

Greeting ごあいさつ

Welcome to our 20th anniversary production, *Dancing Dreaming Isadora: Reflections on the Past, Visions of the Future*. The Mary Sano Studio of Duncan Dancing has been presenting bi-annual dance festivals since its opening in 1997, and we are very pleased to present our work to you in this larger venue.

This production is truly the culmination of the past 20 years of work; building a comprehensive Duncan repertoire as well as our original work, and perhaps most importantly, cultivating a group of dancers capable of performing this range of work.

Revolutionary in both her personal life and as an artist, Isadora Duncan (1877-1927) broke from the more rigid confines of the ballet of the era and created an expressive movement vocabulary based on free and natural movements inspired by ancient Greek arts, music, and nature. She was a sensation in Europe and Russia throughout the early 1900's, and had several highly successful tours in the United States later in her career. She also had a passion for teaching, and her adopted daughters, 'The Isadorables', most notably Anna, Irma, Lisa, and Theresa Duncan, continued her work long after her tragic death.

Isadora created over 300 dances during her lifetime, about 80 of which have been passed down to my generation of Duncan dancers. These dances naturally evolve over time through individual vision and interpretation, but her concepts and techniques are forever here to guide us.

We appreciate all the support of our community and fellow artists and friends whose support has been truly inspirational. We dedicate this performance to all of you, and to Isadora Duncan.

Thank you very much.

Mary Sano
Artistic Director

Program A

September 7, 2018

Isadora Duncan Repertoire to the music of Chopin and Scriabin

Eriko Tokaji, pianist

	Premiered
1. <i>Tanagra</i> Mazurka Op.70, no.3	Circa 1905
2. <i>Boy and Girl</i> Mazurka Op.17, no.1	1904
3. <i>Butterfly</i> Etude Op.25, no.9	1905
4. <i>Slow</i> Mazurka Op.17, no.4	1904
5. <i>Death and the Maiden</i> Mazurka Op.33, no.4	1902
6. <i>Polish</i> Mazurka Op.7, no.1	1904
7. <i>Harp</i> Etude Op.25, no.1	1917
8. <i>Valse Brillante</i> Waltz Op.34 no.1	1908
9. <i>Funeral March</i> Sonata No.2 Op.35, no.3 Performed by special guest Adrienne Ramm	1913
10. <i>Revolutionary</i> Etude Op.8, no.1 (Scriabin)	1924
11. <i>Mother</i> Etude Op.2, no.1 (Scriabin)	1924
12. <i>Body and Soul</i> Nocturne Op.9, no.2	1916

Intermission 15 minutes

Program B

September 8, 2018

Isadora Duncan Repertoire to the music of Gluck and Schubert

Eriko Tokaji, pianist

	Premiered
<i>Musette</i> from <i>Armide</i> by Gluck	Circa 1905
<i>Prayer</i> Prelude by Bach	2005*
<i>Tanagra Figures</i> <i>Folies d'Espagne</i> by Corelli	1906
<i>Ave Maria</i> Performed by Adrienne Ramm with vocalist Leandra Ramm by Schubert	1907

Isadora Duncan Repertoire to the music of Brahms

Mutsuko Dohi and Hiroko Mizuno, pianist

Waltzes Op. 39	Circa 1912
No. 1 <i>Welcome</i>	No. 9 <i>Wondering*</i>
No. 2 <i>Lullaby</i>	No. 10 <i>Run Run Leap</i>
No. 3 <i>Moment*</i>	No. 11 <i>Spanish</i>
No. 4 <i>Gypsy</i>	No. 12 <i>piano only</i>
No. 6 <i>Scarf*</i>	No. 13 <i>Cymbals</i>
No. 5 <i>piano only</i>	No. 14 <i>Flames</i>
No. 7 <i>Couples</i>	No. 15 <i>Rose Petals</i>
No. 8 <i>Seagull</i>	*choreographed by Sano

Isadora Duncan's dances are passed down by her original pupils (Isadorables) to the next generation of dancers. Many of the dances in the Duncan repertoire (as listed above) are known by nicknames that were given by the Isadorables. Mary learned these titles as the dances were taught to her by her mentor, Mignon Garland. Third and fourth generation Duncan dancers and teachers continue to keep this choreography alive today.

Ship of Dreams: Kanrin Maru 咸臨丸

Written by Tony Sano, Mary Sano, and Paul Heller

Music by Tony Sano Chapman Choreographed by Mary Sano

Koto by Shoko Hikage Cello Jorge Maresch

Selected Scenes from 2010 dance/theater production which featured 7 actors, 8 dancers, and 5 live musicians coming together to tell the story of Japan's first cross-Pacific endeavor. The Kanrin Maru voyage (1860) signaled Japan's move toward internationalism after over two centuries as a 'closed' country. The underlying theme of this piece is the spirit of perseverance, which carried the brave crew of the Kanrin Maru across the Pacific; and how this spirit has survived throughout several turbulent generations of US-Japan relations.

