



the **YELLOW**  
**WALLPAPER**

A Dance Thriller

Based on the classic story by  
CHARLOTTE PERKINS GILMAN

Adapted for the stage by  
CAITLIN ORT & MEGAN ORT



# Synopsis

The play follows Jane, a 19th-century woman suffering from postpartum depression, and her husband John, who prescribes her “**The Rest Cure**,” the era’s leading treatment for so-called “**female hysteria**.”

Isolated for months in a room and forbidden any social engagement, reading, writing, or mental stimulation, Jane slowly begins to lose her grip on reality. To pass the time in her confinement, she studies the yellow wallpaper of her room. Jane becomes convinced that **a woman is trapped** within its patterns, and that it is up to her to **set this imprisoned figure free**.

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# Why This Show

*The Yellow Wallpaper* is a **dance-theatre thriller adaptation** of Charlotte Perkins Gilman's iconic 1892 short story. Though written over a century ago, the tale continues to resonate while **female bodily autonomy and access to health care remain contested**.

The Ort Sisters' adaptation explores female empowerment and mental health through a fusion of movement, music, classic text, and psychological horror that blurs the line between reality and the surreal – revealing how **even well-meaning relationships and intentions can quietly uphold systems of oppression**.



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# Key Features

- **FOR FANS OF:**
  - Psychological thriller
  - Dance-theatre/physical theatre
  - Classic literature
  - Feminist theatre
- **COLLABORATIVE OPPORTUNITIES:**
  - Master classes for dance studios
  - Talkbacks for literature classes
  - Cross-promotion with advocacy groups
- **SIX-PERSON ENSEMBLE CAST:** *featuring Broadway & film/TV talent*
- **FLEXIBLE RUN-TIME:** *60-80 min*



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# Reviews



[Watch Testimonial](#)



[Read Review](#)



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# Development History

## NYC FRINGE - 2018

Martha Graham Dance Studios



**SOLD OUT RUN**

*"This was so well written and the choreography was perfect. I truly felt the emotions and thoroughly enjoyed it!"*  
-Audience Review

## OFF-OFF BWAY - 2025

Gibney: Agnes Varis Performing Arts Center



Featuring Broadway veteran  
Megan Ort and film & TV star  
Josh Andrés Rivera

*"All of the performers are marvelous."*  
-The Front Row Center ★★★★★

## EDFRINGE - 2026

Greenside at George Street



[Watch Trailer](#)

**...could your venue be next?**

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# Meet The Sister Team



## CAITLIN ORT

*Producer, Adaptation, Dir/Choreo*

Caitlin Ort is a NYC-based director/choreographer dedicated to theater activism. Her work has been featured at Theater 4615, Theater at Monmouth, NYC Fringe Festival, and Scranton Shakespeare Festival. Caitlin also served as the Associate Director/Choreographer for the World Premiere of *A Hanukkah Carol* at Round House Theater and Associate Choreographer for the China premiere of *Natasha, Pierre, and the Great Comet of 1812*. Caitlin received the 'Outstanding Achievement in Choreography' award at the 2023 Metro Awards for *Dirty Rotten Scoundrels* and the 2024 Foxy Awards for *Cats*.



## MEGAN ORT

*Producer, Adaptation, Assoc. Dir/Choreo*

Megan Ort is a NYC-based theater artist. On Broadway, she understudied Sutton Foster as Mrs. Lovett in *Sweeney Todd* and Leona Lewis as Grizabella in *Cats*. Megan performed as Christine Daaé in the international tour of *The Phantom of the Opera*, toured the US with the *Evita* first national, and played actor-musician roles in *Once* and *Soul Doctor*. Megan proudly serves as a mentor for SwingNation, the first-of-its-kind swing mentorship program founded by the Harriet Tubman Effect. She is also a sustainability specialist and holds an MPA in Environmental Science and Policy from Columbia University.



