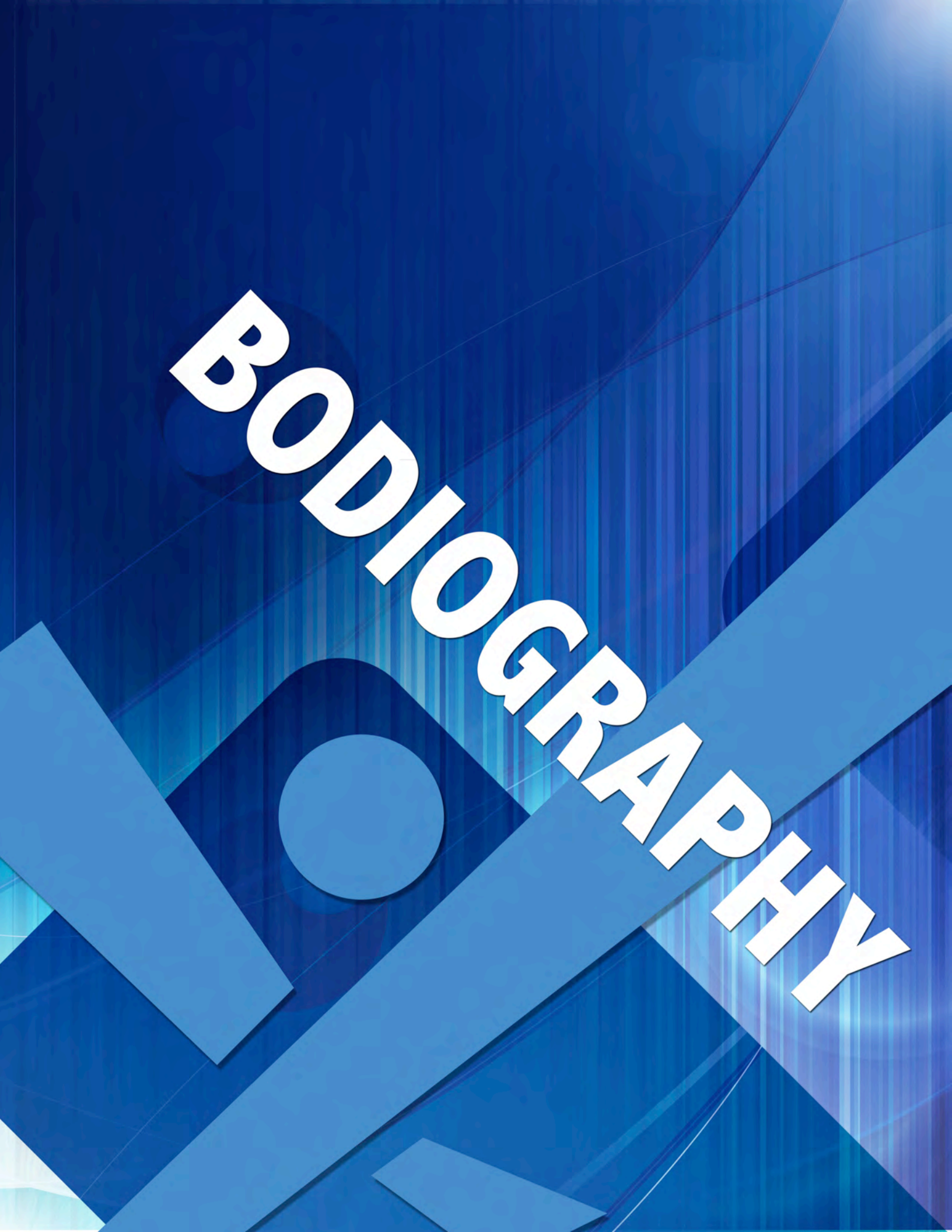


RADIOGRAPHY

The background is a vibrant blue with various geometric shapes and patterns. There are several overlapping diagonal bands of different shades of blue. A large, dark blue circle is positioned in the lower-left quadrant. The word "RADIOGRAPHY" is written in a bold, white, sans-serif font, slanted upwards from left to right across the center of the image.



MISSION

Bodiography has grown in its size and scope and is known for its commitment to health and wellness in the arts through dance performance, education, fitness, and therapeutic approaches utilizing movement studies. Bodiography® is a trademarked movement vocabulary, created by Maria Caruso, that is utilized in the creation of all of her artistic and educational tools.