Scene 1: Ocean Passage

Scene 2: Negotiations/ The Spirit of East meets West

Scene 3: Grace and Fury/ Dance of Storm

Scene 4: Perseverance... Kanrin Maru: Chasing a Dream

Letters from Isadora

Premiere performance

Choreographed by Mary Sano and Her Duncan Dancers

Music composed by Tony Sano Chapman Directed by Mary Sano

Harp by Diana Rowan Violin by Gabriela Hofmeyer

Inspired by and including quotes from "The Art of the Dance", a compilation of Isadora Duncan's essays on her art form. This work has evolved over years of collaboration between Mary, her son Tony (composer), and her dancers. The piece strives to honor Isadora's legacy by allowing each performer to express themselves in their truest sense. Isadora's words and message are alive today, in each of us.

Children's Group: Lyra Hofmeyer, Amaris Khilko, Yuriy Khilko, Annette Moore

MARY SANO AND HER DUNCAN DANCERS



Mary Sano

Since 1979, it has been my motivation and aspiration to preserve and build upon the legacy of Isadora Duncan, the mother of modern dance. My life changed forever the day I met Mignon Garland, who would become my mentor, and who introduced me to this great art form.

In truth, I evolve each time I dance these great works by Isadora Duncan, as there is always more to feel, more to express, more connectedness to achieve. I feel her pure joy when I dance ‘Moment Musical’ (Schubert), an uplifting divinity when I dance ‘Dance of the Blessed Spirit’ (Gluck), and grave sadness when I dance ‘Mother’ (Scriabin). Each dance, each movement, each moment- is an opportunity to find a deeper meaning in the dance, and in oneself.

Isadora’s movement vocabulary is undeniably inspired by the beautiful oceans, mountains, and trees she fell in love with during her youth in the Bay Area. As the world (and our environment) becomes increasingly chaotic and unstable, Isadora’s emphasis on harmony and nature seem more important than ever. While humanity has made amazing strides in science and technology over the last decades, it often feels as though we have lost, or perhaps forgotten something. I believe it is time to once again seek out the true nature of things, gain wisdom from the eternal beauty around us, and create dance and art that elevates the intrinsic human spirit in each of us.

Mary, a native of Japan is a protégée of Mignon Garland who founded the Isadora Duncan Heritage Society in San Francisco in 1973. She discovered Duncan dance in 1979 and has since devoted her life to the art form. She established schools of Duncan dance in Japan (1983) and San Francisco (1997), and travels to Japan and to Europe several times annually to teach and perform.



Christina Braun

For me, Duncan dance is a communal and personal striving towards a better future, with an appreciation for the moment and a compassion for the past. I find endless inspiration in the classical modern dance repertory of Isadora Duncan and boundless joy dancing onstage with Mary Sano.

Christina is an original member of Mary Sano and Her Duncan Dancers. A lifelong dancer, she creates dynamic duets with instrument inventor Tom Nunn. Her work with composer David Samas has recently been presented by SafeHouse Arts, the LAB, The Center for New Music and the Asian Art Museum. Christina lovingly thanks Clarice and the Braun family.



Isabel Dow

To me, practicing Duncan Dance means connecting with myself, others, and the world around me. No matter what mood I am in when I enter the studio, dancing always makes me feel better. It's taught me patience, commitment and connected me with my body in a way I never imagined.

Born and raised in San Francisco, Isabel Dow has been dancing with Mary Sano since the age of 4. Outside of dance, Isabel is passionate about painting and gardening, and attends SF State, where she is an Environmental Studies Major.



Monique Goldwater

Duncan dancing soothes my body and mind. It feels like a long hike in the mountains or observing and listening to the ocean waves. Dance is not only about movement of the physical body, but a reflection of the mind and spirit, a search for harmony with nature and space. Isadora left us so many great truths. For over a hundred years, these great truths have been passed down to loyal students, and I am proud to be a fourth generation Duncan dancer.

Monique was born in France and raised in Japan. She studied Ballet under Rosella Hightower and has been studying Duncan dance with Mary since 2003. She teaches Ballet at Mercy High School.



Tomoko Ide

Duncan dance reminds me of who I am. Isadora's work is about more than just movement, it grounds me. I am learning how to be my natural self through this work, and also how difficult it is to feel that! I find that I am often tense- physically, and in my mind- but Duncan's work- which connects us to Nature-the wind, waves, and air- makes my body and my soul feel warm and whole.

Tomoko began studying Duncan dance with Mary Sano in 2008, receiving instruction from Mary Sano in both San Francisco and Tokyo. She has been a core member of Mary Sano and Her Duncan Dancers since 2013, performing on multiple occasions in both the US and Japan. She also performs under her stage name 'Himiko', featuring her original style combining Japanese calligraphy and movement.



