RAGERCIZE

Your Aerobic Theatrical Catharsis!

**Sarah Heffner** *(contributing writer)* is a poet, astrologist, performer, and entrepreneur. She currently resides in Philadelphia but is soul mates with NYC. She writes a newsletter which integrates astrology, tarot and the new and full moon energies, to provide practical rituals or writing prompts. It is a muse for self-reflection; kindling for your magical and poetic self-care needs. Find The Poet Witch on substack @ littleshaco.substack.com

**Timothy Koch** *(associate producer, Jodie)* (he/his) is a director, teacher, and creative artist based in New York City. He is a member of The Rally Cat Creative, Lab Vol. 1., and directed the vocalists’ performances on the The Rally Cat’s Jane Austen concept album *Elinor & Marianne*, with music by Aferdian and libretto by Marella Martin Koch.  Other directing work includes *F\*\*\* My Life* by Matthew Dunivan at The Rule of 7x7 at The Tank and *Adam & Eve* by Minhui Lee and Marella Martin Koch at The Kraine Theater and Duplex Cabaret. Select Associate and Resident Director credits include, *Seven Deadly Sins* with Tectonic Theater Project (dir. Moisés Kaufman), and Disney’s *Frozen* (dir. Michael Grandage). www.timothykoch-director.com

**Erin Kohout** *(choreographer, Jody)* is a choreographer, teacher, and performer. After attending the Dance Conservatory at SUNY Purchase, she participated in projects with Rogelio Lopez, Cori Kresge, the Montreal Fringe Festival, Theatre Mab, and Dexandro Montalvo, among others. Her interests lie in making widely accessible yet explorative work and merging traditional dance with theater expression. She currently resides in NYC and is also working as a physical therapist.

**Minhui Lee***(composer – “Angry Dance Party”)*is a NYC based composer and music director. Her work has been presented by Lincoln Center’s Broadway’s Future Songbook Series, 54below, Joe’s Pub, American Opera Project, and more. Select MD credits: *Baby* (Drama Desk Nominee), *Caroline, or Change* (Audelco Winner), *Kinky Boots* (Fulton Theatre). Recently she wrote songs for Korean Professional Baseball team, Kiwoom Heroes, that can be found on Spotify. MFA: NYU Tisch. Proud member of Local 802 AFM, Dramatists Guild of America, and Maestra. [minhuilee.com](http://minhuilee.com/)

**Marella Martin Koch** *(director, contributing writer)* (she/her) is a director, playwright, and librettist from Los Angeles based in New York City since 2013. Her mission is to create healthy collaborative environments that foster connection, innovation, courage, and love. As a director, she specializes in new work and has directed readings, concerts, and productions throughout Los Angeles and New York, most recently at Rattlestick, Dixon Place, Hudson Theatre's Dress Circle Lobby, The Tank, and Two River Theater. Her writing for the stage includes the play *Friend Animals*, part of The Workshop Theater’s Spring 2023 Intensive and recently featured at the Yale Innovation Summit with Midnight Oil Collective, the Jane Austen concept album *Elinor & Marianne* (with composer Aferdian), the dog opera and short film *Pepito* (with composer Nicolás Lell Benavides), and more, and has been presented at 54 Below, 46th Street Theatre, Barrington Stage Company, The Duplex, The Electric Lodge, NYU/Tisch, National Opera Center, Pocono Mountains Music Festival, Two River Theater, Washington National Opera at the Kennedy Center, and West Edge Opera.​  B.A., Theatre and Performance Studies, UC Berkeley. M.F.A., Graduate Musical Theatre Writing Program, NYU/Tisch School of the Arts. [www.marellamartinkoch.com](https://www.therallycat.org/home)

**Ellen Anger Mullen** *(contributing writer, concept created by)* writes to organize the volume(s) in her mind. She received her MFA in Dramaturgy from Columbia.

**Aferdian** *(music supervisor, composer)*Described as a “Cosmopolitan Musician”, Aferdian holds degrees from Montclair State University’s John J. Cali School of Music (B.Mus), Tisch School of the Arts (M.F.A.), and The Mannes School of Music (M.Mus.). As a composer, he has written works for various ensembles including the New Jersey Youth Symphony Orchestra. He is currently at work on several projects.

**Laura Barati** *(contributing writer)* is a writer and deviser of new works. Barati’s experience as the queer daughter of a Jewish Colombian mother and a Muslim Iranian father fuels her desire to make untold stories and complex identities come alive onstage. She delights in pushing the limits of traditional genres and picking apart the messy intersections of gender, race, and sexuality through a critical but joyful lens. Her works include the musicals *How to Create a Young Girl* and *Miss Havisham’s Wedding*, the operas *75 Miles*, *Henna Leaves*, and *Uprising*, and The Electric Brain’s *We Regret To Inform You That Reza Is Dead*. Upcoming works include the operas *Caravana de Mujeres* and *The Interaction Effect*. Her writing has been performed in New York City at The American Opera Project, Opera America, The Tank, NYMF, Prospect Theater Company; and regionally at Washington National Opera, Barrington Stage Company, Two River Theater, Mass Opera, Stage Femmes, and Music Theatre Kansas City. MFA: NYU Tisch.