# Venue Requirements

## TECHNICAL

**Stage dimensions:** Minimum  
5.5m x 6m

**Stage material:** Danceable

**Lighting:** General warm & cool  
wash, low side lighting

**Sound:** Pre-recorded tracks

**Set Pieces:** 1 1m x 2m stage deck  
“bed” & 1 chair

## TIME

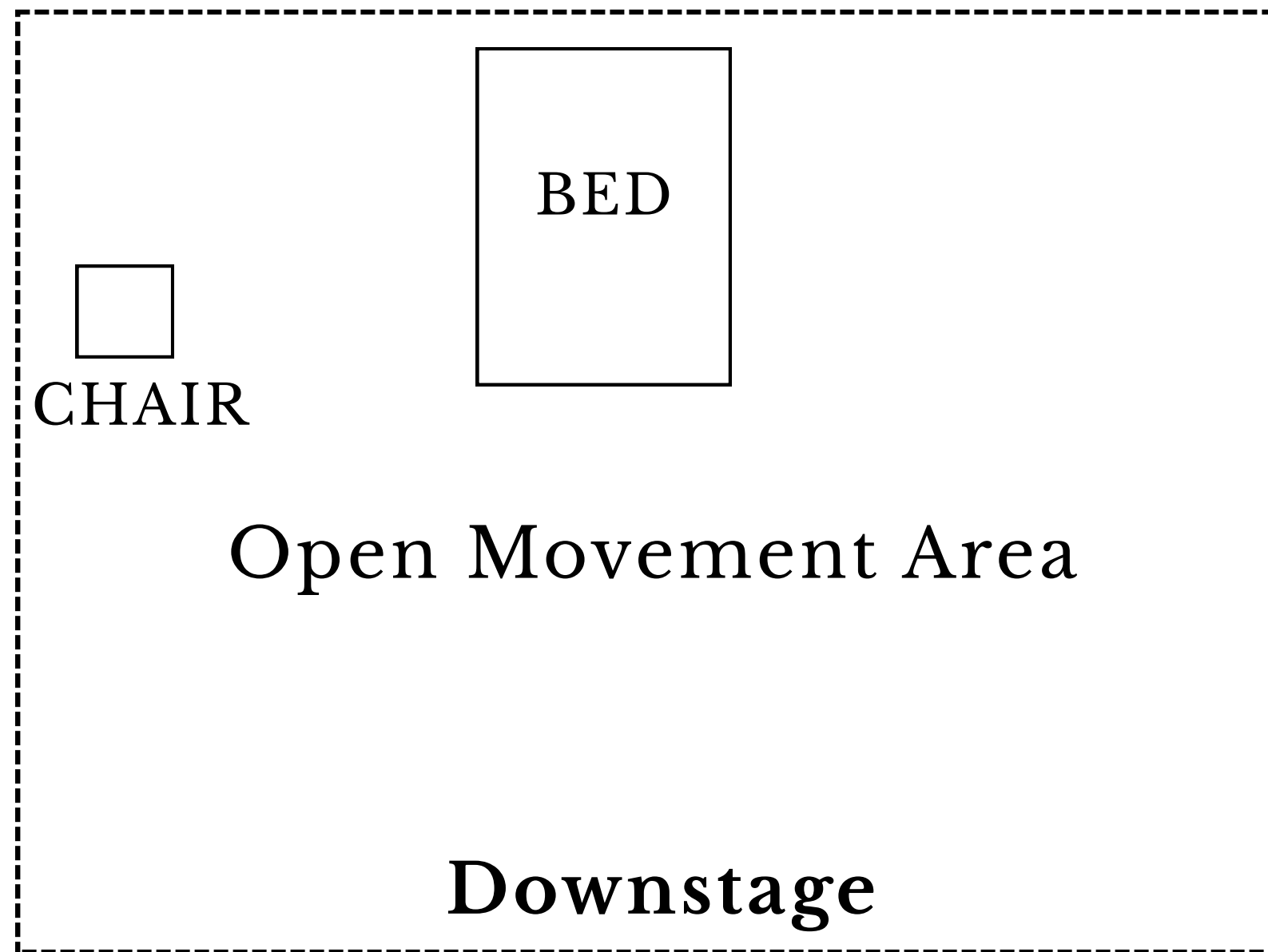
**Set up time:** 10 minutes

**Strike time:** 10 minutes

**Run-time:** Flexible 60-80  
minutes

Preferred use of crossover

Upstage



1 entrance/  
exit L or R

1 offstage  
wing  
preferred

Min 5.5-6  
meters deep

Min 5.5-6 meters wide

# Connect



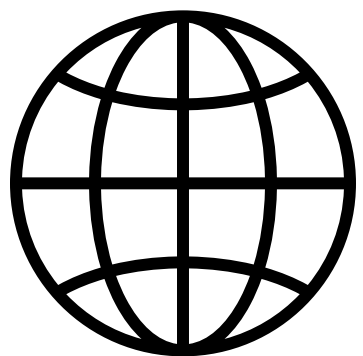
**Instagram**

[@theyellowwallpaperplay](https://www.instagram.com/theyellowwallpaperplay)



**TikTok**

[@theyellowwallpaperplay](https://www.tiktok.com/@theyellowwallpaperplay)



**Website**

[CaitlinOrt.com/theyellowwallpaper](https://CaitlinOrt.com/theyellowwallpaper)



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