

INTERNATIONAL PHYSICAL THEATRE FESTIVAL

# PHYSICAL FEST 2019

10TH-15TH JUNE

PRESENTED BY

**TMESIS  
THEATRE**

# WELCOME TO PHYSICAL FEST 2019!

**AFTER A YEAR BREAK WE ARE VERY PLEASED TO BE BACK WITH AN EXCITING, PACKED PROGRAMME WITH A FOCUS ON FEMALE ARTISTS AND INCREDIBLE INTERNATIONAL WORK THAT IS BEING SHOWN IN LIVERPOOL FOR THE FIRST TIME.**

Come and immerse yourself in our 6 day celebration of the rich variety of local, national and international contemporary physical work, the only festival of it's kind in the UK!

Thanks as always to our venue partners and funders The Arts Council and Liverpool City Council and festival team for making this possible

**Elinor Randle**  
Artistic Director Tmesis Theatre & Physical Fest

The Unity comes alive during Physical fest! Come early to have a bite to eat of delicious street food before the show and enjoy tunes from our resident DJ at the Festival Club, every night after a Unity performance.

**BUY ANY UNITY  
FEST SHOW AND  
GET 10% OFF ANY  
OTHER SHOW**

**PERFORMANCE AND EVENTS PROGRAMME**

TUE 11TH JUNE / 7:30PM  
UNITY THEATRE



£12 to £15

# I CRIED BECAUSE I HAD NO SHOES UNTIL...

**IZUMI ASHIZAWA (JAPAN)**

Real, nostalgic, dreamlike memories all intertwine, collide, and dissolve in this powerful, physical performance, exploring 'Shoes' in gender and racial politics. Incorporating traditional Japanese performance styles and puppetry, Izumi Ashizawa creates a hauntingly beautiful performance.

**'She's bold. She's impressionistic, and she is demanding of your attention.'**

Washington DC Metro

TUE 11TH / 9:00PM & THU 12TH JUNE / 8:00PM  
UNITY THEATRE



£8 to £10

# BUTT KAPINSKI

**(USA)**

Think it's a solo show? Think again. Private eye Butt Kapinski invites you to co-star in a choose-your-own-adventure murder mystery. No seat is safe! **ADULTS ONLY.**

**"A tour de force of character comedy and clowning."**

UK Independent ★★★★★

**"Completely unique, brilliant, insane, surprising and funny."**

Graham Norton

**"Terrifically inventive and invariably hilarious... A master craftswoman at work."**

Washington DC Metro ★★★★★

WEDNESDAY 12TH JUNE / 7.30PM  
THE CAPSTONE THEATRE



£10 to £12

## FANG - UK PREMIERE

ANIMAL RELIGION (SPAIN)

**500KG OF CLAY, A 70KG HUMAN BODY. LIVE MUSIC.**

Internationally renowned, Catalan circus company, Animal Religion explore the relationship between clay and body, constantly transforming, with their trademark surreal humour, acrobatics and stunning circus skills.

[www.thecapstonetheatre.com](http://www.thecapstonetheatre.com)



THURSDAY 13TH JUNE / 11:00AM - 3:00PM  
UNITY THEATRE



£5  
BRING YOUR  
LUNCH ALONG

## DEVOTED & DISGRUNTLED

**WHAT CAN WE ALL DO ABOUT FEMALE LEADERSHIP AND PARTICULARLY THOSE FROM A WORKING-CLASS BACKGROUND BEING UNDER REPRESENTED IN THE ARTS?**

An invitation from Claire Bigley, Producer of Physical Fest:

"I believe we need to make sure there are ways into the sector for female, working class, artists.

We need people in leadership roles; AD's, CEO's, board members, Venue Managers. So how can we, together, fundamentally change the make-up of those making and watching theatre for the better? Come along to this event and let's do some work. See you there!"

This is a Devoted & Disgruntled Open Space event.

