

**Before you \_\_\_\_\_ . Now you \_\_\_\_\_ .  
Before we \_\_\_\_\_ . Now we \_\_\_\_\_ .  
Before they \_\_\_\_\_ . Now they \_\_\_\_\_ .**

Performance by **Holly Faurot & Sarah H. Paulson**  
Saturday, November 12, 2011 / 7-10pm



**Music:**

ABEARICA (part 1), Anthony Austin & Lucas Van Lenten (part 2)

**Video Appearance:**

Holly Faurot, Ruth Lauer-Manenti

**Performers:**

Laura Barnard Stelmok, Holly Faurot, Daniel Jacobs, Arabella Kauffmann, Gavin Kenyon, Sarah H. Paulson, Angela Vitacolonna, Stephanie Waddell

---

**ENGLISH KILLS ART GALLERY**

114 Forrest Street, Brooklyn, NY 11206 / [www.englishkillsartgallery.com](http://www.englishkillsartgallery.com)

## **BIOS**

---

**Holly Faurot & Sarah H. Paulson** live and work in Brooklyn, NY. They met at Syracuse University where they completed their BFAs in 2002 in Sculpture and Selected Studies in Art, respectively.

Faurot & Paulson have been collaborating together on performance artworks for the past nine years. Their work has been presented at English Kills Art Gallery, Brooklyn, NY; Ronald Feldman Fine Arts, NY; Grace Exhibition Space, Brooklyn, NY; New York Center for Art and Media Studies (NYCAMS), NY; NurtureArt, Brooklyn, NY; The Harold Clurman Center for New Works in Movement and Dance Theater at the Stella Adler Studio for Acting, NY; Open Realization Contemporary Art Gallery, Beijing, China; and Landhaus Feuerlöscher, Prenning, Austria; among others.

Holly Faurot also teaches yoga at Jivamukti Yoga School and is a devoted student of Lady Ruth Lauer-Manenti.

Sarah H. Paulson is currently attending the Academy for Five Element Acupuncture in Gainesville, Florida. She has been a student of Laura Barnard Stelmok for the past three years.

[www.fauotpaulson.com](http://www.fauotpaulson.com)

---

## **ABEARICA**

For information on ABEARICA please go to [www.madeinabearica.com](http://www.madeinabearica.com).

## **Anthony Austin**

Anthony Austin is a collagist and a stuntman. He composes church music and lives in Brooklyn.

[www.anthonyalbertaustin.com](http://www.anthonyalbertaustin.com)

## **Laura Barnard Stelmok**

Laura Barnard Stelmok received her Bachelor's Degree from Bowdoin College '83 in Religion and German. She studied Acupuncture with JR and JB Worsley at the Worsley Institute of Classical Acupuncture in Florida and the College of Traditional Acupuncture in the UK, receiving a Licensure, Advanced Licenciate and Masters Degree in Acupuncture in 1992. Laura continued her post-graduate clinical training with the Worsleys until 2001. She spent 5 intensive years studying Five Element Acupuncture and Rooting Shen with Niki Bilton, Master Practitioner and Teacher and more recently has studied with Jeffery Yuen, a Taoist priest, herbalist and acupuncturist.

Laura has been in private clinical practice since 1991. Her practice, Stillpoint, has been in Rockland, Maine since 1996. She teaches post-graduate 5 Element Theory and Clinical Supervision groups in Maine, Vermont and New York City. These advanced study groups began in 2006. The Teachings are alive, highly interactive, and the learning vibrant and rigorous. The teaching reaches toward practitioners still in training as well as senior practitioners who have been in practice for decades.

In addition to the practice of 5 Element Taoist Medicine, Laura collaborates with working artists bringing the disciplines of ancient medicine together with the urgent call to the Muses of our Time. She currently lives in Rockland with her husband and son.

**Daniel Jacobs**

Daniel Jacobs makes music under the moniker *Timeless Music*. It can be heard at: <http://timelessmusic.bandcamp.com>.

**Arabella Kauffmann**

Arabella Kauffmann has studied beats and bird migration patterns in night school since before the eighties. She currently plays the music of fences on the insubstantial roof in piles of undoing. At the end she will have forgotten.

Furthermore there are birds there is the tender heart of a bird a bird red like the tip of a red finger, a warm spot on the chest. Black eyes perfectly round like stones like seeds.

“Now it is up to you.”

**Gavin Kenyon**

Gavin likes knives...to be sharp. Dull knives hurt.  
<http://www.gavinkenyon.com>

**Ruth Lauer-Manenti**

Ruth Lauer-Manenti found her way to yoga twenty-five years ago after spending a year in bed due to a serious car accident. She has been teaching yoga for the past twenty years to students from around the world, primarily the Jivamukti Yoga School in New York City. She has made numerous trips to India where she has had many lessons from great masters as well as from the local people. She is currently helping to fund the building and running of an orphanage in downtown Mysore, a bustling city in India, where the family of Sri K. Pattabhi Jois lives.

Ruth is a devoted student and has the blessings of her teachers: Sri K. Pattabhi Jois, Saraswati Jois, Sharath Rangaswami, Sharon Gannon and David Life, Dr. M.A. Jayashree, Prof. M.A. Narasimhan, Prof. Nagaraja Rao, and Dr. Gurudat and his family. Her husband, Robert, is a humble tai chi master and gentle nurse. She is also an artist and has an MFA from Yale where she taught painting and printmaking.

**Lucas Van Lenten**

Lucas Van Lenten is a composer/musician from Brooklyn, NY who makes music for fun and profit.

[www.lucasvanlenten.com](http://www.lucasvanlenten.com)

[www.soundcollective.tv](http://www.soundcollective.tv)

**Angela Vitacolonna**

Angela Vitacolonna divides her Attention between what she was born for and what she must do to allow that. That said, it is about egalitarian Love that is Very personal and the mystery of Blood and how fragile we all are. Something of the right note that can barely be sung from the most vulnerable place you can imagine. She is currently learning to be undone through a Taoist system of rigor and light. It is kicking her butt (in a really good way). Ange would like to- thank the stars - for an opportunity to be here tonight with you All.

**Stephanie Waddell**

Stephanie L. Waddell is a dance artist from Mechanicsville, Virginia. In the past she has worked with Felicia Ballos, Heather Kravas, Helen Simoneau, Jeremy Nelson, Justine Lynch, Luis Lara Malvacía, and Michele Torino. She has also collaborated with Angela Vitacolonna on shows that brought together musicians and dancers to celebrate the 2010 NY Book Fair. She is currently studying with Melanie Maar and continues to expand her understanding on the teachings of the 5 elements through traditional Chinese acupuncture.