

HIGH STEAKS

Birthed, Created & Performed by ELOINA

Directed by Louise Orwin

Star of the Show Mama

Outside Eye Frankie Thompson

Sound Design by Sammy Metcalfe, Louise Orwin & Liv Lynch

Set Design by ELOINA & Joe Iredale

Produced by Beth Sitek, Millie Wood Downie & ELOINA

Developed at PARL (Performance Art Research, Ljubljana), Camden People's Theatre & Jackson's Lane

With loving thanks to

MUM

The Sisterhood, Andy's Dad's Accordion & Queen Mary University of London

With super special thanks to

Paula, Posey, Rosa, Porscha, Alice, Casey, Justine, Alex, Dani
& those who will remain anonymous

for sharing your beautiful stories with this show

WWW.ELOINA.ART

INSTA: @ELOINAAART

p.s. pls recycle me X



Tour Dates ↘



SOME PLACES TO SEE VULVA VARIATION

LYDIA REEVES (@ LYDIAREEVES_ARTIST)

Vulva-casting extraordinaire. "LABIA LIBERATION" said the Guardian!
Documentary out: The Vulva Diversity Project

THE LABIA LIBRARY

www.labialibrary.org.au

FLIP THROUGH MY FLAPS

<https://www.comfortableinmyskin.com.au/blog/flip-through-my-flaps>

@ THISISAVULVA ON INSTAGRAM

Run by the wonderful Jo, this is all things vulva! Jo runs Labia Lessons (in-person & online) & offers a free monthly email reminder to check your vulva!

NAOMI GALE (@THISISNAOMIGALE)

Naomi runs workshops that help connect to & ground through your vulva & womb

THE VAGINA BIBLE BY DR JEN GUNTER (BOOK)

THEGREATWALLOFVULVA.COM

THEVULVAGALLERY.COM

GYNODIVERSITY.COM

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