



Martha Graham Dance Company Announces 19 Poses for the 19th Amendment Instagram Challenge

New York, NY, January 30, 2020 – The **Martha Graham Dance Company's** new Instagram challenge, **19 Poses for the 19th Amendment**, launches today and will continue through August 18, 2020.

As part of *The EVE Project*, the Company's two-year theme celebrating the centennial of the 19th Amendment, the Company has chosen 19 photographs of Martha Graham in evocative moments from various performances during her long career. The selected poses have inspired a wide-range of creative projects – from Company performances at the Clark Institute of the Arts in Williamstown, MA, to an installation by Teens@Graham in the sculpture garden of the Metropolitan Museum of Art in New York. Members of the general public have learned the poses in master classes, panel discussions and lectures, and have been photographed beside life-size cutouts of Graham in some of the poses. There is even a “dance-along” film of the poses on the Company's YouTube channel that invites anyone to learn the sequence and use it however they wish.

For the 19 Poses Instagram Challenge, participants are asked to find a way to use one or more of the poses to perform an everyday task. The Company is looking for unexpected, irreverent, and offbeat uses of the original poses in real-world settings (grocery store, subway, backyard, cafeteria, dog park—anywhere but a dance studio). Photos must be posted to Instagram with the hashtags **#19poses** and **#marthagraham**. Participants are also asked to tag a woman or women who inspire them. The Company will repost its favorite images on the @marthagrahamdance Instagram account. The creators of the five top submissions will receive a gift bag with Martha Graham merchandise.

The idea of the Instagram challenge, developed by Graham Company Artistic Director Janet Eilber and Marketing Director Melissa Sherwood, was inspired by this [Instagram post](#) by Graham School student Luis “LT” Martinez (@eltigreus).

The challenge begins today and runs through August 18, 2020 (the 100th anniversary of the 19th Amendment and women's right to vote). Photos of the original Graham 19 poses and guidelines for submission can be found on the Company's website at www.marthagraham.org/19poses.

About Martha Graham Dance Company

The Martha Graham Dance Company has been a world leader in the evolving art form of modern dance since its founding in 1926. Today, the Company is embracing a new programming vision that showcases masterpieces by Graham alongside newly commissioned works by contemporary artists. With programs that offer a rich thematic narrative, the Company creates new platforms for contemporary dance and multiple points of access for audiences.

Since its inception, the Martha Graham Dance Company has received international acclaim from audiences in more than 50 countries throughout North and South America, Europe, Africa, Asia, and the Middle East. The Company has performed at the Metropolitan Opera, Carnegie Hall, the Paris Opera House, Covent Garden, and the John F. Kennedy Center for the Performing Arts, as well as at the base of the Great Pyramids in Egypt and in the ancient Herod Atticus Theatre on the Acropolis in Athens. In addition, the Company has also produced several award-winning films broadcast on PBS and around the world. www.marthagraham.org

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