Originally conceived as a performance outlet for exquisite ballet dancers with healthy, athletic, but non-stereotypical ballet bodies, Bodiography Contemporary Ballet strives to bring the beauty of ballet to new dance audiences in Pittsburgh and beyond. Presenting multi-genre movement languages and popular contemporary music, Bodiography places special focus on health issues, expressing our shared humanity through intriguing, entertaining, relevant, and inspiring dance with a strong foundation in classical ballet technique.



BODIOGRAPHY'S HISTORY

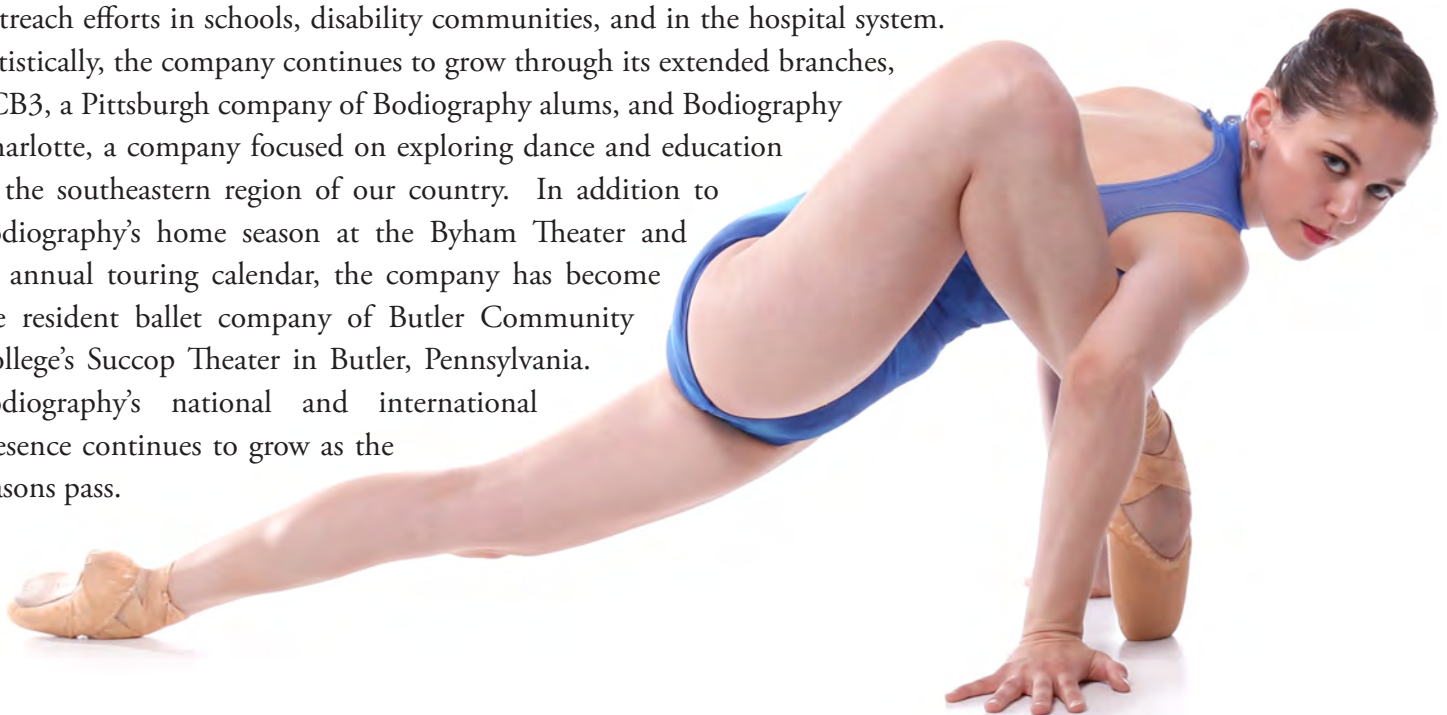
Bodiography Contemporary Ballet Company (BCB) was established in New York City in 2000 as a step toward creating a unique oasis in the world of dance. Ms. Caruso, founder and artistic director, began her crusade to revolutionize the world of contemporary ballet by fashioning a new standard of dance performance and education. This new standard included the employment of college educated, artistic, and proficient dancers who do not fit the stereotypical ballet aesthetic and were eager to adopt Bodiography's mission.