Yukiko Nakazato

Duncan dance evokes feelings of bravery, humanness, and luminous brightness in me. Each dance has a clear message that allows me to discover many precious things about life. When I dance, I sense a great energy lifting me toward the sky while simultaneously experiencing strong groundedness.

A native of Iwate, Japan, Yukiko discovered Duncan dance at a lecture Ms. Sano taught in Tokyo in 1999, and has been studying with Mary Sano in her school in Tokyo since 2003. Since 2008, she has traveled to the US often to study and perform with Mary Sano.



Amber Sky

More than a dance- it is a relationship with Isadora and her legacy that lives on today. When I dance, I feel the closest to being one with nature- I feel like a bird flying, a gazelle leaping, an angel hovering over the clouds. It is truly magical! I have practiced Duncan dancing more than any other movement discipline in my adult life. Through precise coaching from Mary, I have built the focus to experience greater nuance and quality in each movement. This focus and expression bridges to my yoga, meditation and movement that I currently practice and teach in LA.

Amber has been dancing with Mary Sano and Her Duncan Dancers since 2007, and has performed on stages and in studios in San Francisco, Paris and Tokyo. Amber currently teaches dance and yoga to children in her hometown of Los Angeles.



Adrienne Ramm Special Guest

Adrienne has been immersed in the Duncan dance legacy for her entire life, feeling very fortunate to have trained since childhood with the late Julia Levien and Hortense Kooluris, and Anna Duncan (one of Isadora's adopted daughters). She was an original member of the Isadora Duncan Centenary Company (1977), and has been performing for the past 25 years as a soloist with Dance Visions NY. She has performed and taught at universities, festivals, museums, galleries, conferences, as well as several documentary and archive projects in the US and Europe. Adrienne is also a composer/pianist for dance and has always felt that the merging of music and dance express her creative spirit.

MUSICIANS



Eriko Tokaji Classical Piano

Eriko graduated from the Tamagawa University in Tokyo with a Piano Art major. She has received many awards from piano competitions and has been playing as a soloist as well as with chamber musicians in Japan and abroad. She received a Masters of Education in the field of Art Education from Yokohama National University in 2014, her thesis entitled "The Incorporation of Duncan Dance Technique into Modern Piano Education: Isadora Duncan Dance as Mousike". She studied Duncan dance with Ms. Sano in Tokyo and has been collaborating with her in numerous performances in Japan for over thirty years. This is her fourth appearance/performance in the USA.



Mutsuko Dohi Classical Piano

Born in Sapporo, Japan, after graduating from the prestigious Toho-Gakuen School of Music in Tokyo, she returned to Hokkaido to teach music and perform with musicians of the Sapporo Symphony Orchestra. In 1997, she moved to Russia to study at the St. Petersburg Conservatory of Music. In 2000 and 2003, she was placed second in an international chamber music competition in Ukraine and Russia. Mutsuko toured across Russia, performing as a soloist with local orchestras, such as The St. Petersburg Philharmonic Orchestra, Hermitage Chamber Orchestra, Volgograd Symphony, and the Kislovodsk Symphony. In 2001, she received Doctor of Musical Art Degree from the St. Petersburg Conservatory. She teaches at her studio in Oakland Hills, judges various competitions and performs at the Bay Area venues.



Hiroko Mizuno Classical Piano

Hiroko holds a Bachelor of Music in Piano Performance from Toho Gakuen School of Music. She has performed with the NHK Symphony Orchestra Woodwinds Ensemble and Tokyo Harmonia Chamber Orchestra. Ms. Mizuno has taught at the Conservatoire Shobi, the Toho Gakuen Music School for Children. After moving to the Bay Area, she produced and performed the annual concert featuring the songs from Nodame Cantabile (Japanese TV drama), in 2007, 2008 and 2009, Haiti Relief Concert in 2010 and Japan Relief Concert in 2011. She performed Piano Duo Concerts with Kazuko Oishi in 2016 and 2018 in Tokyo and California. Ms. Mizuno serves as pianist at the Santa Clara Valley Japanese Christian Church in Campbell.



Tony Sano Chapman Piano

A Bay Area native and graduate of UC Santa Barbara, Tony began studying piano at the age of four and has been improvising and creating his own music since the age of thirteen. After touring Japan in 2005, he relocated to Los Angeles where he has worked in film and television while continuing to develop his passion for music. His collaborations with his mother (Mary Sano) began in 2004 and have been a well of inspiration for him. In 2008, he composed two new works for The Mary Sano Studio's tenth anniversary production at the Cowell Theater, and in 2010, he wrote and performed his original score for the dance/theater production, 'Ship of Dreams: Kanrin Maru, at the Brava Theater in San Francisco. He is thankful for this opportunity to share his music and the stage with such a talented group of collaborators.



