



Sara Lou Routley is a flying acrobat from Niagara Falls. She has been Creative Director to her troupe Harmonic Shadow Circus for five years. Harmonic Shadow Circus is a collaborative low frequency doom ensemble that averages two productions per year. They use handmade costumes, sounds, and animal masks to play the roles of shapeshifters. Through their creative works, she explores fungi, urban animals, folk history, and historical spaces. Sara Lou is also a painter, sewist, and musician, and enjoys incorporating these handmade elements into her shows. She lives in Niagara with her partner and their husky.