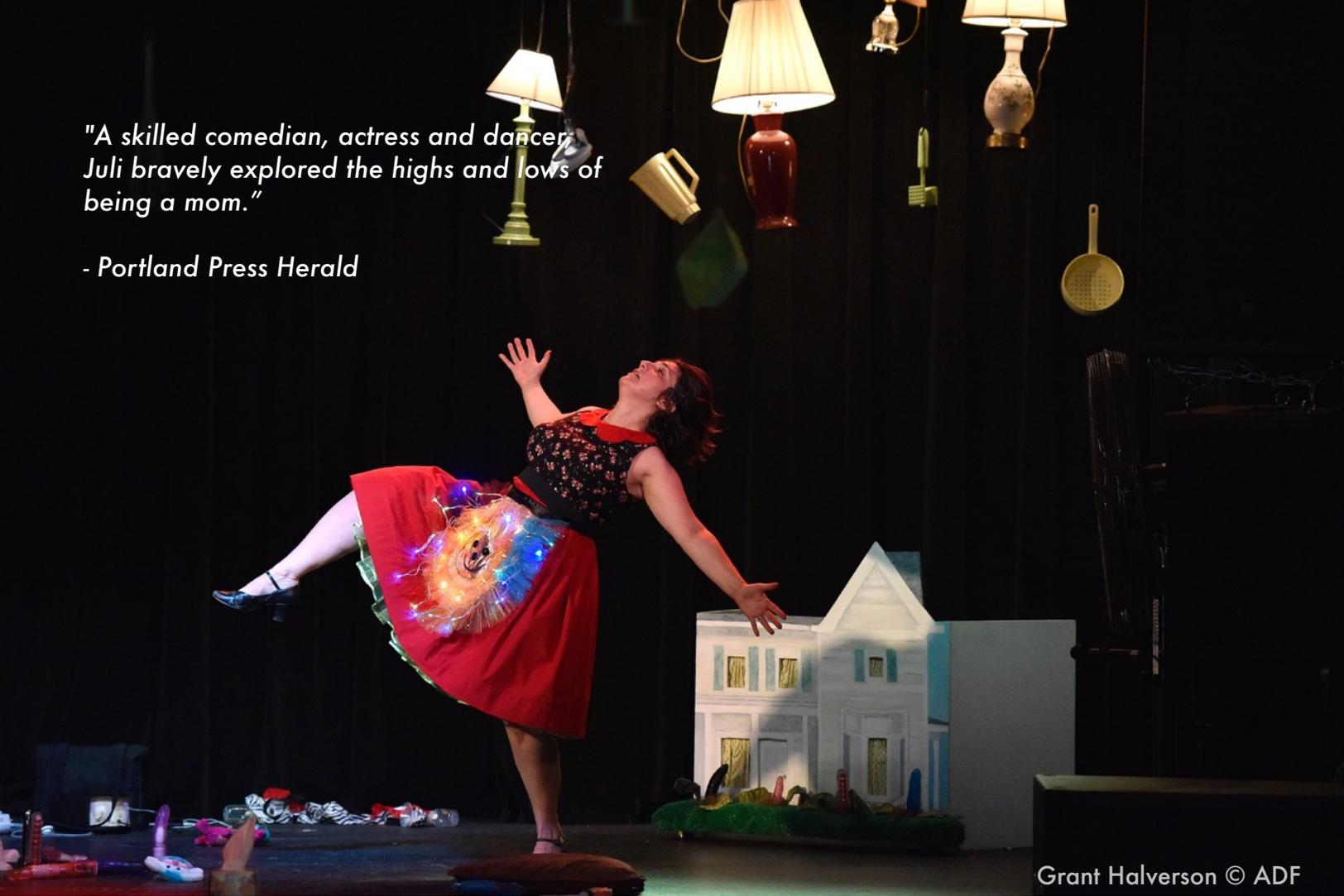


"A skilled comedian, actress and dancer, Juli bravely explored the highs and lows of being a mom."

