

## Channel your inner shaman and get POSSESSED at Next Stage Theatre Festival

*Diana Bang sets up a ritual towards self-healing and asks the audience to witness and participate in this intimate, funny and fearless story of transformation, grief and coming-of-age.*

**Toronto, ON** - After successful runs of *SELF-ish*, a solo show written by Kuan Foo and directed by Dawn Milman, at 2017's Toronto Fringe and 2018's Vancouver Fringe where it won Pick-of-the-Fringe, Vancouver actor Diana Bang premieres her first self-penned 30 minute play, **Possessed**, for the Next Stage Theatre Festival, January 9-20, 2019 at Factory Theatre's Antechamber.

*Possessed* is a one woman show, created and performed by Diana Bang, directed and dramaturged by Dawn Milman, that follows Sarah, a 30-something Korean-Canadian woman who is spiralling from one disaster to another and her only way out is to call upon spirits, gods and ancestors to help guide her during this critical point in time.

The play was written from Diana's own need to exorcise her feelings of grief, loss, rage and powerlessness. For her, *Possessed* is a play that dives deep into wounds and acts as a rite of passage towards empowerment and self-healing. Diana draws upon her sketch comedy background and Korean shamanism to dive deep into grief and examine what it means to be a Korean-Canadian woman in her 30s, from unmet social expectations to a collective history of trauma.

"I strive to make a work that is cathartic for both the audience and myself" says Bang. "I want it to be a communal letting go through tears or laughter to help release a little bit of the angst in our own lives, and leave everyone with a sense of hope, connection and healing."

### Praise for Diana Bang's previous work:

"...the heart of the show is a killer—thanks largely to Bang's emotionally transparent (and witty) performance. Emotions pass through her like weather. She's a star." - *Colin Thomas (for Self-ish at Vancouver Fringe 2018)*

"Diana Bang does these crazy monologues that just go off the rails. They're wonderful." - *Georgia Straight (for The Lady Show, 2018)*

### Suggested Social Posts:

*Catch Diana Bang (The Interview, Lucifer, The Lady Show) at this year's #NSTF in Possessed, an intimate, funny and fearless one-woman show that will break your heart and then mend it.*

*Vancouver actor Diana Bang (The Interview, Lucifer, The Lady Show) summons gods, spirits and ancestors to the stage with Possessed in this year's Next Stage Theatre Festival.*

### Listing Details:

Showtimes: Jan 9, 540pm / Jan 10, 755pm / Jan 11 655pm / Jan 12, 740pm / Jan 13, 510pm / Jan 14, 755pm / Jan 15, 545pm / Jan 16, 810pm / Jan 17, 530pm / Jan 18, 855pm / Jan 19, 455 / Jan 20, 630pm

Venue: Factory Theatre Antechamber, 125 Bathurst Street, Toronto, ON

Tickets available online now at: <https://fringetoronto.com/festivals/next-stage/tickets-passes>

### About the Artists for Possessed:

**Diana Bang** (Creator/Producer) Born and raised in Vancouver, Diana got her start in acting with sketch comedy group Assaulted Fish. Her film/television credits include The Interview, The Killing, Bates Motel and Entanglement. She currently performs comedy with The Lady Show in Vancouver.

**Dawn Milman** (Director/Dramaturg) Some career highlights over two decades in theatre and television include coaxing new works from the hearts and minds of young histrionic types, being a part of Wet Ink Collective, and working with Paperny Films. Dawn is a graduate of Studio 58.

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