

Loud

Strong

RESTLESS

A woman with long dark hair and red nail polish is captured in a dynamic pose. She is wearing a black, sleeveless, pleated dress. Her right arm is raised high, with her hand open and fingers spread. Her left arm is extended downwards. She is looking directly at the camera with a neutral expression. The background is dark and textured, possibly a curtain.

DANCE

Repertoire

THEATRE

Original

Since 1991

WHO WE ARE

Restless Dance Theatre is Australia's leading company working with neurodiverse and disabled artists. We create cutting edge, visually arresting contemporary dance that challenges conventions, shifts perspectives, and celebrates diverse bodies and abilities.

COVER PHOTO BY SHANE REID | PHOTO BY MATT BYRNE



THE RESTLESS EXPERIENCE



PHOTO BY ALEX MITCHELL

Artistic Director / Michelle Ryan

Restless Dance Theatre offers a dynamic repertoire of 10 innovative and inclusive works available for touring.

From dynamic choreography to experimental storytelling techniques, each work dares to venture into uncharted territory, pushing the boundaries of what dance theatre can achieve. Our work is flexible to meet festival requirements, whether indoors or outdoors in the public realm. Our range includes intimate one-on-one experiences and large-scale productions designed to fill grand venues.

All Restless Dance Theatre works are designed with accessibility at their core and can be adapted to suit a variety of venues and formats. Options such as audio description, Auslan interpretation, visual guides, and flexible seating can be arranged in consultation with the venue to ensure an inclusive and welcoming experience for all audiences.

/ Globally Relevant Themes

Our work speaks to inclusion, empathy, and social transformation.

/ Touring Experience

We have toured globally, nationally and regionally, including Australia's major festivals and venues.

/ Engagement Opportunities

Beyond performance, we offer workshops, masterclasses, and artist talks designed for presenters looking to deepen audience connections.

/ High Visual Impact

Our shows require no translation and resonate visually and emotionally.

/ Community Engagement

We help presenters build new audiences through workshops, talks, and collaborations with local companies.

/ Partnership Approach

We're interested in long-term collaborations, not just tours.



PHOTO BY ROY VANDER VEGT

REPERTOIRE / THEATRE BASED WORKS



PHOTO BY MATT BYRNE

Private View is a captivating consideration of love and the power of desire in the 21st century. If you haven't had the opportunity to explore the works of this company, do so. You won't be disappointed.



(Hi Fi Way)



Winner—*Private View*
The Ruby Awards 2024
Outstanding work or event
within a festival

01

Private View

A provocative and intimate work exploring love, longing and desire. Set across four individual stages, audiences are immersed at the heart of each story. Cabaret artist Carla Lippis guides the experience with haunting live vocals, inviting us to peer into the private lives and romantic fantasies of the dancers.



PHOTO BY MATT BYRNE

CAST Carla Lippis + Restless Dance Theatre ensemble + Guest Dancers

RUN TIME 55 mins

PRODUCTION Features four distinct, movable stages—transforming black box theatres, proscenium stages, or warehouse venues into intimate, multi-perspective performance environments.

TOURING PARTY ... 16 people

TRAVEL/FREIGHT .. Set can be made locally to reduce freight costs.

IDEAL FOR Major arts festivals and large-scale venues.

AUDIENCE Ages 14+ lovers of live music, contemporary performance, and cabaret; creatives and culture seekers.

02

Enough (In Development)

Enough explores the deeply human question of what it means to be “enough.” Building on *Seeing Through Darkness* and *Exposed*, this powerful new work confronts ideas of identity, acceptance, and resistance.

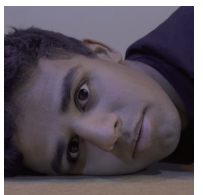


PHOTO BY LARISSA MCGOWAN

CAST Restless Dance Theatre ensemble + Guest Dancers

RUN TIME 60 mins

TRAVEL/FREIGHT .. Minimal freight

IDEAL FOR Festivals and venues presenting new contemporary dance.