You set the agenda; nothing is censored. For more information on D&D and Open Space, please see [devotedanddisgruntled.com](http://devotedanddisgruntled.com)

This venue is fully accessible. We can provide BSL on request by contacting [claire@tmesistheatre.com](mailto:claire@tmesistheatre.com).

We welcome neurodivergent participants, and supervised children.

THURSDAY 13TH JUNE / 4:00PM  
UNITY THEATRE



PAY WHAT  
YOU DECIDE

## KILL A WITCH OR DIE TRYING

MERAKI COLLECTIVE

From the days of burning at the stake to slaying the successful woman on twitter, Women are being demonised for speaking up and standing out. "Kill a Witch or Die Trying" is the new visually captivating, belly laugh inducing Dance theatre work by Meraki Collective. Journey through the depths of "Monstrous Woman" and celebrate with us the formidable power of Woman.

PHYSICAL FEST 2019 - FEMALE ARTIST BURSARY AWARD

FRIDAY 14TH JUNE / 5.30PM, 6:00PM, 6.30PM, 7:00PM  
UNITY THEATRE



PAY WHAT  
YOU DECIDE

## THE TEN INCH HEELS (16+)

ROWENA GANDER

Do objects have the capacity to make you feel empowered or objectified? What is that object for you? "The Ten Inch Heels" explores the extrinsic value of sexualised and exaggerated femininity, questioning how engagement with high heels can either promote or dissolve female subordination.

The intimate setting of the work encourages a physical power dynamic that positions the performer in front of you, beneath you, next to you, or on top of you.

PHYSICAL FEST 2019 - FEMALE ARTIST BURSARY AWARD

FRIDAY 14TH JUNE / 7:30PM  
UNITY THEATRE



£8 to £10

## DIVE

3 extracts of new work. 1 night. Come and witness exciting work from across Europe in clown, bouffant and physical theatre. Featuring; Teatro Pomodoro, Madame Señorita and the Reetta Honkakoski Company.

### FISH OUT OF WATER: A SHIPWRECKED ODYSSEY- TEATRO POMODORO

Blends clown, live music and dark comedy to playfully turn Ancient Greece upside down. Welcome to a world where the Sirens are the unsung heroines and Odysseus can never find his way home.

“Cabaret From The Shadows” went from Physical Fest 2016 to become a Brighton Fringe 2017 award winner, touring nationally and internationally, Teatro Pomodoro have brought in Petra Massey to help devise this new show.

“Teatro Pomodoro is anarchic theatre at it’s best.”

Fringe Review for Cabaret From The Shadows

### MADAME SEÑORITA - PAULA VALLUERCA (SPAIN)

ESPOUSA is the attempt of a clown to find and experience Perfect Romantic Love. Although her interpretation of that might be slightly different than what we would all expect...

Paula Valluerca an award-winning theatre maker and comedic performer trained in LISPA and in clowning with Phillipe Gaullier, Dr. Brown & Nikole Kehberger.

“Clowning at its purest and best.”

The Skinny

### HYPNAGOGIA - REETTA HONKAKOSKI COMPANY (FINLAND)

A girl, three bears and the power of imagination: this is a disjointed tale of growing up in a society run by men.

Set in the surreal state between waking and sleep, this hypnotic show explores the subversive capacity of the subconscious in transforming our world.

The company, known for their exquisitely intense shows, collaborate with a talented international cast of Corporeal Mime actors.



SATURDAY 15TH JUNE / 11:00AM , 12:00PM , 1:00PM  
ROYAL ALBERT DOCK LIVERPOOL & 4PM OPEN EYE GALLERY

SATURDAY 15TH JUNE / 2:00PM  
UNITY THEATRE



FREE

## WICKED WOMEN

### TMESIS TRAINING COMPANY

A company of 14 female performers stage a new outdoor performance piece, celebrating extraordinary women from history that changed the world.

A fast paced, bold and dynamic physical spectacle suitable for all ages.