This mission allows for artists to find pleasure in the execution of Caruso's emotionally intriguing ballets set to contemporary live music, while educating the general public about healthy-living through her multi-faceted brand. Bodiography impacts audiences with its holistic approach to dance performance, fitness and wellness, and education.

During Bodiography Contemporary Ballet's first decade, Caruso's programming selections were designed to celebrate the human body in all its variety and to appeal to new dance audiences through contemporary music. Over the years Caruso has been fortunate enough to work with outstanding internationally known choreographers including Johann Renvall, Ze'eva Cohen, Anjali Austin, James Martin, Ilana Suprun-Clyde, and Lynne Taylor-Corbett, allowing her movement vocabulary to grow and her music selections to mature. She began experimenting with original music and local musicians including Cello Fury, composer Nancy Galbraith and Theo Teris, Thomas Octave and the Pittsburgh Festival Orchestra, the Craig Davis Jazz Consortium and continues to work with new composers every day. During her tenure as a choreographer, Caruso's interest in promoting the body deepened and her choreography began exploring medical and psychological issues leading to full length ballets *Bound* (2009), *Heart* (2010), *108 Minutes* (2011), *Whispers of Light* (2013), *Left Leg, Right Brain* (2014), and *The Lending Heart* (2016). She also began to strengthen her choreographic voice through her many commissions, her solo performance efforts, and her interests in creating non-narrative works that showcased her ability to create movement tapestries.

As Bodiography approaches its 18th season in Pittsburgh, Caruso's catalogue of original works has exceeded 100 ballets, inclusive of works of social justice and activism, abstract renderings, and a collection of commissions that have been created for companies across the country. BCB's wings have certainly spread beyond Pittsburgh's borders as the dance company extends its performance and educational offerings to rural and urban communities through their outreach efforts in schools, disability communities, and in the hospital system.

Artistically, the company continues to grow through its extended branches, BCB3, a Pittsburgh company of Bodiography alums, and Bodiography Charlotte, a company focused on exploring dance and education in the southeastern region of our country. In addition to Bodiography's home season at the Byham Theater and an annual touring calendar, the company has become the resident ballet company of Butler Community College's Succop Theater in Butler, Pennsylvania. Bodiography's national and international presence continues to grow as the seasons pass.



Bodiography Contemporary Ballet

Bodiography Contemporary Ballet tours extensively throughout the USA and abroad. To book a performance, master workshop, or residency, please contact Maria Caruso at maria@bodiography.com. Film footage, performance photos, technical rider, and sample contracts are available online at www.bodiography.com under Bodiography Contemporary Ballet - Booking.



Maria Caruso

In 2017, Caruso's performance earned her a spot in Pittsburgh City Paper's "The Year in Dance: 8 Standout Local Performances"

"As part of her stylistically diverse and physically demanding one woman show Phoenix Rising, the Bodiography Artistic Director was spellbinding in choreographer Anjali Austin's heartfelt 'Sunday's Child'. Vulnerable and emotionally exposed, Caruso's performance left audience members misty."

Founder and Director of Bodiography Contemporary Ballet and Chair of the Performing Arts Department at La Roche College, Maria Caruso is well known for her leadership as well as her choreographic strength in focusing on humanity in dance. Nominated in 2012 by Examiner.com as one of 25 finalists in the "America Inspired" contest, she continues to utilize dance as a means of expression capable of raising awareness about significant subject matter. Featured in the Carlow University Journal ("Gotta Dance: Maria Caruso," 2008) and recognized by the Pittsburgh Post-Gazette as a "Young Pittsburgher to Watch in 2009," Caruso has truly made an impact in her community and beyond. Acknowledged at the 2016 Future Health Technology Summit at MIT as a genius of choreography, selected as a 2016 Pittsburgh Business Times Fast Tracker, and invited to lecture at TEDxYouth Squirrel Hill in 2016, she has been a force in the cultural landscape. In 2017, she was honored as a Squirrel Hill Treasure for her leadership, promotion of inclusivity in dance, and mentorship of aspiring young dancers.

A native to the city, she received her Bachelor of Fine Arts degree in performing arts and dance from Florida State University at age nineteen and shortly after earned a Master of Science Degree in Professional Leadership with an emphasis on management for non-profit organizations from Carlow University. Throughout the years, she has had the great opportunity to study and perform with numerous choreographers and renowned companies and has had an active performance career with Bodiography since its inception. In 2015, she retired from Bodiography to focus on a solo-touring career taking her across the globe. In 2018, she was honored with the opportunity to perform Martha Graham's iconic *Lamentation* solo as part of her presentation efforts, and she continues to be seen on stage to date.