**Ellie Handel\*** *(Rage Monk 3)* (she/her) is thrilled to be a part of *Ragercize* and to be working with the Rally Cat again! Ellie is an actor, stage manager, director, and educator. With the Rally Cat, she was last seen as Alex in Marella Martin Koch’s brilliant play *Friend Animals*. Other fave acting credits include Woman in Chair in *The Drowsy Chaperone*, Small Alison in *Fun Home*, and Tracy Turnblad in *Hairspray*. Off-Broadway credits include *Emojiland* (Sub PSM), *Rescue Rue* (PSM, Alex Standby), *The Great Cat Massacre* (u/s Pam + Henri), and *Endangered the Musical* (PSM, u/s Janie Goodall), among others. Directing credits include *My Fair Lady* (2nd Nat'l Tour, Asst. Director), *Indecent* (Next Stage Arts), *As You Like It* (NYU Tisch), *Aussie Song* (NYTF Best Direction Nom), and *90 in 90* (Teatro Latea). She is a graduate of NYU Tisch’s New Studio on Broadway, where she recently became an adjunct professor and guest director. Love to her wonderful family and friends. See more at [www.EllieHandel.com](http://www.elliehandel.com/).

**Brooke M. Haney** *(intimacy consultant)* (they/she) is a NYC based Intimacy Choreographer, Coordinator and Actor who has worked regionally in the states and internationally in the Philippines, Germany, Kenya and Switzerland. Brooke works in theatre, film, TV and academia. As an intimacy choreographer, Brooke specializes in queer stories, BDSM/kink, stories of non-consent and PTSD. They are the creator of The Actor’s Warm Down, a 20 minute closure practice for actors working on difficult material. Selected TV and Film: *East New York*, *Harlem*, *The Best Man: The Final Chapters*, *Birder*, *She’s Clean*, *Herd*, *Little Miss Nightclub*, *Ponyboi*, *New Lives*, *Irish Exit* (produced by Oscar Winners Trevon Free and Nicholas Maye starring Zaria). Theatre Companies Brooke has worked with include: A.R.T./New York, Shakespeare Frankfurt, Ensemble Shakes, Company of Fools, Barefoot Shakes, and more. In Academia, Brooke has intimacy choreographed shows and taught workshops at Vassar College, Syracuse University, NYU, University of Central Florida, Ventura College, and Marymount Manhattan College. Brooke is the author of *The Intimacy Coordinator’s Guidebook: Specialties and Competencies* due out the beginning of 2024 from Routledge Press. They have their BA from the University of Washington and MFA from the University of Central Florida. IG: @brookemhaney www.brookemhaney.com

**Actors’ Equity Association (AEA),** founded in 1913, represents more than 50,000 actors and stage managers in the United States. Equity seeks to advance, promote and foster the art of live theatre as an essential component of our society. Equity negotiates wages and working conditions, providing a wide range of benefits, including health and pension plans. AEA is a member of AFL-CIO, and is affiliated with FIA, an international organization of performing arts unions. The Equity emblem is our mark of excellence. [www.actorsequity.org](http://www.actorsequity.org)

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***Ragercize* was first developed in The Rally Cat Creative Lab, Vol. 1 with:**

Matthew Dunivan

Minhui Lee

Marella Martin Koch (Founder)

Timothy Koch (Co-Founder)

Erin Kohout

Ellen Mullen

Tim Parker

Jeena Yi

The Rally Cat is an energized, multidisciplinary performing arts organization dedicated to supporting artists and communities with opera, theatre, and musical theatre. All contributions are tax-deductible to the extent permitted by law. <https://www.therallycat.org/donate>



**Tim Parker** *(composer/lyricist – “Waking Up”)* is a New York-based Musical Theater writer/composer. He is a graduate and Tisch Scholar of New York University’s Graduate Writing for Musical Theatre program. Tim is the lyricist/bookwriter for *Milk of Paradise* and *The Last Berplonza*; bth musicals received readings at NYU in 2014 and 2015, respectively. *The Last Berplonza* received a three-week workshop in January 2016 at the 14th St. YMCA in Manhattan. *Milk of Paradise* was presented at the Kraine Theater, in conjunction with two other one act pieces, also in 2016. Songs from Tim’s musicals have been performed at various New York cabaret venues such as Joe’s Pub, Don't Tell Mama, Cornelia Street Café, The Duplex and 54 Below, among others. He is composer/lyricist for a one act show, *The Campfire*, that was selected for the Tank's 2019 Darkfest. He is a member of the Rally Cat Creative Lab, Vol. 1. Currently, Tim is developing an original musical, *Under Gods*.

**Daniel Saulle** *(associate stage manager)* is stoked to be making his stage management debut with this exciting piece! As an actor Danny has performed across the country and in New York with an emphasis on originating roles in new works. Thanks Marella, Tim and everyone involved for such a wonderful experience. DanielSaulle.com

**Lauren Spencer**\* *(Rage Monk 1)* is a bicoastal theater artist. As an actor she has performed with American Conservatory Theater, Kansas City Repertory Theater, Berkeley Rep, Magic Theatre, Crowded Fire, among others. Recent directing credits include: Darren Canady's *Black Butterflies* (American Conservatory Theater/Kansas City Repertory Theater); Noelle Vinas's *Derecho* (Playwright's Foundation). She is a company member with the award-winning ensemble, Campo Santo, a founding member of The Coalition of Bay Area Black Women Theater Artists, and a “Reimagining Political Power” Fellow with Yerba Buena Center for the Arts.

**Samantha Willett** *(Rage Monk 2)* (she/her) MICHA member and Maggie Flanigan Studio Alum. Artistic Director of the Table Salt Company. So excited to Ragercize with all of you! RAAAAWWWRR!!

**Jeena Yi** *(contributing writer, voiceover)* is an actor and now occasional writer. Thank you to Ellen and Marella for the opportunity to contribute to this rage fueled project!

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