

GOOD TO KNOW SHOW INFO

please turn off or mute all devices
no photography or video recording allowed
intermission is approximately 15 minutes
all concessions proceeds go towards the eXit SPACE
Scholarship Fund - cheers to that!
bathroom code is 3107
sit back, relax, and enjoy the show!

UPCOMING SHOWS AT NOD

eXit SPACE Productions

BOOSTmeUP Youth Dance Festival | April 25-26, 2026
Young Dancer Performance Series | May 15-17, 2026
takePAUSE Spring Edition | May 29-30, 2026

Community Productions



Evoke
PRODUCTIONS
PRESENTS

Full Tilt

featuring work by:
Olivia Evans
Diana Kim
Marlo Martin
Madeline Maxine Roman
Heather Smith & Samantha Weissbach
dani tirrell

April 11, 2026 7:30pm
April 12, 2026 2:00pm & 6:30pm

NOD Theater | 1621 12th Ave
Tickets at universe.com/FullTilt2026
Info at evokeproductions.org

  

Photo: Joseph Lambert / JazzyPhoto.com Design: Marlo Martin

Take class, perform, create, and be in community.
www.exitspacedance.com

BOOST DANCE FESTIVAL

MARCH 27-29, 2026



Amy J Lambert
Zihao Yuan
Rhea Keller
ebb//flow
Alana O. Rogers
Ieva Braciulyte
Elia Mrak
Sally Holloman
badmarmarDANCE
eXit SPACE

EXPRESS
YOUR
ART

WELCOME TO BOOST | 2026

The BOOST Dance Festival is focused on creating opportunities for Seattle contemporary dance artists of all genres to showcase their work alongside their peers with an ever-broadening audience. The festival aims to produce performances that feature emerging artists alongside veteran choreographers. This year BOOST returns to eXit SPACE | NOD Theater in Capitol Hill, Seattle, for its 12th year and proudly presents the 2026 BOOST ARTISTS:

Amy J Lambert, Zihao Yuan, Rhea Keller, ebb//flow, Alana O. Rogers,
Ieva Braciulyte, Elia Mrak, Sally Holloman
with host company, badmarmarDANCE

BOOST is committed to the ongoing development of the Seattle dance community and curation of dance works. The BOOST vision includes presenting artists that reflect our whole community and city. We value and uphold an equitable application process and strive to select a diverse pool of artists and choreographers in terms of ethnicity, race, gender, and sexual orientation.

BOOST is known for its party-like atmosphere. We encourage dialogue with fellow audience members between dance works and encourage the audience to participate with cheers, applause, and accolades for the performers. The BOOST atmosphere is uniquely curated with the joy of live art, new dance, and community living at the center of the experience.

We are happy you are here. Thank you for supporting the 2026 BOOST Dance Festival and artists.

The eXit SPACE TEAM

PRODUCER
Marlo Martin | eXit SPACE

TECHNICAL DIRECTOR
& LIGHTING DESIGNER
Becca Blackwell

HOUSE MANAGER
Jay Shepherd

SOUND & STAGE CREW
Mikayla Villa-Howells

BOX OFFICE & CONCESSIONS
Tracey Smith

FACILITIES ADMIN
Hayley Keller

eXit SPACE ARTISTIC DIRECTOR
Marlo Martin

YOUNG DANCER PROGRAM
DIRECTOR
Miranda Chantelois

WEB MASTER & OFFICE ADMIN
Alex Goldstein

OFFICE ADMIN
Rose Amlin

FACILITIES & THEATER
RENTALS MANAGER
Christin Olyano

Ieva Bračiulytė (she/her) is a Seattle-based movement artist. Since graduating in 2021 from the University of Washington with a B.A. in Dance, Ieva has danced with PRICEarts, ZCO, a Seattle heels performance company, and Rickety Sticks Dance Theater. She has had the pleasure of working with and performing in pieces by Amy J Lambert, Dani Tirrell, Majinn O'Neal, Rachael Lincoln, Noel Price, Natalya Z, zoeljuniiper, and Yin Yue. Ieva has performed at numerous shows around the Seattle area including CO-6, 12 Minutes Max, Georgetown Art Attack, and LAUNCH, and is looking forward to continuing to make collaborative multimedia artwork with her peers.

