



Tense Vagina: an actual diagnosis

Sara Juli, creator/performer
www.sarajuli.com

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

- Portland Press Herald



© 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.*

"She had the audience laughing out loud as she lay bare her personal secrets." (The Portland Press Herald)

[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

[RADIO: TENSE VAGINA interview with Sara Juli](#) -Maine Coast 93.1

Sara Juli

creator/performer



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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..." -Susan Broili (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.

"...a light of the downtown dance and theatre scene." -David Remnick (The New Yorker)

Her fundraising consulting practice, *Surala Consulting*, advises over 30 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 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. Her newest work, *Tense Vagina: an actual diagnosis* received a New England Foundation for the Arts NEST Touring Grant and is currently on tour. *Tense Vagina* is represented by Elsie Management. You can learn more about Sara at www.sarajuli.com and 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. Priviledging 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), 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 Bate's 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.

Click on link below to view performance on YouTube:



[American Dance Festival, June 2016 \(full-length recording\)](#)

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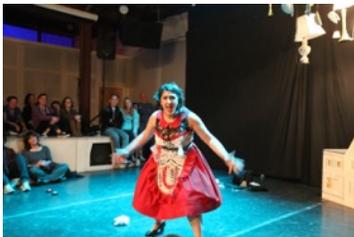
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TENSE VAGINA: an actual diagnosis is represented by Elsie Management.
For booking inquiries, please contact: laurac@elsieman.org