



## Mary Lou Sanelli, Literary Performer

### Professional Writer, Speaker and Performer

- Enjoy a literary feast!
- Experience a reading in motion.
- Get a grip on the world one essay at a time.

**“Get inspired beyond words” – Book Mary Lou**

### A Performance Of A Lifetime!

*“You will be mesmerized with the pure energy and enthusiasm that flows from Mary Lou with every word she speaks.”*

Mary Lou Sanelli is a writer, performer and public speaker. She has earned a solid reputation in the literary and public-speaking community through a steady commitment to writing and through over twenty years of successful public readings and presentations.

Mary Lou is also a story teller, dancer, dance instructor and choreographer. This training and performance experience enables her to present with skills that surpass the average author reading. She knows how to deliver a message and connect with the audience through her passionate writing and mesmerizing performances – She is a one-of-a-kind speaker that you don’t want to miss.

#### Details for Performances & Talks:

- **The Immigrant’s Table**– This staged reading dramatically and poetically tells a story of immigration, cultural adjustment and weaving Old and New Worlds together into a rich fabric of memoir. The Immigrant’s Table, includes poetry, storytelling, Italian food & wine as Sanelli introduces her audience to her family in the most Italian of settings: around a table while revealing those long-held family recipes for a great meal.
- **Small Talk**– is a combination of dance, poetry, comedy and video. It’s a reading in motion. Inspired by the intimate conversations of women, her performance expands the reach of the written word with video, dance and a dramatic reading.
- **Women in the Garden**– is about cultivating the soil and renewing the language. The gardener’s and poets routines sharpen observation and foster the contemplative spirit. Situations, like the elements are often outside individuals control and the key to success is receptivity.
- **Falling Awake**– This talk is for the savvy women’s book club or any group that wants to look at life’s tug-of-wars like those between age and time, male and female, war and peace, place and belonging.
- **Among Friends**– Perfect for any group of women willing to delve into the hodgepodge of emotions common to anyone who decides to be friends.
- **Mothers & Daughters: Breathe In, Breathe Out**– This event is about the life cycle of the mother/daughter evolutionary process that lasts your lifetime.

#### Achievements:

- Columnist for Art Access Magazine and The Peninsula Daily News
- Commentator for KSER FM, KONP AM and Lady Bug Live Radio
- Artist Trust GAP Award, A Jack Straw Writers Award
- Seattle Bumbershoot Festival Book Award for her second collection of poetry

### Listen to Mary Lou in Action!

#### Specialties:

- Writer
- Public Speaker
- Story Teller
- Public Readings

#### Performances & Talks:

- The Immigrant’s Table
- Small Talk
- Women in the Garden
- Falling Awake
- Among Friends
- Mothers & Daughters: Breathe In, Breathe Out

#### Recent Clients:

- The Tenement Museum, New York City
- San Francisco Italian Cultural Society
- Honolulu Academy of the Arts
- Soroptimist International
- Performing Arts Centers/Theatres/Festivals
- The Sonoma Arts Council, Sonoma, CA
- University of Washington, Allen Hall
- Writers Conferences

#### Testimonials:

**"Mary Lou is by far the best speaker our organization has ever had."**

-Diane Green, Soroptimist International

**"Such great stage awareness! Sanelli has impeccable timing."**

-Charles Duncan, Key City Theatre Director

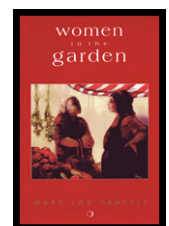
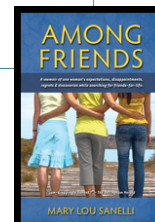
**"The Immigrant’s Table was one of the most enjoyable and delightful evenings our AAUW group has ever had."**

-Grace Lynch, President, AAUW

#### Media Contributions:

- The Seattle Times
- The Seattle Post Intelligencer
- Seattle Metropolitan Magazine
- Honolulu Star – Bulletin
- National Public Radio
- Crosscut

*Based in Washington and available Worldwide.*



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