

**TOO BIG FOR HER BRITCHES
COMES TO THE 2022 UNITED SOLO FESTIVAL
SECOND ENCORE SHOW ADDED AFTER A SOLD-OUT STANDING OVATION**

WHAT: Toronto, Canada- Actor, writer, songwriter, singer, performer, **Lisa Pezik**, brings her one woman musical **Too Big for Her Britches**, to the [United Solo Festival](#) in New York City for two performances, October 18 and November 9, 2022 at Theatre Row: Theatre Row, 410 West 42nd Street, New York, NY 10036. Pezik was asked back after selling out her Oct 18th show and getting a raving standing ovation.

The show comes to NYC following an award-winning run at Hollywood Fringe and Hamilton, Ontario Fringe:

- **WINNER OF BEST IN VENUE AWARD HAMILTON, ONTARIO CANADA FRINGE 2022**
- **OFFICIAL HOLLYWOOD ENCORE PRODUCERS AWARD 2022**
- **GOLD MEDAL AWARD WINNER HOLLYWOOD FRINGE 2022 TVOLUTION**
- **NOMINEE TOP 5 INTERNATIONAL SHOW HOLLYWOOD FRINGE 2022**
- **OFFICIAL SELECTION UNITED SOLO OFF BROADWAY 2022**
- **OFFICIAL SELECTION SOLOFEST 2022- DEBUT**

A character and music driven show, Lisa plays 20 characters and performs 9 songs described as a “must-see rollercoaster of emotions that’s expertly led and a balance of humor and darkness.”

Too Big for Her Britches centers around the battle between the main character, Luna’s, Inner Shame and Inner Warriress as she navigates the entangled web of Luna’s narcissistic mother. “It’s a story of the resilience of the human spirit,” states, Lisa.

With a rise in depression, society’s view of women’s beauty standards, and the taboo subject of parents carry the legacy of trauma, Lisa wanted this show to be a life raft and a piece of healing for the audience.

“We see many stories of the perfect mother and daughter relationships, but not many people are talking about their experiences if they didn’t have that storybook relationship, and how it left them to navigate the world. It’s taboo and controversial with lots of opinions, and I think that makes great theatre. I don’t want others to feel as isolated and alone as I did. It’s a story that can heal,” says Lisa.

Critics say things like, “It’s a beautiful piece of solo artistry that’s fearless, soulful and moving, and Her songs speak volumes and often give a voice to the things we fear to say out loud.”

Audiences have requested the music at every festival she's performed. This led to Lisa recording and producing [the soundtrack](#) while she was performing out in Hollywood this past June.

Running Time: 70 minutes

General Admission: \$46.50 (Plus \$4.00 service charge)

Admission 13+

Content Note: Talks about bulimia, suicide (enactment of swallowing pills), and some four-letter words.

Written by: Lisa Pezik

Movement and Acting Coach: Jean-Louis Rodrigue

Songwriter, Composed with: Drew Lawrence

Directed with: Heather Dowling

Presented by: Lisa Pezik

Produced with: Jessica Lynn Johnson

Live Piano Accompaniment by: Drew Lawrence

Co-Songwriter: Lisa Pezik

Choreography by: Pamela Najera

For additional information contact: Lisa Pezik -lisa@lisapezik.com - 905-966-2857

Online Press Kit: <https://www.lisapezik.com/site/toobigforherbritches-nyc-united-solo-2022>

Comps available for members of the press upon request. Please contact lisa@lisapezik.com

ABOUT THE PRODUCTION

Lisa Pezik- Creator (Playwright, Actor, Songwriter) is a brand strategist, content marketer, playwright, solo theater artist, songwriter and former RN and Fitness Instructor. *Too Big For Her Britches* is her first solo show. Lisa is no stranger to storytelling. She's a professionally trained speaker having presented her stories and strategies in Canada, the US, and the UK, as well as writing two #1 International Best-Selling Books. Later this year, Lisa is stepping onto a larger stage with TEDx. Prior to her agency and theater work, Lisa has a Bachelor's Degree in Nursing

from the York College of Pennsylvania. She also has an extensive background in wellness with numerous Certification from the American Council of Exercise. She resides in Toronto, Ontario with her husband, Eric, her son, Oliver, and their small herd of pets. www.lisapezik.com