Shoko Hikage Koto

Shoko began playing koto at the age of three. Her first teacher was Chizuga Kimura of the Ikuta-ryu Sokyoku Seigen Kai in Akita Prefecture, Japan. From 1985, she received special training from the IEMOTO Seiga Adachi. In 1988, Hikage graduated from Takasaki College with a major in koto music. She was then accepted as a special research student at the Sawai Koto Institute under Tadao and Kazue Sawai. In 1992, she moved to Honolulu, Hawaii to teach koto at the Sawai Koto Kai Hawaii and at the University of Hawaii. In 1997, she moved to San Francisco where she continues to concertize and teach. Hikage premiered Hyo-shin Na's "Crazy Horse" for Korean Traditional Orchestra and Koto Solo with the National Orchestra of Traditional Instruments in Seoul, Korea in November, 2011. www.ShokoHikage.com



Gabriela Hofmeyer Violin

Born in London raised in the American Southwest, Gabriela has performed as principal violinist with the National Youth Orchestra, Carnegie Hall Youth Orchestra, El Paso Youth Symphony, Rensselaer, and San Francisco Civic symphonies. She was raised in a city which has a varied and rich cultural history which included Mexican, American West, Native American, Middle Eastern, European, Asian, French and Spanish Colonial influences. She holds a degree in Chemical Engineering and Patent Agent License, and is pursuing graduate study in Social Justice, Community Leadership and Education. Gabriela's musical and artistic creations seek to embody the alchemy of science, nature, culture, language, spirit, literature and the expressive arts. She has been collaborating with Mary and Tony Sano since 2015.



Diana Rowan Harp

Diana is an award-winning musical artist performing worldwide, integrates global musical traditions with fluency and reverence. Born in Ireland and raised the child of an Irish diplomat, Diana has traveled, lived and performed on six continents. As a natural outgrowth of this inspiration, her music interweaves global music, art, spirituality and mythology. She founded Bright Knowledge Guild, the online academy for creatives, featuring Virtual Harp Summit and Bright Knowledge Harp Circle. Based in the San Francisco Bay Area, Diana holds a PhD in Music Theory (world composition techniques) and an MM in Piano Performance. (Classical)



Jorge Maresch Cello

Jorge is a San Francisco based freelance cellist with a passion for contemporary chamber music. He moved to San Francisco in 2011 to work on his BM with Jean-Michel Fonteneau and stayed to finish his MM with Jennifer Culp from the San Francisco Conservatory of Music. He specializes in chamber music performance and is a founding member of the Astraeus String Quartet, with whom he is excited to share exciting musical works of the present and past in innovative spaces. He frequently collaborates with freelance projects and enjoys playing for bands and studio productions. Jorge is also a faculty at Syntonique Studios in SoMa and is a dedicated teacher and loves to coach chamber groups.

PRODUCTION STAFF

Artistic Director/Choreographer.... Mary Sano

Lighting Designer..... Ruben Markowitz

Assistant Director Monique Goldwater

Graphic Designer Hide Sodeyama

Photography..... Charles Houston

Videography Mark McBeth

Video Editing Tony Sano

Costumes Mary Sano

Publicist Chase Roberts

PHOTO & POSTER EXHIBIT in the Theater Gallery

Mary Sano and Her Duncan Dancers

Five Photos by Charles Houston

March On Dionysian Festival 2018, with Tony Sano Chapman

Polish Mazurka Christina, Isabel, Monique, Tomoko

Valse Brillante Amber, Mary, Monique, Tomoko

Hijaz Ilahi Isabel and Mary with Rainstick

Children's Class Mary Sano with children

Charles "Trey" Houston's San Francisco based photography and video production company, Chuck Three, collaborates with organizations and individuals whose ongoing missions are to enrich our communities with arts, education and wisdom. Contact: chuckthreesf.com.

Four Posters by Shigeo Seya

Chopin's Butterfly Isadora Grevan with four dancers

For Isadora From Isadora's 130th Birthday Celebration

Brahms's Butterfly Mary Sano at the Dionysian Festival

Three Graces at Ocean Beach Amber, Christina, Mary

Shigeo Seya has been photographing Mary Sano since 2006 in Japan and US. He enjoys traveling the world and shooting all kinds of human interaction. He is especially interested in capturing the special moment of dancer in movement.

ODC THEATER STAFF

Founder/Artistic Director: Brenda Way

Executive Director: Carma Zisman

Theater Director: Julie Potter

School Director: Kimi Okada

Dance Co-Artistic Director: KT Nelson

Rentals Manager: Nick Wagner

Technical Director: Keagan Chipp

Audience Services Coordinator: Chloë Zimberg