

February 24 2009

**PRESS RELEASE**

**Protein Dance, Dear Body**

**7.30 pm 12 March 2009**

Luca Silvestrini's award winning Protein presents *Dear Body* at Aberystwyth Arts Centre on Thursday 12th March, 7.30pm.

This sharp satire on our growing fixation with body care and image employs wit and wisdom in analysing the most private relationship of all: the one we have with ourselves.

If you've ever looked in the mirror and thought "I wish I was taller/shorter/thinner/prettier", then *Dear Body* is your must-see show this season! Male or female, old or young, this is a show for anyone who has ever found themselves on a quest for physical perfection.

*Dear Body* follows the story of an insecure and rather timid central character (played by Sally Marie, Dance Europe's Best Female Performer 2007) as she struggles to mould herself into the "perfect shape". Watch as fitness instructors, plastic surgeons and weight watchers put her through a gruelling aerobic, stretching and detox routine to achieve what she believes is the perfect body.

*"A funny, barbed consideration of the dangerous pursuit of beauty and a brightly polished piece of dance theatre."*

Time Out



Image: Johan Persson

High energy physical theatre and comedy combine to create this thought provoking dance theatre. The trademark dark humour, innovative choreography, and distinctive video animation by award winning filmmaker Rachel Davies deliver a high-energy blow to our image-obsessed age.

*"A rib-tickling dissection of the quest for the body beautiful." Metro on B for Body*

Six professional dancers will perform with an ensemble cast of amateur performers from the local community. Protein's unique approach of involving members of the community is an inspirational way of engaging people both in contemporary dance and important issues.

From psychoanalysis to consumerism Protein has built an international reputation for putting human behaviour under the choreographic microscope. Now, the pursuit of bodily perfection gets the forensic Protein treatment!



Image: Johan Persson

*"Funny and alarming and intoxicating... I have rarely laughed so much."*  
Independent on Sunday on Big Sale

Tickets for this production are £8 (£7) and can be booked by contacting the Arts Centre ticket office on 01970 62 32 32 or online at [www.aber.ac.uk/artscentre](http://www.aber.ac.uk/artscentre)  
Suitable for 16yrs+, contains nudity.

Notes to editors:

Further information is available from Rachel Taylor on 01970 622889 email [rst@aber.ac.uk](mailto:rst@aber.ac.uk)