Tmesis Training Company is a professional performance project for emerging physical performers directed by Elinor Randle (Artistic Director, Tmesis Theatre)



£5 to £8

## NARKY SIZZLE AND THE COCONUTS

### JAMIE WOOD

Narky Sizzle, rock star extraordinaire, has arrived in your town. He's ready to perform - with out-of-this-world jumping music, leg- jiggling dancing and costumes to make your eyes pop. But wait... Where are the Coconuts? Their instruments are here but the band is nowhere to be seen...What will Narky do? Maybe you can help. Will you join Narky's band? The show must go on!

**"Jamie Wood is a performer to fall in love with."**

Exeunt on O No! ★★★★★

For children aged 4-9 and their families



SATURDAY 15TH JUNE / 7:30PM  
UNITY THEATRE



£12 to £15

# SMASHED

## GANDINI JUGGLING

80 apples, 9 performers, 4 crockery sets. You are cordially invited to a tea party that you will never forget. At the forefront of contemporary circus for over 20 years, and having performed in over 40 countries, Gandini Juggling bring their award-winning sensation SMASHED.

*"A bravura entertainment for all ages, this is a juicy treat from first bite to its mid-air core"*

The Herald

*"Juggling: not just artful but art' /'Glorious. When it comes to juggling, the Gandini's pip everyone else."*

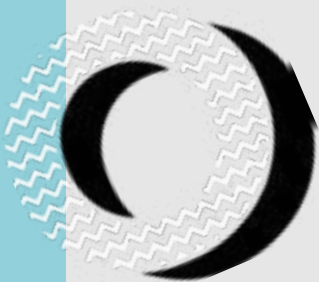
The Guardian ★★★★★



# WORKSHOP PROGRAMME

**SPECIAL OFFER  
£250 FOR ALL  
6 DAYS BOOK  
BEFORE 1ST MAY.**

TO BOOK GO TO [WWW.PHYSICALFEST.COM](http://WWW.PHYSICALFEST.COM)



MONDAY 10TH JUNE / 10:00AM - 5:00PM



£45

## THE EXPRESSIVE ENSEMBLE

### TMESIS THEATRE

This workshop will focus on developing a playful, expressive performer, opening up, letting go and transforming. We will look at creating physical sequences, physical devising methods and working as an embodied ensemble to explore ideas, character and story.

Tmesis Theatre create, develop and share passionate and playful physical theatre

MONDAY 10TH JUNE / 6:00PM - 8:00PM



£15

## JAPANESE PHYSICAL PERFORMANCE

### IZUMI ASHIZAWA

Practice of the various principles of stylized physical acting, based on Japanese models. The workshop incorporates object animation techniques along with physical acting exercises. Participants will be able to heighten their consciousness in "performance" body and learn spirituality through physical exercises.

Izumi teaches and directs all over the world and her performance explores physical story-telling with unconventional puppetry, object animation and Japanese physical performance techniques.

TUESDAY 11TH JUNE / 10:00AM - 5:00PM



£45

## ANIMAL

### TRANSFORMATION AND IMAGINATIVE IMPROVISATION

#### GABRIELLE MOLETA

Explore working deeply, imaginatively and physically, through this specific approach for the actor Transformation and Imaginative Improvisation. The absolute focus will enable physical habits to shift and new choices to emerge. All bodies are excellent bodies for this work. Prior observation of an animal is required.

Gabrielle is a movement artist and director who gives guest workshops nationally and internationally, (Shakespeare's Globe, RSC, leading actor training programmes). She makes theatre with the starting point of animal observation and unique stories emerge from painstaking physical exploration.

WEDNESDAY 12TH JUNE / 10:30AM - 12:30PM



FREE

## MOTHERS WHO MAKE

Mothers Who Make is a growing national initiative aimed at supporting mothers who are artists - professional and/or passionate. Every kind of maker is welcomed, and every kind of mother.

Tmesis Theatre are the Liverpool Hub Coordinators and we are pleased to welcome one of the MWM artists to lead a workshop today at the Unity Theatre!