Her teaching career began in Florida where she took part in the development of dance curriculum in the Florida public schools while directing a ballet/modern program at a leading academy in South Georgia. Upon moving back to New York City, she became a teacher at Ballet Academy East and began laying the foundation of her company. The concept of a ballet company that encouraged numerous body types began when Ms. Caruso grew weary of the body conflicts of the ballet world. Her experiences inspired her to find success in a professional career that would allow dancers to eliminate this problem. She believed that the technique and artistry of the art form was the most important aspect rather than how well the body molds itself to the ensemble. With this in mind, Bodiography was born and contemporary ballet was adopted as a style that would diverge from the classical ballet.

As Caruso's movement developed into its own distinctive style, she moved towards codifying it as a language. In 2011, Bodiography was trademarked as a movement vocabulary and it formed the basis of Caruso's unique research-based choreographic process. This process has played a significant role in the development of her full-length ballets and has provided her with a platform for artistic philanthropic endeavors and a voice as a social activist. Her passion for athleticism within the confines of dance further defined her now successful Bodiography® Fitness and Strength Training Program, a mat-based fitness format that is expanding across the United States. Following the success of her fitness program, she furthered the development of her choreographic process through the creation of a dance therapy program titled Bodiography® Dance Movement Therapy System. This system outlines a distinct class that supports physiological, psychological, and emotional breakthroughs for a variety of populations in need of assistance in finding balance in such realms. With the success of her artistic, fitness, and dance movement therapy endeavors leading the organization in its growth, Caruso was fortunate to have the opportunity to lead the performing arts department at La Roche College. There she fulfilled her passion for education through the growth and restructuring of the dance

program where she is able to offer young artists the opportunity to earn college credit in high school for coursework in dance studies through the partnership between Bodiography Center for Movement and La Roche College. The uniqueness of unifying her work at La Roche, professional dance company, fitness program, community outreach, and independent dance conservatory and programming led to the 2013 expansion of her home studios in Squirrel Hill.

To date, Caruso's choreography and ballets have been well received throughout the United States and continue to receive immense acclaim with every passing performance. She has choreographed numerous ballets for the company's repertoire and has been commissioned to produce works for Warped Dance Company, Winthrop University, Northwest School for the Arts, the Charlotte Dance Festival Repertory Ensemble, Westmoreland Choral Society, Fallingwater's 70th Anniversary Celebration, Fluidity Dance Company, Laurel Youth Ballet, brooks and company dance, Off Broad Street Center for Dance Arts, North Allegheny High School, Butler Community College, The Garrett Lakes Arts Festival, The Dollar Bank Three River's Arts Festival, the Frick Art Museum, and the Elsie Awards honoring director Rob Marshall. In addition to her choreography, she is proud to have commissioned original works for Bodiography's extensive repertoire from such distinguished choreographers as Johann Renvall, Ze'eva Cohen, Anjali Austin, James Martin, Ilana Suprun Clyde, and Lynne Taylor-Corbett. Ms. Caruso has had the great opportunity to showcase Bodiography Contemporary Ballet and her solo work by touring through New York, New Jersey, Pennsylvania, Maryland, West Virginia, North Carolina, Wisconsin, Florida, South Carolina, Hawaii, Massachusetts, Colorado, Georgia, as well as Israel, Hong Kong, and England where she has presented her work and engaged in many outreach programs and lecture demonstrations.

She has conducted master classes and lectures at Point Park University, Slippery Rock University, McDaniel College, Mercyhurst University, University of Pittsburgh, West Virginia University, Desayles University, Elon University, Duquesne University, the Boston Conservatory, MIT, The Charlotte Dance Festival, Elon University, UNC Greensboro, Johnson C Smith University, Caroline Calouche and Company, and the University of Salford in the UK. She has designed movement programs for The Yeshiva Girls School of Pittsburgh, Shaler Area School District, Carnegie Mellon University's Cyert Center, and the Community Day School. Her catalog of 100 full-length works is celebrated by companies and educational institutions across the country.