Sally Holloman (she/her) is a Seattle based dancer, choreographer, and videographer. She is a passionate young creator who enjoys exploring movement through flexibility of the body and mind. Her pieces often include her commentary or personal perspectives on human experiences. Sally encourages the output of individuality or uniqueness in her dancers when it comes to her choreography. She also enjoys the exploration of a quirky, whimsical, almost fantasy-like atmosphere.

Sally graduated high school in June of 2024 and is currently pursuing her professional dance and choreography career in the city of Seattle. Her works have been showcased at local performances like Impact Dance Festival since 2022 and Ballard Seafood Festival since 2024. As well as being a performer in those shows, she has danced in Seattle International Dance Festival, Dance Fremont's Steadfast Tin Soldier, BOOSTmeUp, Launch, and more.

Elia Mrak graduated from Pomona College in 2006 with a degree in Mathematical Economics and a Minor in Dance, and the following year was awarded the prestigious Watson Fellowship, given to only 50 graduating seniors annually in the USA. From 2009 to 2010, he served as assistant to David Zambrano, creator of the Flying Low and Passing Through contemporary dance techniques, in which he became certified. Between 2012 and 2025, Mrak created six evening-length pieces and toured them extensively throughout the USA, Mexico, South America, and Europe. He served as an Emerging Choreographer for Springboard Danse Montreal under Alexandra Wells' artistic direction in 2016 and 2017, and choreographed and taught at the Hubbard Street Professional Program under Alexander Wells' direction in 2018 and 2019. From 2016 to 2020, he co-created and toured Performance and a Party, an evening-length improvised show and afterparty, in Seattle, Chicago, Los Angeles, and New York. In 2017, he founded amovementmovement®, a non-profit organization dedicated to bringing movement-based healthcare programs to communities worldwide. From 2022 to 2023, Mrak worked as a choreographer and teacher at the Gibney Professional Program in New York. His extensive training includes certification as a Full Instructor in the Universal Healing Tao program in Qigong and Chinese Healing Arts from Mantak Chia, certification in Daria Fain's 3-year Contemplative Action program integrating Qigong and Dance Improvisation, certification in the Touch Training for Trauma Therapist course taught by Kathy Kain, and he is on track to complete certification from the School of Body-Mind Centering as a Somatic Movement Educator in 2025.

...and writers with diverse backgrounds of their own, and a mutual interest in the cultivation of curiosity within their performances and community connections. Explore more @ badmarmarDANCE.com.

Jeremy Zihao Yuan is a first-year PhD student in Dance Studies at The Ohio State University, pursuing a minor in Women's, Gender, and Sexuality Studies. He holds a Bachelor of Arts in Dance from the Shanghai Theatre Academy (2016) and a Master of Fine Arts in Dance from the University of Washington (2024). As a queer artist-scholar, Jeremy's personal identity profoundly informs both his artistic vision and academic scholarship. He is a dedicated advocate for gender inclusivity & representation through dance-making, and research.
www.jeremyzihao.com | @jeremyzihao

Rhea Keller (she/they) is an independent dance artist based in Seattle, Washington. Her work utilizes patience, vigor, lilt and quirk to explore and validate identity, healing and connection. Most recently, they were awarded the James Ray Residency and Touring Project by Seattle International Dance Festival where they presented their work reconciliation of a wanting body. Her choreography has been shown at 12 Minutes Max, Fuselage Dance Film Festival and Choreography Project. Interwoven, created in collaboration with Leah Russell, has been presented by Seattle International Dance Festival and Newport Dance Festival. She has also served as co-choreographer for Kylin Grey's evening length dance drama, The Infinite Loop. Rhea has performed on stages across the United States, South Korea, and Morocco. Local to Seattle since 2021, they have worked with Alana Rogers, Kylin Grey, Cameo Lethem, Beth Twigs, Bennyroyce Royon, Nicole Flores, Emily Schoen Branch, and Mary Sigward. Previously, she danced with Newport Contemporary Ballet, Central Illinois Ballet, and Rochester City Ballet.

