

**THE FORGOTTEN FEMALE  
RULERS OF ENGLAND**

DANCE | THEATRE | HISTORY



**She**  
**Wolves**

**SHEWOLVESPROJECT.COM**

## SHE-WOLVES PROJECT

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LAURA CARELESS

COLLABORATORS

REVIEWS

IN YOUR COMMUNITY

CONTACT

### The Forgotten Female Rulers of England

DANCE | THEATRE | HISTORY

She-Wolves is an exhilarating blend of dance, theatre, song and hand-drawn audiovisual design, created and performed by Laura Careless, based on the book and BBC series by Helen Castor.

# She-Wolves Project

## AN INTRODUCTION

She-Wolves tells the stories of the women who ruled England before Elizabeth I. The book and BBC series by historian Helen Castor has been adapted for the stage as a tour-de-force solo performance by Laura Careless. Through dance, theatre, song and animated projections, thrilling yet unfamiliar episodes from medieval and early Tudor history are brought to life.

### THE SHE-WOLVES

MATILDA, LADY OF ENGLAND

ELEANOR OF AQUITAINE

ISABELLA OF FRANCE

MARGARET OF ANJOU

MARY I



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## LAURA CARELESS

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# Laura Careless

## ARTISTIC DIRECTOR AND PERFORMER



*“Marvelously  
dramatic dancer.”*

**NY TIMES**

*“Continually one of the most  
interesting and dramatically  
detailed dancers on New  
York’s stages.”*

**BROADWAY WORLD**

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Physical theatre artist and she-wolf-in-training **Laura Careless** was born in the UK and received her early training at the Royal Ballet School, White Lodge. She moved to the US to attend The Juilliard School Dance Division, and upon graduation joined New York’s Company XIV as a Founding Member. She performed with XIV for over a decade as a Principal Performer, creating lead roles in shows recognized by the Drama Desk, New York Independent Theatre and Bessie Awards. Other recent appearances include **Rusalka** with the Metropolitan Opera including a live international broadcast, and **Kes Reimagined** with Choreographer Jonathan Watkins and Director Ross MacGibbon for the BBC.

Her own one-woman works tell the stories that she wishes she had grown up with, but didn’t. They have toured extensively from a fishing village in Alaska, to a rooftop in Capri, Italy, to a church hall on the Isle of Wight. Support for this work has been generously provided by The Turkeyland Cove Foundation, Acadia Projects, and Upstate Production Services/THE CHURCH. Her choreography has been performed by Circus Juventas at the National Mall, Washington DC as

part of the Smithsonian Folklife Festival; by Eliot Feld’s Ballet Tech at The Joyce Theatre NYC; and in *Nero*, an original opera by Jonathan Dawe at Columbia University.

Laura is a passionate educator who believes that self-expression through movement is our birthright. She was on the faculty for the New York Public School for dance for ten years, and now serves as a Dance Curriculum Specialist and Dance Faculty Lead for Juilliard Global’s K-12 programmes. She has choreographed and coached movement for performers at the Donmar Warehouse, Canadian Opera Company, Houston Grand Opera, Theatre For A New Audience (NY), and Circus Juventas. Body Story, her album of movement meditations for all, is now available on iTunes. She teaches physical storytelling workshops for people of all ages and movement backgrounds, and enjoys frequent kitchen dance parties with her husband, conductor Ryan McAdams and their baby son Owain.

She-Wolves is dedicated to Caroline Fermin.

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# Collaborators

## OUR CREATIVE TEAM

She-Wolves benefits from a creative team that features an international roster of award-winning artists.



**Helen Castor**

**HISTORICAL CONSULTANT**



**Jeff Takacs**

**PLAYWRIGHT**



**Jonathan Watkins**

**CONTRIBUTING  
CHOREOGRAPHER**



**Bisan Toron**

**VOCALIST**



**Belle Mellor**

**PROJECTION DESIGNER**

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# Reviews

**WHAT THE PRESS SAY**

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*“She-Wolves is exactly what it sets out to be, an absorbing and slightly feral look at a series of female medieval rulers. If you are dithering about whether to go, you should.”*

**M JOHNSON**

*“Laura Careless is a performer who catches you in her grip for the entirety of her show. She does it through the powerful imagery she creates with her body, her voice, and her face.*

*Simple lighting, a treasure chest full of dresses, skirts and robes, and images on a screen are all that Careless requires to tell her stories. Her body, voice and ability to become a Queen are the strongest components of this fascinating performance.”*

**MORAG PHILLIPS**

*“(Laura Careless is) mesmerizing – she deservedly owns the stage.”*

**NY POST**

*“Careless is a dancing actor of striking detail and emotion who can draw in an audience with both commanding dramatics and quirky campiness.”*

**BROADWAY WORLD**

*“Laura’s storytelling opens hearts and minds. She-Wolves is a marvelously enjoyable experience with an educational kick.”*

**SHERYLE, AUDIENCE MEMBER**

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## IN YOUR COMMUNITY

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# In your community

## WORKSHOPS & PERFORMANCES

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We offer many ways to engage with the She-Wolves, from physical storytelling workshops for schools to artist-led discussions at your local library to special events at historical sites. We love to include local people on stage in the performance and to incorporate local history into our programming.

For more information, including National Curriculum connections and packs for volunteers and schools, please email:  
**[shewolvesproject@gmail.com](mailto:shewolvesproject@gmail.com)**



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## CONTACT

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## Get in touch

### BOOKINGS, COLLABORATIONS, ENQUIRIES

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Contact us to find out more  
about the She-Wolves Project:

#### EMAIL

[shewolvesproject@gmail.com](mailto:shewolvesproject@gmail.com)

#### WEBSITE

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

#### TWITTER

[@shewolvespro](https://twitter.com/shewolvespro)

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