Every day, Caruso is excited to watch the growth of her multi-genre conservatory Bodiography Center For Movement where Caruso prepares young aspiring artists for collegiate and professional careers in dance. Her graduates continue to flourish in the top university dance programs and dance companies across the country. Additionally, she is proud to watch her La Roche College graduates thrive in prominent dance companies, and she is thrilled to watch the development and growth of her company artists and faculty.



Community Outreach

Bodiography's outreach efforts include school residencies, master workshops, and annual collaborative contracts that allow local and regions schools to engage with one of our esteemed teaching artists on a seasonal basis.

RESIDENCIES - Bodiography is available for 1-14 day residency programs for which the entire company or select artists engage in the school an in the classroom. Institutions and organizations can choose from dance academics such as ballet, contemporary, modern, and improvisation, wellness modalities such as Pilates or Bodiography Fitness and Strength Training System, or healing and educational techniques through our Bodiography Dance Movement Therapy System. Each residency is crafted to cater to the student group and is created with great detail and attention to the needs and focus of the program. Residencies also include an assembly performance for the school or organization. Fees range based on number of days and number of artists.

MASTER WORKSHOPS - Bodiography is always available for a msterworship in any of our disciplines. This includes a 2 hour course in ballet, contemporary, modern, or improvisation, Pilates, Bodiography Fitness and Strength Training System, or the Bodiography Dance Movement Therapy System. Fees vary based on the number of teaching artists.

COLLABORATIVE OUTREACH CONTRACTS - Dance studios and educational institutions may elect to contract a Bodiography teaching artist for the term of the season beginning in August and concluding in June. This contract entitles the organization to staff an artist for the season with a minimum commitment of 3 educational hours of instruction on a given day each week of that season. Fees vary based on the number of weekly hours selected and the term of the season.



Community Outreach



BODIOGRAPHY DANCE MOVEMENT THERAPY SYSTEM

The Bodiography® Dance Movement Therapy System is an unique algorithm that offers the most profound outcomes for healing. With this formula, trained facilitators have the capacity to extract gestures and movement from vast populations of participants in need of psychological, emotional, and physiological wellness, and formulate them into movement phrases in the class setting. Through the foundation of extracted gestures, shared choreographic connection, and reflection, facilitators are able to change and transform patients, participants, and humanity through movement and dance.

The Bodiography® Dance Movement Therapy System is focused on capturing personal reflections from the depths of our being, extracting them in a shared experience that is inclusive in nature and communicated in a way that is transformative for all involved. How we define ourselves and how we deal with our trials and tribulations in life are better shared among one another than alone. Seeing, sharing, and reflecting on our life's experiences is the only way in which we can heal as fractured products of our human existence.

For information on Bodiography® Dance Movement Therapy System classes in a city near you, or for information about becoming and facilitator, please contact us a info@bodiography.com.

BODY LANGUAGE - WITH FEELING

BY GREG JENA

There was a lot of movin' and groovin' going on this summer in Wilkinsburg, at Milestone's Specialized Partial Hospitalization Program for people who are deaf.

Jennifer Macioce, LCSW, Milestone's Director of Day Treatment and Deaf Services, was looking for a way to inject some variety into the expressive therapies offered to Milestone clients. The solution is a new phenomenon known as "Bodiography Movement Therapy," which teaches emotional expression through movement.

"I received the Bodiography newsletter," said Macioce, "and I felt this would be a perfect compliment to our other activities."

Macioce reached out to Bodiography founder Maria Caruso, who offered to work with Milestone. The result was a test run of four weekly sessions this summer.

Bodiography movement therapy facilitator Holly Kepins said she finds working with Milestone clients "rewarding, because it helps them expand ways they express themselves – and lets them know they are not alone in their feelings."

During the course of one recent session, clients focused on the topic of depression, using movement to personify terms such as lonely, frustrated, tired and confused.

In concluding the session, Kepins asked participants how they felt.

One client responded "This helps me to think positively." Smiles were visible throughout the room.

Macioce's plan is to have members of her staff get certified in movement therapy, so this program may be

implemented on an ongoing basis.

"Anything can be choreography when people inject their own ideas," Kepins explained.

Indeed. Milestone's expressive movement sessions are creating a whole new outlet for those we serve.

Clients who partake in Milestone's program also have the opportunity to engage in wellness initiatives, expressive art and group social support.

"The Deaf community is so used to communicating through sign language," Macioce explained. "It's wonderful to watch our clients build upon each other's ideas to take their communication to deeper level and create meaningful movement."

