


UpLift Physical Theatre Presents...

Terra Incognita: *Through the Waves*

“...a rich, gorgeous, and
satisfying experience.”
-SF Chronicle

www.uplifttheatre.com

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Weaving together acrobatic movement and storytelling, this intimate play tells the tale of one woman following the disappearance of her soul-mate. In a devised piece developed while Artists in Residence at the San Francisco Circus Center, join UpLift Physical Theatre's all-female cast in an exploration of a woman lost between the waters of her grief and the mountaintops of her joyful memories.



ABOUT THE SHOW

5 REASONS TO SEE TERRA INCOGNITA: THROUGH THE WAVES

1. Support Women in the Arts
2. Bends Gender Normative Rules in Acrobatics and Dance
3. Explores the theme of Loss & Grief
4. An intimate Acrobatic Theatre Experience
5. Built Together. Performed Together.

ABOUT UPLIFT

Founded in 2013, UpLift Physical Theatre is a collaborative of actor-acrobats trained in ensemble-based physical theatre at Dell'Arte International. Pushing the edge of human ability, UpLift's unique style uses the momentum and visceral engagement of our living bodies to create original works that explore the physical truths of gravity, emotion, and endurance.

Show Length: 30 minutes

Cast: Nicholette Routhier, Hannah Gaff, & Alyssa Hughlett

Co-creators: Juliana Frick, Jessica Ferris, Jerome Yorke, Moses Norton, Andrea Martinez, Audrey Leclair, & Jared Mongeau

Premiered at The Exit Theatre, San Francisco; November 4th—20th, 2016 at Divafest

Terra Incognita: Through the Waves is best viewed in small intimate venues and spaces. A talk-back is available following the performance, as well as a performance-workshop package. UpLift has put on workshops in rural communities, with youth, and professionals—contact Nicholette Routhier for more details.