- Portland Press Herald



Grant Halverson © ADF

# Tense Vagina: an actual diagnosis

Sara Juli, creator/performer  
[www.sarajuli.com](http://www.sarajuli.com)



© Alban Maino

*Tense Vagina: an actual diagnosis* is about motherhood- its beauty, challenges, isolation, comedy and influence on the human experience. This hour-long evening-length solo uses humor, movement, sounds, songs, text and audience participation to reveal "all that is awesome and all that sucks" when it comes to being a mother. *Tense Vagina* focuses on the seldom-discussed and taboo aspects of motherhood, such as loss of bladder control, tears, monotony, loneliness and dildos. The narrative is anchored in sharing the physical therapy Sara received at The Pelvic Floor Rehab Center of New England as she sheds light and humor on her treatment of post-childbirth urinary incontinence. Created and Performed by Sara Juli with an original set by Pamela Moulton, Costume by Carol Farrell and with original lighting designer, Justin Moriarty. *The show runs 1 hour with no intermission and is not appropriate for children due to its strong language, subject matter and dildos.*

*Tense Vagina: an actual diagnosis* premiered in October 2015 in Portland, Maine and has since been presented by The Chocolate Factory Theater in NYC, The Dance Complex in Boston, and American Dance Festival in Durham, NC, among others. *Tense Vagina* will receive its international debut August 3-27, 2017 for 22 performances by Underbelly at Cowgate's Ironbelly before touring to ten venues throughout the US in the 2017/2018 Season.

#### REQUIRED FUNDING CREDITS:

*Tense Vagina: an actual diagnosis* is a recipient of the New England Foundation for the Arts' National Dance Project Touring Award, with lead funding from the Doris Duke Charitable Foundation and The Andrew W. Mellon Foundation. Also, funded in part by a grant from the Maine Arts Commission, an independent state agency supported by the National Endowment for the Arts.

# Sara Juli



© Arthur Fink

SARA JULI has been creating and performing innovative solo work since 2000. Her work has been performed in numerous New York City venues including Performance Space 122, Danspace Project, Movement Research at Judson Church, 92nd St. Y, Ontological-Hysteric Theater, Joe's Pub as part of the Dancenow/NYC Festival, Joyce Soho, Bushwick Starr, and Dixon Place among others. Nationally, her work has been performed at the American Dance Festival, Bates Dance Festival, Napa Valley Opera House, Connecticut College, UC Riverside, Artown Reno, SPACE Gallery, 3S Artspace, Franco American Heritage Center, The Dance Complex, and numerous others.

*"A dance comic..." - The Durham Herald-Sun*

In February 2006, she created and performed her first full-evening solo show, *The Money Conversation*, where she gave away her life savings (\$5,000 in cash), in a sold-out run at Performance Space 122 in NYC. *The Money Conversation* was an instant hit and toured nationally and internationally from 2007 to 2012 to sold-out houses in the Netherlands, Australia, New Zealand, London, Russia, and around the United States. The piece received notable press coverage in *The New York Times*, *The New York Post*, and *Time Out* (New York and New Zealand), on Fox Five News and National Public Radio, and in major publications, television, and radio spots abroad.

*"Like a standup routine performed in a supine position while doing Kegel exercises." - The New Yorker*

Her fundraising consulting practice, *Surala Consulting*, advises National artists and non-profits on strategic fundraising solutions. Sara was awarded the Arts Management Award from Brooklyn Arts Exchange in 2013 and is an Advisory Board member of The Field in NYC and Chair of the Advisory Committee of Bates Dance Festival in Lewiston, ME where she also taught, *The Business of Dance* in summer 2015 and 2016. She graduated with honors from Skidmore College in Saratoga Springs, NY, with degrees in Dance and Anthropology. After 15 years in NYC, Sara relocated to Portland, ME in 2014, with her husband and two kids and is creating and touring new solo work in addition to building her consulting practice. Sara is a recipient of a 2015-16 New England Foundation for the Arts NEST Touring Grant, a New England Dance Fund Grant and is a 2017-18 National Dance Project recipient for touring support of her show, *Tense Vagina: an actual diagnosis*. Sara is the 2017 Maine Fellow for the Performing Arts. *Tense Vagina* is represented by Elsie Management. You can learn more about Sara at [www.sarajuli.com](http://www.sarajuli.com) and [www.suralaconsulting.com](http://www.suralaconsulting.com)