Jean- Louis Rodrigue- Movement and Acting Coach began his actor training in 1969 with Herbert Berghof at the HB Studio in New York. Subsequently, William Ball awarded Rodrigue a full scholarship to study in the Advanced Training Program at the American Conservatory Theater in San Francisco. During his training and performing at ACT, Rodrigue discovered the Alexander Technique. He spent three more years training as an Alexander teacher with Frank Ottiwell and Giora Pinkas at the American Center for the Alexander Technique. He also trained with F.M. Alexander's first generation of master teachers including Patrick Macdonald, Marjorie Barstow, and Walter Carrington. Rodrigue has taught the Alexander Technique for the past forty-two years. His unique approach to movement education and to improving the levels of performance, has brought international recognition. In the musical world, he has taught for the Verbier Festival and Academy, a music and theater festival in the Swiss Alps and the UCLA Department of Music. He founded the Alexander program for the Los Angeles Philharmonic Institute and taught the young musicians and conductors for six years. In theatre he has collaborated with Larry Moss and Pamela Gien on the vocal and movement aspects in the Obie Award winning play "The Syringa Tree" at Playhouse 91 in New York and the current national tour. Rodrigue prepared actor Bo Eason in his one man play "Runt of the Litter" at the MCC Theater in New York, also directed by Moss. He has coached actors working at the Pasadena Playhouse, Mark Taper Forum, the Geffen Playhouse, and on Broadway, as well as the artists of the Cirque du Soleil on improving their performance and preventing injuries. He teaches regularly for the Larry Moss Studio, the UCLA Department of Theater and the Will Geer Theatricum Botanicum. His unique style of movement training and choreography can be seen in many films, including "Human Nature" (2001) with Patricia Arquette, "Passion Fish" (1992) with Mary MacDonnell, "The Affair of the Necklace" (2001) with Hilary Swank, "The Cat's Meow" (2001) with Kirsten Dunst, "The Time Machine" (2002), "Seabiscuit" with Elizabeth Banks. He has worked with many actors including Helena Bonham Carter, Juliette Binoche, Hilary Swank, Keanu Reeves, Tate Donovan, Julia Sweeney, Jonathan Pryce, Simon Baker, Joely Richardson, Sally Kellerman and Courtney Thorne-Smith. Rodrigue is considered a Senior Teacher of the Alexander Technique. He is a founder and a faculty member of the Alexander Training Institute of Los Angeles, a teacher training program. He is a certified Teacher and an active member of the American Society for the Alexander Technique (AmSAT). Rodrigue is on the advisory board of the Center for Integrative Health, Medicine and Research.

Drew Lawrence- Songwriter (Composer, Piano Accompaniment) is a multi-platinum songwriter and producer. His song "Jar of Hearts," co-written and performed by Christina Perri, was an international smash. Drew's songs have been recorded by worldwide major label artists including Leona Lewis, The Backstreet Boys, Lea Michele, Shane Filan (Westlife), Stinaj, Jaira Burns and many more. He has contributed songs to albums for Lindsey Stirling, Madilyn Bailey,

Chris Jamison (The Voice) and Fede Le Grand, which all charted on the Billboard Hot 200. Drew is also a recording artist and tours the country with his group “The Dales.”

Heather Dowling (Director and Developer) is a Soaring Solo instructor and an award-winning writer and actress. Her two one-person shows, *Unemployed. Finally.* and *Fertile*, have garnered many awards, including SELECTION for Solofest, the largest solo performance festival on the West Coast, SELECTION by United Solo NYC for OFF BROADWAY performance, two-time ENCORE AWARD WINNER and BEST ACTOR nominee for the Hollywood Fringe Festival and two-time SELECTION for the prestigious and international LA Women’s Theatre Festival. Heather is also the co-creator, producer and lead of the comedy series *Down The Middle*, featuring Tom Bergeron, currently on the festival circuit. Her most recent television appearance was on NBC’s *This Is Us*. Learn more about her at HeatherDowling.com

Jessica Lynn Johnson (Producer) is a published playwright, recipient of BEST NATIONAL SOLO ARTIST AWARD, Advisory Board Member of the LA Women's Theatre Festival, Director for Whitefire Theatre, and Founder & CEO of Soaring Solo Studios. Jessica has aided in the development of over 100 solo shows (and still going strong)! As a performer, Jessica has “edutained” international audiences touring her own one person shows ZE and OBLIVIOUS TO EVERYONE for over 15 years. Jessica's projects have taken home awards such as TOP OF FRINGE, HFF ENCORE PRODUCER AWARDS, TVOLUTION BEST SOLO PERFORMANCE, LARRY CORNWALL AWARD FOR MUSICAL EXCELLENCE & several other accolades! Jessica was also nominated for the Female Director of Distinction in Theatre by Girl Trip LLC at the 2018 Hollywood Fringe Festival. Jessica is so honored to collaborate on this wonderful solo show! www.SoaringSoloStudios.com

Pamela Najera Michael (Dance Choreographer) originally, from the Philippines journeyed to the United States in 1979. Practically, a California native, Pamela was formerly a full-time medical assistant and switched professions at 35. She danced professionally with a background in jazz, ballet, and hip-hop for over 15 years. Pamela has found true satisfaction in being of service to her fellow solo-artists in designing a ‘uniquely-you’ choreography fit for any level of dance or none at all. Pamela also wrote, produced, and performed in her own one-woman-show, TOO OLD TOO ASIAN TOO SHORT. www.yoursidekik.com

Instagram: <https://www.instagram.com/lisa.pezik/>

Facebook: <https://www.facebook.com/lisa.pezik>