

Stamina



A performative work which uses voice and the action of skipping to explore the vocal and physical whilst at work simultaneously. The impromptu verbal format is contrasted with the repetitive or systematic role of the rope. Testing control and its limitations are driving factors of the process, pushing the investigation of mind/body negotiation and coordination under demanding conditions. The work attempts to interrupt the notion of language as a tool of control and allow the bodily exertion to liberate the purest, unrehearsed vocal/verbal expression.

Stamina - Start Theatre Festival, The Curators Lab, Poznań, days 1 and 2, Poznań, Apr 2018.