

The Ocean Between Us

Diya Naidu | Nadia Milford



Presenter Pack

The Ocean Between Us

by Diya Naidu & Nadia Milford

Revisions

V	Date	CHANGES
01	05/08/2025	Release Version

Contact

Nadia Milford

Co-Creator | Performer

milford.nadia@gmail.com

Diya Naidu

Co-Creator | Performer

diyanaidu29@gmail.com

About

CO-CREATIVES / PERFORMERS

Diya Naidu is a Bangalore-based performance maker and contemporary dancer working at the intersection of movement, text, and theatre. Her practice blends yoga, partner work, and embodied storytelling to explore themes of longing, shame, and resistance. Her recent work *The Ocean Between Us* with Australian artist Nadia Milford examines the dancing body as both vessel and voice. Diya founded Citizens of Stage Co Lab and is part of the East African Soul Train. A former repertory dancer at Attakkalari, she teaches at Drama School Mumbai and co-runs a space for dance and interdisciplinary performance in Bangalore.

Nadia Milford is a performance artist working across dance, film, theatre, and installation. Her practice is driven by an exploration of belonging to body, people, and place, and the ways in which lived experiences shape identity. With a feminist perspective, she examines inherited histories, collective memory, and the power of performance to foster dialogue and transformation. Whether on stage, screen, or in participatory spaces, she seeks to create work that connects, challenges, and resonates.

Two women, two lands, one ocean of questions....

Credits

Writer / Performer

Writer / Performer

Sound Design

Dramaturgical Support

Production Assistance

Hero Imagery

Nadia Milford

Diya Naidu

Deepthi Bhaska

Katlego Kai Kol Kes

Anand Samudre

Jorge Serra

Description

A bold new work bridging continents and conversations...

The Ocean Between Us is a cross-cultural movement-theatre work created by Indian artist Diya Naidu and Australian artist Nadia Milford. Rooted in contemporary dance, writing, and embodied storytelling, the piece explores the body as a site of connection, resistance, and care.

At its heart lies a simple yet urgent question: Who are we beyond the social categories we carry and the identities we have inherited through our problematic histories? Through the metaphor of the Indian Ocean, both a barrier and a bridge between their homelands, the artists investigate how difference can become a site of intimacy and possibility.

Two women meet across distance, dancing between the personal and political, the forest and the city, the said and the unsaid. Their performance unfolds through sometimes poetic, sometimes conversational text and movement, inviting audiences into a space of deep listening, vulnerability, and reflection. It interrogates the dynamics of a Global North–South collaboration, the complexities of forming friendship across inequality, and the emotional labour of navigating discomfort, disagreement, and care.

With honesty, humour, and poetic clarity, *The Ocean Between Us* offers an alternative to binary thinking. It proposes that movement and language can soften conflict, and that the body can be an instrument of co-creation in a divided world.

The team is currently seeking opportunities for:

- Final creative development of the work and/or
- Extended remount and touring



Process Description

The Ocean Between Us is a transnational collaboration between two dancer-writers exploring the intersection of movement and text. The work has unfolded across three developments: a digital creative residency, and in-person explorations in India and Australia. The digital archive, hosted on Instagram at [@theoceanbetween_us](https://www.instagram.com/theoceanbetween_us), began as a 3-month residency and now lives on as a public, interactive record of the project. Through embodied prompts, poetic fragments, and dialogue, it maps our evolving process and invites participation. This archive is now being developed into a gallery installation - an artwork in its own right that traces connection through distance.

There is also an option to activate foyer displays with a crafted collection of projected and sound-recorded material drawn from this deep process and conversation.

The Ocean Between Us - Instagram Residency



Models of Presentation

Can include: Immersive Contemporary Dance Theatre Performance, Extended Q&A, Gallery Installation, Workshop.

Themes

Cross-cultural friendship, privilege, and power, movement, language and ecology as bridges in a divided world.

Audiences

Indian diaspora community, other multicultural diaspora communities, women, fans of theatre and dance and/or novel immersive experiences.

Performance History

April 2025 - Work-in-progress showing at Shoonya Mari | Bangalore

June 2025 - Development Showing at HOTA Theatre, Gold Coast

June 2025 - Development Showing + Q&A Panel BEMAC, Brisbane

Additional Information

[ARCHIVAL FOOTAGE](#)

[PRODUCTION PHOTOGRAPHY](#)

[TRAILER](#)

Touring Information

Availability

October 2025 Onwards

Duration

60 Minutes , no interval (Flexible based on performance model)

Suitable Venues

Black Boxes

Studios

Galleries

Community Centres

Large Rooms (with the possibility of blackout)

Touring Party

3 Pax



BEMAC Images by Ange Costes

Bump In

Day of
3 hrs max

Bump Out

Day of
1 hr

No. of Performances

Maximum 6 per week

FULL TECHNICAL SPECIFICATIONS & MARKETING KIT REQUEST FOR MORE DETAILS

Community Engagement

Writing & Dance Workshop

Developed as part of the creative process for *The Ocean Between Us*, this workshop invites participants to explore the powerful meeting point of movement and language. Drawing on the embodied writing tools used to generate both script and choreography, the practice offers playful yet profound ways to access creativity, connection, and self-inquiry.

Held in both India and Australia, the workshops foster intimate, reflective spaces that continue to shape the work itself. Participants' responses may be woven into the project's evolving form - echoed in the growing gallery installation/foyer activation and reflected across its digital presence.

Through guided prompts, movement explorations, and group witnessing, participants arrive in the body, awaken sensitivity, ask important questions, and generate rich creative material. These simple yet transformative practices act as de-othering tools—opening portals to deeper connection in a world shaped by division.

Ideal for curious adults of all backgrounds, the workshop strengthens the community connections of the project - bridging individual and collective experience across place, culture, and time.



Duration

180 Minutes (optional variations)

Suitable Venues

Black Boxes
Studios
Galleries
Community Centers
Large Rooms

Gallery Installation

This exhibition invites you to experience fragments of the creative process through images of dancing bodies, the landscapes they inhabited, and listening time with excerpts of their conversations. The research is organised into four threads/piles of poetry cards: intergenerational traces, contemporary cacophony, propositions of rest, and female spaces. Visitors are invited to engage with these themes, take home text generated from movement, and contribute their own responses or questions, keeping the work alive, evolving, and shared.

Size / Duration of Artwork

Placed in a gallery corner, ideally 150 to 200 square feet

Duration

10-minute interaction roughly. 7-minute video and audio track played on loop. Interactive cards engagement 3-4 minutes

Materials

- Projector and laptop connected to power source
- Small table for 5 piles of cards
- 1 speaker/headphones
- QR code to the Instagram work description
- Potted plant
- Glass dish with water