Alana O'Farrell Rogers is the Artistic Director of Alana O. Rogers Dance Company, a contemporary dance company based in Seattle, WA. The company presents dynamic, theatrical dance works that investigate stories and abstractions of human nature and experience. Alana's choreography is lush, full-bodied, and highlighted with fearless athleticism, crisp technique, and a poignant and quirky emotional sensibility. It is the mission of Alana O. Rogers Dance Company to present art that invites, absorbs, and gives with honesty and without hesitation. As an artist, Alana is interested in the human condition, culture, science, and the natural world. She believes in the power of art to leave etchings on our collective experience that remain after the viewing has past. Her choreography has been commissioned by many festivals and programs in the Pacific Northwest including the Seattle International Dance Festival (SIDF), Slip Gallery/Belltown Art Walk, YAW Theater, ChopShop Bodies of Work, eXitSPACE (LAUNCH, BOOST), Velocity Dance Center (NextFest NW, Fall Kick Off, Access Velocity), and On the Boards (12MM & Open Studio), among others. Alana is a 2020 awardee of the James Ray Residency through the Raynier Foundation and Khambatta Dance/SIDF. She has been a recipient of a GAP Grant from Artist Trust (2016), two smART Ventures grants from the Seattle Office of Arts & Culture (2014, 2022), a 4Culture Arts Projects grant (2025), and a Creative Residency at Velocity Dance Center (2014).

PROGRAM ONE

Fri, March 27th 7:30pm & Sat, March 28th 5:00pm

Intertwined

Choreography and performance - ebb//flow; Rebecca Barney, Becca Blackwell, Kimberly Holloway, Emma Hreljanovic
Title of music track and artist/composer - Farm Song by East Forest, Shorelines by Grandbrothers

i am more likely to wait than you are

Choreographer: Amy J Lambert | Ricketsticks Dance-Theater
Dancers: Rose Amlin, Amy J Lambert
Music: Ave Maria by Maria Ferrante, excerpts from Stravinsky's Petrushka, Burning by The War on Drugs

The Hidden Q.U.E.E.R

Choreographer and Performer Zihao Yuan
Music: "Farewell My Concubine霸王别姬," including Yibeizi一辈子, Luomu落幕, Duanzhi断指.
Program Notes: Inspired by the legacy of Mei Lanfang, the iconic Chinese opera artist known for his cross-gender performances, The Hidden Q.U.E.E.R. explores the intersection of identity, tradition, and personal liberation. This piece is not only a reflection of my own experiences growing up and navigating gender, but also an invitation for others to embrace authenticity in both dance and life. I hope this work can offer light, empowerment, and representation to individuals and communities who have long felt unseen.

INTERMISSION

from the ground, up

Choreographer: Rhea Keller in collaboration with Alicia Pugh and Gia Falzone
Dancers: Alicia Pugh, Rhea Keller
Sound score: An Anthology of Dreams by Innessi, station announcements, and train ambiance mixed by Rhea Keller
Special thanks to Catriona Urquhart and Brett Doss

meet me h e r e

Choreographer: Marlo Martin in collaboration with dancers
badmarmarDANCE: Miranda Chantelois, Carol Davis, Ally Elliott, Nicole Flores, Hayley Keller, Sean O'Bryan, Bri Wilson, Roni Witbeck
Music: 4 162 by Michael Wall, I've Been Loving You Too Long by Otis Redding, Onos by Travis Lake, We Are the Ones by Son Lux. Mixed and edited by Marlo Martin

PROGRAM TWO

Sat, March 28th 7:30pm & Sun, March 29th 6:00pm

Fractured (an excerpt)

Choreographer: Alana O'Farrell Rogers in collaboration with Maisy Neill

Dancer: Maisy Neill

Music: Dawn Chorus by Thom Yorke

Program Notes: Special thanks to Ryan Goldstein for his carpentry magic and to Marlo for bringing this to BOOST. Come see the whole show in late October/early November at Base Camp Studios 2. There will be much more furniture.