Exposed turns intangible emotions and numerous experiences of vulnerability into a cohesive and beautiful dance show. It explores its themes deeply and fully through layered choreography and their exceptional dancers.



(Arts Hub)



PHOTO BY ROY VANDERVEGT

03 Exposed

A bold, contemporary work exploring vulnerability, trust, and human relationships. Dancers reveal hidden aspects of themselves in a raw, physically demanding performance.

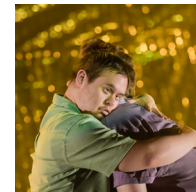


PHOTO BY ROY VANDERVEGT

CAST Restless Dance Theatre ensemble + Guest Dancers

RUN TIME 46 mins

PRODUCTION Highly adaptable staging for proscenium or black box spaces.

LANGUAGES Told entirely through movement—*Exposed* transcends language barriers, making it ideal for international touring.

TOURING PARTY ... 13 people

TRAVEL/FREIGHT .. Minimal freight

IDEAL FOR Festivals and theatres of all sizes.

AUDIENCE Ages 14+ contemporary dance audiences and curious thinkers drawn to emotionally intelligent performance.

04 UTOPIA Repertory Lab / Excerpts from Kontakthof (In Development)

In a global first, *Kontakthof* will be performed by a cast of neurodiverse and disabled artists. This groundbreaking reinterpretation of Pina Bausch's iconic 1978 work maintains the original's themes of longing, awkwardness, and the complexities of human connection.



PHOTO BY ROZ HERVEY

CAST All-Australian cast of artists from Restless Dance Theatre, Back to Back Theatre, and independent artists.

LICENSING Developed in collaboration with Pina Bausch Foundation.

STATUS Available for presentation in Australia and New Zealand from 2027.

REPERTOIRE / INSTALLATION WORKS



Nomination—*Shifting Perspectives*
The Ruby Awards 2024



PHOTO BY DESTINATION NSW

Seeing Through Darkness...
highly emotional and utterly
superb performance...

(Broadway World)

Shifting Perspectives was a beautiful
mind-bending experience that
expanded and stretched our reality.



(Arts Hub)

05

Seeing Through Darkness

An evocative performance inspired by the life and work of artist Georges Rouault. This show creates a world of shadow, reflection, and connection.



PHOTO BY MATT BYRNE

- CAST** Restless Dance Theatre ensemble + Guest Dancers
RUN TIME Performance 30 minutes, installation 30 minute loop.
PRODUCTION Minimal set, lighting-driven atmosphere (flexible venue configuration).
LANGUAGES Story told entirely through movement—transcending language and ideal for cross-cultural touring.
TOURING PARTY ... 13 people (optional live musicians 15 people)
TRAVEL/FREIGHT .. Lighting track 1 x box, 3260 x 550 x 550mm @140kg, including road case and optional carpet.
IDEAL FOR Black box theatres, visual art spaces, or galleries.
AUDIENCE Ages 5+ ideal for lovers of visual art and immersive performance; interactive elements appeal to the young and young at heart.

06

Shifting Perspectives

An immersive dance and art installation that plays with perception and presence. Dancers move among mirrored plinths as light and sound ripple through the space. Audiences are invited to drift, roam, and reflect.

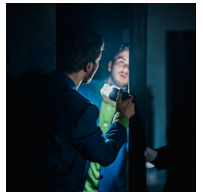


PHOTO BY SAIGE PRIME

- CAST** Restless Dance Theatre ensemble + Guest Artist
RUN TIME 45 minute experience including a 30 minute performance.
PRODUCTION 12 mirrored plinths, lighting-driven atmosphere (flexible tech pack).
TOURING PARTY ... 15 people
TRAVEL/FREIGHT .. Requires 6.4m Pantech Truck.
IDEAL FOR Black box or warehouse spaces.
AUDIENCE Ages 8+ perfect for audiences who love immersive experiences and the fusion of art, innovation, and technology.

