



**METHOD** is a Los Angeles based contemporary dance company

that **relishes** the off-center state, lives in a **high-speed** world,  
and disregards the moment of recovery,

preferring instead the moment of **sheer abandon.**

**"perfect unions at the outer limits of physical control ...  
mastery of a virtuoso style..."**

--Lewis Segal, Los Angeles Times

**"...explosive, techno-infused display of grace and athleticism...  
blurring the line between body and machine ..."**

--Rebecca Joly, LA Yoga Magazine

**"an invigorating piece of contemporary dance  
boasting eye-popping kinetic choreography"**

--Ken Knox, Frontiers Magazine

The **aesthetic** of **METHOD** is one where the human  
body resides as sole communicator and is **stripped of artifice:**  
no spoken word or text, no video projection or multi-media display, no play-acting  
... just pure, high velocity, idiosyncratic, unbridled movement and momentum

**artistic director /  
bradley michaud**



A native of Los Angeles, Bradley graduated in 2001 from UCLA World Arts and Cultures and became a member of Rock Theatre for six years, then joined Stephanie Gilliland's company Tongue for three seasons. Bradley has toured his own work nationally and internationally and has performed at the J. Paul Getty Center (LA), The REDCAT (LA), Centro Cultural de Tijuana (Mexico), Dancing On The Edge Festival (Canada), Yerba Buena Arts Center (San Francisco), Highways Performance Space (LA), APAP (NYC) FOCUSfish Performance Space (LA), Muestra Internacional de Danza IV (Mexico), ODC Theater (San Francisco), JACCC (LA), James Armstrong Theatre (Torrance), and The Carpenter Center (Long Beach).

Bradley teaches the unique style of choreography applied in Method, which blends ashtanga yoga and high-impact contemporary dance at Universities like UCLA, Loyola Marymount University, Idyllwild Arts Academy and many other studios. Among the numerous grants and awards Bradley has received include the CHIME Mentorship Grant, 2004 Lester Horton award for Outstanding Performance, 2008 Lester Horton award for Outstanding Achievement in Choreography. Bradley currently serves as a Board Member and Vice-President of Finance for the Dance Resource Center of Greater Los Angeles.

**dancers /  
chelsea asman  
jay bartley  
nicole cox  
jessica harper  
kalani mcmanus  
bradley michaud**

**resident lighting designer /  
kristie roldan**

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