The Waiting Room

Choreographer: Ieva Bračiulytė

Dancers: Jenna Batchelder, Ieva Bračiulytė, Miranda Deguzman, Audrey Gibson, Venise Lee, Caitlynn Noltie

Music: Hospital Ambience by White Noise, Universal Soundscapes

Night in Tunisia by Jesus Molina, Sam Smith, Roni Kaspri

Spines by Rose, 6 Morceaux, Op 51: No. 6, Valse sentimentale by Pyotr Il'yich Tchaikovsky, Clara Rockmore, Nadia Reisenberg

Mixed by David Comeaux

Impozter Zyndrome Iteration 3 - The Antiheros

Choreographer: Sally J. Holloman

Dancers: Sally J. Holloman, Sophie Martin Hurwitz, Kaylyn Ready

Music: Tyler the Creator

INTERMISSION

Stay With the Trouble

Directed by Elia Mrak | Created by Elia Mrak and Maia Durfee

Dancer: Maia Durfee

Music: Nicolas Jaar and Ben Cosgrove

"God, guru, and self are one and the same." – Rama Maharshi

meet me h e r e

Choreographer: Marlo Martin in collaboration with dancers

badmarmarDANCE: Miranda Chantelois, Carol Davis, Ally Elliott, Nicole Flores, Hayley Keller, Sean O'Bryan, Bri Wilson, Roni Witbeck

Music: 4 162 by Michael Wall, I've Been Loving You Too Long by Otis Redding, Onos by Travis Lake, We Are the Ones by Son Lux

Mixed and edited by Marlo Martin

MEET THE ARTISTS

ebb//flow is Rebecca Barney, Becca Blackwell, Kim Holloway, and Emma Hreljanovic. They danced together as members of Michelle Miller/Catapult Dance between 2013 and 2019. In early 2021, despite now living miles apart, they came together to rebuild a shared movement practice and community. They explore questions, ideas, and nature trails, supporting each others' thoughts, experimentations, and explorations back into dance post Covid. Their shared movement language values individual contributions alongside partnering and collaboration as they investigate movement scores and structures, using restriction and boundaries to stimulate creativity. They practice deep and focused observation of both the macro and micro world around them and use those observations to inspire movement and story. They plan to build as a group and open classes to the surrounding community. Old friends exploring new ways.

Amy J Lambert (she/her), a Seattle-based dance artist, delights in choreographing and directing works that blur the lines between theater and concert dance. Armed with a BFA in Dance from Cornish College of the Arts, she is a creator, producer, and dedicated educator in the field. Currently at the helm of RicketySticks Dance-Theater (formerly AJnC Dance-Theater), Lambert's work is celebrated for its ability to "use positive, funny absurdity to affirm our creative ability to disrupt norms and create new connections." (DECONSTRUCT Intersectional Performance Critique). Lambert was honored with a DanceCrush award from SeattleDances, for her "use of humor in choreography" in her work as a whole and specifically in "Young Manic" (2018). Her most recent work, "This Is A Drama Comedy," premiered at 12th Ave Arts in 2025 and was her fourth evening-length work presented in Seattle. You can sometimes catch her work alongside Seattle rock band Thunderpussy. Alongside her artistic endeavors, Lambert shares her passion for movement with students ranging from 6th to 12th grade, and has enriched Seattle's dance community for over a decade by teaching drop-in classes for adult dancers. Discover more about her artistic journey at AmyJLambert.com.

Led by Artistic Director **Marlo Martin**, **badmarmarDANCE** is a Seattle-based contemporary dance company committed to the cultivation of compelling and emotionally immersive experiences for dancers and witnesses alike. The first iteration of the company was founded 18 years ago and was re-established in 2022 with seven new artists whose eclectic performance backgrounds and unified commitment to the coalescence of energy in space have brought fresh life to her vision and to the Seattle dance scene. Known for performances rooted in the dynamism and complexity of human perseverance, badmarmarDANCE artists dig deep into their lived experiences and collective memory in order to perform intensely visceral and emotive works, rich with dynamic contrast. From ferocious, athletic unison phrase-work to resonant visual storytelling, moments of raw exhalation to those of poignant tenderness, badmarmarDANCE works are a visual and experiential rollercoaster, reflective of lifetimes touched by love and loss. Ultimately, badmarmarDANCE embodies a collective of artists committed to sharing sensation and movement in community with fellow artists and art lovers of diverse backgrounds. They are teachers and choreographers, researchers ...