Emerging & Company Dancers 2025



PHOTO BY MATT BYRNE

Philanthropic Artistic Program Support

Restless Dance Theatre Donor Development Circle
James & Diana Ramsay Foundation
Naomi Milgrom Foundation
Restless Dance Theatre Foundation James Darling Fund
BankSA Foundation

Variety SA
Glenside Lions
Tanja Liedtke Foundation
Baillie Family Foundation

Government Support

restless
DANCE THEATRE



REPERTOIRE / SITE-SPECIFIC WORKS



Winner—*Intimate Space*

① The Ruby Awards 2017

Arts Innovation + Enterprise

② Adelaide Critics Circle Award 2017

Group Award (Professional Theatre)



PHOTO BY SHANE REID

Innovative, potent, bold and beautiful,
Intimate Space is an extraordinary and
highly entertaining experience.



(Limelight Magazine)

Nominations—*Intimate Space*

① The Ruby Awards 2016

Best New Work

② Helpmann Award 2017, 2018

Best Dance Production

07 Intimate Space

A series of experimental,
site-specific solo and duet dance
theatre works performed in working
hotels.



PHOTO BY SHANE REID

RUN TIME 60 mins

PRODUCTION Designed specifically for working hotels.
Scenes are adaptable to the hotel's facilities and layout.

TOURING PARTY ... Three flexible models available:

- Full Restless Dance Theatre ensemble
- Half Restless cast combined with local dancers.
- Residency model — Restless collaborate with a fully local cast over 3 weeks to develop a unique version of the show.

TRAVEL/FREIGHT .. Minimal freight

IDEAL FOR Festivals and presenters working in non-traditional spaces. With minimal dialogue and adaptable casting, *Intimate Space* has successfully toured non-English-speaking countries—including localised costumes.

AUDIENCE Ages 8+ ideal for those seeking immersive, boundary-pushing performance in unexpected places.

08 Holding Space (In Development)

A unique, innovative and intimate
dance theatre work to be presented
in: hospitals, aged care and remote
facilities. Performance is designed
to be an exchange between a dancer
and an audience member, creating a
private and immersive space.

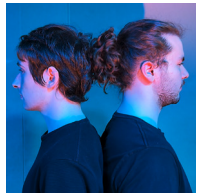


PHOTO BY LARISSA MCGOWAN

CAST Restless Dance Theatre ensemble + guest dancers

RUN TIME 5–10 minute individual performances.

TRAVEL/FREIGHT .. Minimal freight

IDEAL FOR Festivals seeking intimate, one-on-one performances that will stay with the viewers for a lifetime.

Guttered is full of colour and movement and delightful moments...



(InDaily)

PHOTO BY SHANE REID



Winner—*Ecoute Pour Voir*

09 Guttered

Set in a classic bowling alley, with the mesmerising sights, sounds and smells. The audience are close to the action as the performers put themselves on the line for success or failure.



PHOTO BY ROY VANDERVEGT

CAST Restless Dance Theatre ensemble + Guest Artists + Dancers
RUN TIME 60 mins
PRODUCTION Tarkett dance floor, immersive projections and lighting.
TOURING PARTY ... 15 people
TRAVEL/FREIGHT .. Minimal freight
IDEAL FOR Festivals and presenters wanting to work in non-traditional performances spaces.
AUDIENCE Ages 5+ perfect for those seeking boundary-pushing performance in unexpected settings, with a nostalgic twist.

10 Ecoute Pour Voir / Listen To See

Scattered in a performance space, dancers are equipped with headphones and an MP3 player, inviting audience members to join in.



PHOTO BY BONNIE PAKU

CAST Restless Dance Theatre ensemble + Guest Dancers
RUN TIME 45 mins (flexible; each solo/duet is approximately 3 mins)
PRODUCTION Highly adaptable for a wide range of spaces—outdoors, hallways, foyers, hospital wards, cafeterias, and more.
LANGUAGES Performed entirely through movement—transcending language and ideal for international touring.
TOURING PARTY ... 8 people (flexible)
TRAVEL/FREIGHT .. Extra luggage
IDEAL FOR Festivals of all sizes looking to activate unconventional spaces—and offer audiences one-on-one performances.
AUDIENCE Ages 5+ ideal for those seeking intimate, deeply personal performance encounters.