"The residents are responding so well to Bodiography® Dance Movement Therapy! What I am most amazed to see is how many of our resident with cognitive impairment who usually can only follow 1-2 step direction with cueing can follow an entire dance-story-sequence with up to 17 movements, and some without cueing! They remember the movement based on the life stories of the group members. And as one resident said, "This makes me happy!"

*Denise Calkins,
Vincentian Collaborative System*



BODIOGRAPHY® FITNESS AND STRENGTH TRAINING SYSTEM

The Bodiography® Fitness and Strength Training System is a full body workout that fuses the techniques and the benefits of ballet conditioning with skeletal alignment, natural body weight, and the use of props (mat, weights, ball, and bands). Created by Bodiography® Contemporary Ballet's Founding Director Maria Caruso, this class is derived directly out of the fitness and strength training needs of professional and pre-professional ballet dancers. By combining the alignment principles of ballet, traditional training techniques, and specifically constructed exercise sequences, this workout is truly the “ballet workout for everyBODY”.

Though a class will always have a minimum of 20 minutes of intense and concentrated abdominal work, the Bodiography® class is designed to target all muscle groups from the abdominals, back, legs, arms, and glutes. In order to do this in an hour, exercises often work up to three muscles groups at one time. Muscle groups like abdominals, inner thighs, and triceps are combined together into one exercise to allow for a more efficient and productive workout.

The Bodiography® recipe for success is a combination of consistency and variety. The classes can have a variety of focuses such as balance and flexibility, strength and agility, or specialized muscle groups while simultaneously working the whole body.

For information on Bodiography® Fitness and Strength Training classes in a city near you, or for information about becoming an instructor, please contact us at info@bodiography.com.





BODIOGRAPHY® CENTER FOR MOVEMENT

We believe that our youth will pave the way of the future. We are dedicated to providing quality dance education through our dance conservatory. At our school, our educators mentor young and aspiring artists about the importance of a sound mind, body, and spirit within the techniques of ballet, modern, jazz, and related subjects.

Our curriculum is designed to teach dance as a language, honing in on an academic and kinesthetic approach to arts education. Through this platform, we work to capture the student's artistry while exercising proficient technique and an appreciation for the arts through friendship and leadership. Our offerings for ages three to adult are taught by an array of outstanding and experienced faculty and guest, many of whom are active performing artists with the company, Bodiography Contemporary Ballet. Each teaching artist offers our students every opportunity to achieve their highest potential. At Bodiography Center for Movement, we produce strong healthy dancers who enjoy their bodies as well as their craft.

Our programs are divided into four divisions: the Children's Division for ages 3-5, the Graded Level Division for ages 6-18, our College Preparatory Division in partnership with La Roche College, and our Recreational Division for all ages. Each division is passionate about dance education and the celebration of dance for every-BODY. The College Preparatory Program, one of our most unique offerings, works to offer advanced students the opportunity to partake in college level courses through our affiliate dance major at La Roche College. Through this program, they are able to extend their studio studies to include dance composition, improvisation, and dance pedagogy. At this level, we also offer a myriad of professional performance opportunities through our Bodiography Student Company.





