

Clare Lopez

Amanda Lane Decker



Yoga Mat Chats

Two girls, two mats, and a bottle of wine...

A FILM BY CHRISTY FLEETWOOD | WRITTEN BY CHRISTY FLEETWOOD
STARRING CLARE LOPEZ | AMANDA LANE DECKER

DIRECTOR OF PHOTOGRAPHY CHRISTY FLEETWOOD | SOUND ENGINEERING BY KEVIN BOND
PRODUCED BY CLARE LOPEZ AND CHRISTY FLEETWOOD | DIRECTED BY CHRISTY FLEETWOOD

'Yoga Mat Chats' directed by: Christy Fleetwood
yogamatchatsfilm.com | yogamatchats@gmail.com



Short Comedy: 6 mins

Synopsis- Short: (18 words)

Two best friends unroll their yoga mats to escape the adult grind with a healthy dose of wine.

Synopsis- Long: (132 words)

Kristin is a dog-less, dog enthusiast who's somehow found her dreams of writing have taken a back seat to her current career: writing copy for dog food ads. A life-long planner and organizer, she just hasn't quite gotten around to finishing her first novel (it's been 2 years and counting with no end in sight). Thankfully, her best friend, and co-conspirator in all things gossip, Annie, helps her escape the everyday grind.

Annie is an accountant who loathes her job and manages to always find herself perplexed by all of her romantic encounters. Frustrated with their current paths, the pair resort to their familiar routine of an after work yoga session. The two friends spend an evening commiserating through some half-ass yoga poses and a pretty cheap Cabernet.



Christy Fleetwood

WRITER & DIRECTOR

Christy Fleetwood grew up west of Orlando, Florida and received her Bachelor's degree in Liberal Studies from the University of Central Florida. She later received a Master's degree in Education/Curriculum and Instruction from the University of Phoenix. After teaching in Florida for 10 years she moved to Washington, D.C.

While living in Washington, D.C. she worked as an elementary teacher and re-discovered a desire to become a filmmaker. The pursuit of film commenced! She completed a video production course at Arlington Independent Media and worked with other female filmmakers to shoot her first short film called, "Artists and Makers," highlighting two artists working in Rockville, Maryland. Shortly after, she moved to New York City.

While living in New York City she worked as a Registrar at the People's Improv Theater and tutored high school students preparing to take their Regents exam. She often refers to her time in NYC as her "film school." She completed a video production course and sketch writing course at The PIT, marked scenes on a shoot in Times Square, was a Production Assistant on an ESPN shoot, shot two of her own short films, and worked on a short film called, "Grandpa Gene," written and directed by Alisa Robinson, set to release August 2019.

Christy moved back home to the Central Florida area in 2016 and has been teaching, writing, and shooting ever since. She is dedicated to telling important stories and strongly believes that film has the power to change lives. She is a teacher by day and a filmmaker by night.

CHRISTYFLEETWOODFILMS.COM

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[HTTPS://WWW.IMDB.COM/NAME/NM9549831/?REF_=FN_AL_NM_1](https://WWW.IMDB.COM/NAME/NM9549831/?REF_=FN_AL_NM_1)



Clare Lopez

ACTOR & PRODUCER

Based in Orlando, FL, Clare recently moved from Syracuse, NY where she worked as an Associate Producer with Breadcrumbs Productions. While at Breadcrumbs, Clare collaborated as a teaching artist, deviser, and performer. While originally from Sacramento, CA, Clare earned her Bachelor of Arts in Music and Theatre from Saint Martin's University in Lacey, Washington and is a proud alumnus of The Pacific Conservatory of the Performing Arts in Santa Maria, California.

An esteemed theatre performer known for her vulnerability and joyfulness, Clare's been honored to work regionally across 5 states and 8 countries with companies such as Winter Park Playhouse, Mad Cow Theatre, Stageworks Theatre, Breadcrumbs Productions, Lexington Children's Theatre, Merry-Go-Round Playhouse, and Kingsmen Shakespeare Festival. Some of her favorite film credits include a leading role in 12 Days with God (Pureflix), and supporting roles in Big Time Adolescence (Sundance 2019), and Todd (SFN Productions).

Clare's voice can currently be heard in her recurring role of Pavlima, in the science fiction audio play, Windfall, which is now available on all podcast platforms. When Clare isn't performing, she loves teaching, creating content, and collaborating as a casting assistant. She is deeply passionate about supporting underrepresented voices, and loves using storytelling to educate, elevate, and empower others. Clare currently works as a coach and reader with Book From Tape. She loves to laugh, eat cheese, drink coffee, and is an avid collector of books and music.

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Amanda Lane Decker

ACTOR

Amanda's theatrical career began as a young actress in Orlando, Florida performing for community theatres and attending acting classes in the area. She received her Bachelor of Arts in Theatre at Harding University in Searcy, Arkansas and dabbled in film acting while in school. After four years in school and a few months at a local Memphis bakery, her heart brought her back to where it all started. Amanda can be found performing regularly at The Gaylord Palms Resort and Convention Center and various theatres in the greater Orlando area.