RESTLESS / ON FILM



Winner—*Counterpoise*
Experimental, Dance &
Music Film Festival, 2024

Finalist—*Counterpoise*
Creative Australia's
Asia Pacific Arts Awards 2024



STILL BY MATT BYRNE

Restless Dance Theatre offers five captivating dance films for screening: two compelling shorts and three feature-length films including two documentaries.



Short Dance Works for Screen



Seeing Through Darkness

20 minutes | Directed by Michelle Ryan

Inspired by the work of French expressionist Georges Rouault, this film invites audiences into a visually rich and emotionally charged solo performance, where light and shadow reveal inner vulnerability and strength.



IMAGE BY STRUT PHOTOGRAPHY



Guttered

50 minutes | Directed by Michelle Ryan

Filmed in a working bowling alley, *Guttered* explores what it means to win or lose—on and off the lanes. With immersive visuals and bold physicality, the work challenges expectations and celebrates the grit of competition.



PHOTO BY FIONA CULLEN



Counterpoise

20 minutes | Directed by Matt Byrne & Larissa McGowan

Created in collaboration with University of South Australia Connect2Abilities, 29Dong Dance Theatre & Korean Music Project.

A bold and poetic cross-cultural dance work developed during the height of the pandemic. *Counterpoise* connects artists across continents through screen and movement, proving the power of remote collaboration and the resilience of the creative spirit.

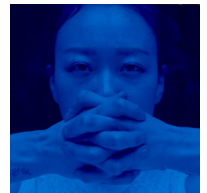


PHOTO BY MATT BYRNE



Official Selection—*Rewards For The Tribe*
① Melbourne International Film Festival 2024
② Sydney Film Festival 2024
③ Adelaide Film Festival 2023



PHOTO BY JEFF BUSBY

Documentary Features



Dancing Against The Odds

60 minutes | Directed by Matt Byrne

By Restless Dance Theatre, University of South Australia Connect2Abilities, 29Dong Dance Theatre & Korean Music Project.

This uplifting behind-the-scenes documentary captures the making of *Counterpoise*. It traces the journey of four companies navigating lockdowns, cultural exchange, and artistic ambition to bring a new international dance work to life.

Can be screened individually or as a double bill with Counterpoise.



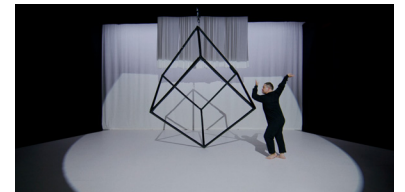
PHOTO BY MATT BYRNE



Rewards For The Tribe

60 minutes | Directed by Rhys Graham

A heart-warming and visually stunning documentary chronicling the first collaboration between Restless Dance Theatre and Chunky Move. At its core, *Rewards for the Tribe* is a search for human connection, an exploration of perfection, and a celebration of difference.



STILL BY FILM CAMP + JAMES WRIGHT

RESTLESS / AUDIENCE DEVELOPMENT

THOUGHTFULLY PRINTED ON 100% RECYCLED PAPER



PHOTO BY CATHY LEO

We are committed to inclusive, global engagement with our audiences and community.

#restlessdancetheatre

①

Workshops

Restless Dance Theatre offers dynamic community outreach and workshop programs to engage audiences before and during our touring seasons. Our workshops have successfully run across Australia, South Korea, Jakarta, and other regions where English is not the first language.

②

Masterclasses

Led by Artistic Director Michelle Ryan, Artistic Associate Larissa McGowan and Restless artists, our workshops can be delivered in-person or online, tailored to suit a wide range of abilities and access needs.

③

Students Of All Abilities

These sessions spark connection, creativity, and conversation, welcoming participants into our unique artistic process. We are committed to inclusive, global engagement with our audiences and community.

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VISIT

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



restless
DANCE THEATRE

Restless acknowledges the family clans of the Kaurna Nation
and we shall walk softly and with respect as we feel the footprints
of their ancestors.

PHOTO BY SHANE REID