PAMELA MOULTON (Set Design) is a Franco-American artist, presently living and working in Portland, Maine, with her husband and son. She shares her time between the French Loire valley and Maine and travels between these two havens. Textile and installation artist, she received her bachelor's degree from UVM and Villa Arson,

France. Working in New York as a set designer and art director, she continued exhibiting abroad as a fine artist. Motherhood brought her to Europe where she lived for 23 years, and received her MFA from the Ecole Supérieure d'Art d' Aix and studied choreography and education at IUFM Blois. Privileging play is born from years of professional experiences related to children's projects including: a traveling multi-sensory museum, blind children center, children's museum, toy companies, children's films and teaching. Presently she teaches contemporary art to University students, each of whom are paired with an elder with Dementia.

CAROL FARRELL (Costume Design) co-founded Figures of Speech Theater ([www.figures.org](http://www.figures.org)), a cutting-edge puppet/actor/mask/movement touring theater in 1982. As its Co-Artistic Director, Carol collaborated as performer, deviser, playwright, costume designer, and educator. In 2011, Carol joined Bates College's Department of Theater and Dance, where her responsibilities have ranged from managing the costume shop and collection, to teaching courses in Pattern drafting, Costume Design, and Puppetry, to designing costumes for Dance and Theater productions.

## WORK SAMPLES:



Teaser Video, pull-quotes and b-roll (one minute, thirty seconds)



Context Video (four minutes)



Full Recording (64 minutes)

IMAGES FOR USE:



Credit: © Arthur Fink

<https://www.dropbox.com/s/vanlqmt1kqyu0gu/Tv%20credit%20Arthur%20Fink%20%285%29.jpg?dl=0>



Credit: Grant Halverson © ADF

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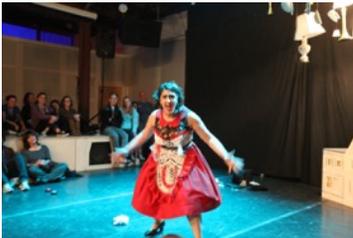
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<https://www.dropbox.com/s/7rt4une560o309b/Sara%20Juli%20TV%20credit%20Alban%20Maino%20%281%29.jpg?dl=0>



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SELECTED PRESS REVIEWS:

[To the Lighthouse: Sara Juli's 'Tense Vagina: An Actual Diagnosis' at The Chocolate Factory -CultureBot](#)

[Dance Review: The Joys of Motherhood -Dance View Times](#)

[Dance Review: Sara Juli Will Tickle You at Motorco. No, Actually Tickle You. -Independent Weekly](#)

[Dance Review: 'Tense Vagina: An Actual Diagnosis' is an actually hysterical performance -Portland Press Herald](#)

[Sara Juli's 'Tense Vagina', at ADF Out of the Box -The Five Point Star](#)

SELECTED PRESS QUOTES:

"a light of the downtown dance and theatre scene."  
 - *The New Yorker*

"*Tense Vagina* is thrillingly feminist, and very much belongs to the current zeitgeist."  
 - *The Five Point Star*

"The wry, neurotic appeal of '*Tense Vagina*' went way beyond fringe theater. You don't need to be a mother to appreciate Juli's sharp observation, tight writing and chipper, determined, exhaustion. **Who knew a tense vagina could be so funny?**"  
 - *Dance View Times*

"Juli has a lovely singing voice, and there were a few amazing physical moments when a sound accompanied with a simple repeat gesture initially seems like one thing until she subtly morphs it into something else."  
 - *Culturebot*

"*Tense Vagina* is the rare piece that harnesses art and advocacy into perfect harmony, making for an unforgettably hilarious and edifying experience."  
 - *Independent Weekly*

"In her performance, Juli drew on her considerable performance talents and experiences as a mother..."  
 - *The Durham-Herald Sun*



TENSE VAGINA: an actual diagnosis is represented by Elsie Management.  
 For booking inquiries, please contact: [laurac@elsieman.org](mailto:laurac@elsieman.org)