Recent stage credits include Lady Nijo/Win in Top Girls at Mad Cow Theatre, Euterpe in Xanadu at The Garden Theatre, and Lisa in Mamma Mia at Theatre Winter Haven. While Amanda's focus has been Musical Theatre, she recently booked a featured role in the upcoming film Gray People with United Blade Entertainment. She can also be seen in the Music Video PSA I See the Roses, a film project intended to bring awareness to the realities of Human Trafficking.

When she's not working, Amanda enjoys watching Netflix with her dog, creating chalkboard artwork, and thrifting.

AMANDALANEDECKER.COM

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Q: What was the inspiration for ‘Yoga Mat Chats?’

While living in Washington, D.C. I lived on the 8th floor and my friend lived on the 1st floor of the very same building. We spent a lot of time commiserating about life either in the fitness center, in one or the other's apartment, or our favorite spot, the roof top. We loved to run, but exercise was really always just an excuse to eat something sweet or drink something spirited.

Q: What was it like to work with a mostly female cast and crew? Was that a conscious decision?

Frustration about the lack of female representation in the film industry definitely inspired me to not only write a female centered story, but also recruit a female crew. We do have one really great male ally on our team who did a phenomenal job on sound recording. Our entire cast and crew shared a common interest in telling more diverse stories that represent more people in the world around us. I think that contributed to the amazing vibe we had on set and our ability to come together to make something pretty special.

Q: Making a film is quite a feat. Making a film on a micro budget is almost impossible. How did you do it?

My favorite Duplass brothers quote is, "The cavalry isn't coming." I really took that to heart. I was tired of waiting around for someone to give me permission to make a film. So, I realized that I didn't need anyone's permission. I am my own cavalry. I wrote a short, had a plan from pre to post with a festival run, and wrote up a casting and crew call. I knew in order to keep the cost down I would have to shoot the film myself and recruit others who were willing to pitch in for free. Essentially, I needed to find artists who saw the potential in the film, not for monetary gain, but for experience. I think it also helped that I had a plan for location, camera equipment, and was 100% covering the cost of production out of pocket. I took a huge leap of faith and the outcome was far greater than I could have ever imagined. Clare, the co-producer and actor, jumped in with such enthusiasm and commitment. Her level of talent and energy was just what the project needed to ensure the film make it to the finish line. I am also forever indebted to the rest of the cast and crew for believing in me and trusting me with their precious time and talent.



Q: Both actors in the film have excellent chemistry. Talk a little bit about working with them and how they came to be cast for the film.

Clare first came on board as the producer and casting director, but I was also aware that she was an actor. She offered to audition for one of the lead roles, but upon watching her reel I had already made up my mind. She was perfect! Clare then connected me with Amanda, whom Clare had met while auditioning for other parts around town. She was interested in auditioning, so I had the two read together. I was so giddy watching the two bring both characters to life. It was such a cool experience. I knew instantly that Amanda was the missing link of the duo.

Q: The creative force behind 'Yoga Mat Chats' are two female producers. Talk about that relationship and the workflow that made this project make it to the finish line.

Working with Clare has been such a treat. When we first met to talk about 'Yoga Mat Chats' there was an instant connection. We were both on the same page in terms of vision and what we thought was an appropriate work flow. We both shared a desire to see the film have a run through the festival circuit and most importantly, believed it could happen. Clare has contributed so much to the life of this project, from script feedback, to website construction, and is the voice of our social media sites. We both decided early on that this film would be a collaborative venture and that is precisely why we have a great end product.



Cast Members Amanda Lane Decker & Clare Lopez



Cast Member Clare Lopez



Cast Member Amanda Lane Decker



Cast Members Amanda Lane Decker & Clare Lopez



Actors Amanda Lane Decker & Clare Lopez
Photography by: Ashley Rivera Mercado



Actors Amanda Lane Decker & Clare Lopez
Photography by: Ashley Rivera Mercado



Director Christy Fleetwood and Producer Clare Lopez discussing the shot
Photography by: Ashley Rivera Mercado



Cast and crew prepare for the first shot of the day.
Clare Lopez, Amanda Lane Decker, Christy Fleetwood, Kevin Bond, Natalia Ortiz,
and Ali Valerio | Photography by: Ashley Rivera Mercado



Sound Engineer/ Boom Operator Kevin Bond & Director Christy Fleetwood with Cast Amanda Lane Decker & Clare Lopez
Photography by: Ashley Rivera Mercado



Director Christy Fleetwood and Sound Engineer/ Boom Operator Kevin Bond
Photography by: Ashley Rivera Mercado



Director Christy Fleetwood with Actors Clare Lopez & Amanda Lane Decker
Photography by: Ashley Rivera Mercado



Director Christy Fleetwood and Sound Engineer/ Boom Operator Kevin Bond
Photography by: Ashley Rivera Mercado



Full Production Credits

Directed by
Christy Fleetwood

Produced by
Clare Lopez
Christy Fleetwood

Director of Photography
Christy Fleetwood

Edited by
Christy Fleetwood

Sound Engineer/Boom Operator
Kevin Bond

Song "Sugar Island" by
Gyom

Production Assistant
Natalia Ortiz

Script Supervisor
Ali Valerio

Still Photographer
Ashley Rivera Mercado

Colorist- Stills
Brittany Wait

Special Thanks
Byron & Jana Salisbury