LA ROCHE COLLEGE DANCE PROGRAM – IN COLLABORATION WITH BODIOGRAPHY

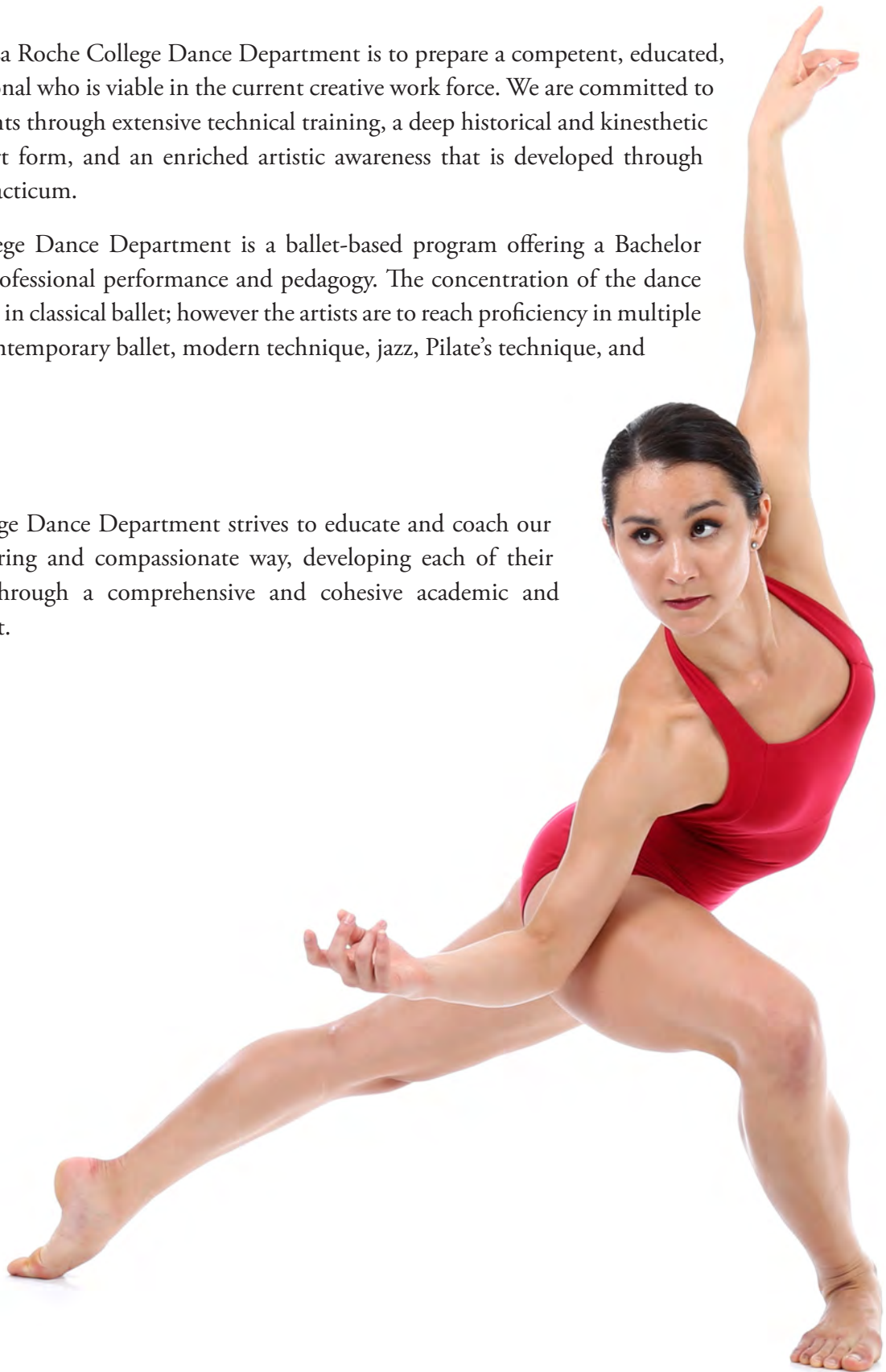
MISSION

The mission of the La Roche College Dance Department is to prepare a competent, educated, and mature professional who is viable in the current creative work force. We are committed to nurturing our students through extensive technical training, a deep historical and kinesthetic knowledge of the art form, and an enriched artistic awareness that is developed through performance and practicum.

The La Roche College Dance Department is a ballet-based program offering a Bachelor of Arts Degree in professional performance and pedagogy. The concentration of the dance department is rooted in classical ballet; however the artists are to reach proficiency in multiple genres including: contemporary ballet, modern technique, jazz, Pilate's technique, and dance composition.

VISION

The La Roche College Dance Department strives to educate and coach our students in a nurturing and compassionate way, developing each of their individual talents through a comprehensive and cohesive academic and creative environment.



DEPARTMENTAL GOALS

The La Roche College Dance Department is committed to the development and enhancement of our artist's abilities in an effort to articulate our pristine accelerated programmatic goals on a national level.

Students study and train with director, Maria Caruso, for the duration of four years while receiving enrichment from company artists and esteemed guests of Bodiography Contemporary Ballet.

Students are required to reach equal proficiency in both classical ballet technique and contemporary technique upon graduation.

Students are required to demonstrate their competency and knowledge of all techniques through the production of a student guided senior thesis, which identifies their technical balance while highlighting their individual artistic strengths.

For information about the La Roche College Dance Program, or auditions, please contact Maria Caruso at maria.caruso@laroche.edu.





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