

FIGHT or *Flight*



October 30 – 31 & November 5 – 7, 2021

Danceworks Studio Theatre

Original compositions by Sam Mullooly

Artistic Director Christal Wagner and Danceworks Performance MKE collectively take a scientific approach to unearthing what happens when the nervous system goes haywire. This concert offers a meditative exploration of movement and visuals that dive into the stress cycle, the nervous system and its various subdivisions. Influenced by the stressors of the Covid-19 Pandemic, the company aims to support our community struggling with mental health and general stress through a year-long mission that exposes how we can overcome these deeply wired roadblocks and reveal a path to a healthier future. We offer an educational and microscopic look into the fight, flight or freeze response by exploring ideas anyone can employ to become more deeply self aware. Composer Sam Mullooly premieres an ambitious work of complimentary sentiment titled "A Balance."

Visit DanceworksMKE.org for
Single tickets / Season Subscriptions / Info

Photo by DPMKE Artistic Director Christal Wagner



danceworks INC

