48 hours from your order date. Household tickets \$20 each with pay-what-you-can option available at AmericanRepertoryTheater.org/Jack-and-the-Beanstalk.

• **Storytelling as Self-Care with Sara Porkalob and Andrew Russell**

Thursday, December 10 at 7PM

Registration required and available beginning Monday, November 16

Anyone can be a storyteller, and storytelling is one of the most rigorous tools we have to fight social injustices, build community, and facilitate personal healing. Via interactive storytelling exercises, participants will mine their unique lived experience for content and engage their imagination via accessible improv.

In addition to being interactive and fun, this session will provide participants with a toolkit of exercises for future use in facilitation, community-building, and other creative and collaborative endeavors. No prior storytelling experience required. Participants should be prepared to take notes.

Offered in conjunction with **Dragon Mama**. How does a Dragon earn her wings? Maria Porkalob, Jr., yearns for a gayer, more POC-filled life than Bremerton, WA, can offer. When presented with an opportunity to make a quick fortune, Maria must make an important decision: leave her debt-ridden mother, four young siblings, and newborn daughter Sara for the wild unknown of Alaska, or stay close to home, family, and intergenerational trauma. Traversing 25 years filled with queer love in a barren land, the 2019 Elliot Norton Award-winning **Dragon Mama** features ghosts, Filipino gangsters, and a dope '90s R&B soundtrack.

Dragon Mama is available on demand now through December 10. Access to the event lasts 48 hours from your order date. Household tickets \$30 each with pay-what-you-can option available at AmericanRepertoryTheater.org/Dragon-Mama.

ABOUT HARVARD CENTER FOR WELLNESS AND HEALTH PROMOTION (CWHP)

Harvard Center for Wellness and Health Promotion (CWHP) cultivates individual and collective wellbeing through holistic educational experiences by offering a wide range of workshops, services, and classes available to all Harvard community members to create a Harvard community where all members value wellbeing.

ABOUT AMERICAN REPERTORY THEATER

American Repertory Theater (A.R.T.) at Harvard University is a leading force in the American theater, producing groundbreaking work that is driven by risk-taking and passionate inquiry. A.R.T. was founded in 1980 by Robert Brustein, who served as Artistic Director until 2002, when he was succeeded by Robert Woodruff. Diane Paulus began her tenure as Artistic Director in 2008. Under the leadership of Paulus as the Terrie and Bradley Bloom Artistic Director and Executive Producer Diane Borger, A.R.T. seeks to expand the boundaries of theater by programming transformative theatrical experiences, always including the audience as a central partner. A.R.T. is committed to a long-term process of centering anti-racism in its practice, policies, culture, pedagogy, governance and organizational structure.

Throughout its history, A.R.T. has been honored with many distinguished awards including the Tony Award for Best New Play for ***All the Way*** (2014); consecutive Tony Awards for Best Revival of a Musical for ***Pippin*** (2013) and ***The Gershwins' Porgy and Bess*** (2012), both of which Paulus directed, and sixteen other Tony Awards since 2012; a Pulitzer Prize; a Jujamcyn Prize for outstanding contribution to the development of creative talent; the Regional Theater Tony Award; and more than 100 Elliot Norton and IRNE Awards. Additional Broadway productions include ***Jagged Little Pill***; ***Waitress*** (also US National Tour and in London's West End); ***Natasha, Pierre & The Great Comet of 1812***; and ***Finding Neverland***. Under Paulus's leadership, A.R.T.'s club theater, OBERON, has been recognized annually as a top performance venue in the Boston area, and has attracted national attention for its innovative programming and business models.

As the professional theater on the campus of Harvard University, A.R.T. is committed to playing a central role in the cognitive life of the University, catalyzing discourse, interdisciplinary collaboration, and creative exchange among a wide range of academic departments, institutions, students, and faculty members. A.R.T. is engaged in a number of multi-year initiatives with partners at Harvard that explore some of the most pressing issues of our day, including collaborations with the Harvard University Center for the Environment to develop new work that addresses climate change and with the Healthy Buildings Program at the Harvard T.H. Chan School of Public Health to develop a Roadmap for Recovery and Resilience for Theater that prioritizes a commitment to ethics, equity, and anti-racism as a guiding principle. A.R.T. plays a central role in Harvard's undergraduate Theater, Dance & Media concentration, teaching courses in directing, dramatic literature, acting, voice, design, and dramaturgy. A.R.T. staff also mentors students in the Harvard Radcliffe Dramatic Club working at the Loeb Drama Center and OBERON.

Dedicated to making great theater accessible, A.R.T. actively engages more than 5,000 community members and local students annually in project-based partnerships, workshops, conversations with artists, and other enrichment activities both at the theater and across the Greater Boston area.

A.R.T. acknowledges that its theaters are situated on the traditional and ancestral homelands of the Massachusetts Tribe.

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