Booking is essential and children are welcome!

Book at [www.unitytheatreliverpool.co.uk](http://www.unitytheatreliverpool.co.uk)

WED 12TH & THUR 13TH JUNE / 11:00AM - 4:00PM

FRIDAY 14TH JUNE / 10:00AM - 5:00PM



£80

## NAKED COMEDY

**FULLY CLOTHED**

**DEANNA FLEYSHER**

Naked Comedy will demand your heart, your guts, and all your fluids. How funny can you be without thinking or trying. We will learn about your unique connection to the audience, what "stage magnetism" means for you, how to harness your performative power and the bravery required for you to be vulnerable. Expose yourself (metaphorically speaking) and make people laugh.

Deanna Fleysher is an American comedy artist devoted to fierce vulnerability and audience connection, also plays Private Eye, Butt Kapinski.



£45

## EFFORTLESSLY FUNNY

**JAMIE WOOD**

We try very hard all the time to not appear idiotic, what would happen if we stopped trying? It will lead participants through a series of exercises and provocations connecting body, voice and imagination with the presence of an audience.

Creating an atmosphere of play, support and provocation Jamie encourages participants to open up and share themselves fully with an audience and experience and enjoy the resulting laughter. Jamie specialises in teaching clown and devising and performs his own solo shows all over the world.

SATURDAY 15TH JUNE / 10:00AM - 5:00PM  
TMESIS THEATRE



£45

## THE THINKING BODY OF A PHYSICAL ACTOR

### REETA HONKAKOSKI

This workshop explores how to express thought through the body. How can we translate into movement our inner world of ideas, memories, dreams and imagination?

A playful day of technical exercises, improvisation and ensemble work to find physical form for that which is invisible.

Led by Reetta Honkakoski, a Physical Theatre practitioner from Finland whose artistic roots are in Corporeal Mime.

SATURDAY 15TH JUNE / 10.30AM - 12:00PM  
MARITIME MUSEUM



FREE

## HEADSTRUNG PUPPETS

### POP-UP CRITTERS!

Now you see them, now you don't... let your imagination run wild in this workshop to make your very own Pop Up Critter! Run by the popular Headstrung Puppets, this workshop will show you how to make a completely original monster puppet to take away with you.

**Ages 5-7 (accompanied by parent/ guardian)**

**Booking is essential. To book email: [info@physicalfest.com](mailto:info@physicalfest.com)**

# LOCATIONS AND BOOKING

## UNITY THEATRE

1 Hope Place, Liverpool L1 9BG

TO BOOK AN EVENT AT UNITY GO TO: [www.unitytheatre.co.uk](http://www.unitytheatre.co.uk) or 0151 709 4988

## THE CAPSTONE THEATRE

17 Shaw Street, Liverpool L6 1HP

TO BOOK FANG AT THE CAPSTONE GO TO: [www.thecapstonetheatre.com](http://www.thecapstonetheatre.com)

## WORKSHOPS

(except mothers who make and Headstrung) take place at The Arts Theatre

Liverpool City College, Myrtle St, Liverpool L7 7JA

TO BOOK WORKSHOPS GO TO: [www.physicalfest.com](http://www.physicalfest.com)

## WICKED WOMEN- FREE OUTDOOR PERFORMANCE

11am,12pm, 1pm Royal Albert Dock Liverpool (Outside Martin Luther King Building) &

4pm Open Eye Gallery (Mann Island Winter Gardens)

For any information email [info@physicalfest.com](mailto:info@physicalfest.com)

## MON 10TH JUNE

- W** **The Expressive Ensemble** Tmesis Theatre 10-5pm
- W** **Japanese Physical Performance** Izumi Ashizawa 6-8pm

## TUES 11TH JUNE

- W** **(Animal) Transformation** Gabrielle Moleta 10-5pm
- P** **I Cried Because I Had No Shoes Until...** Izumi Ashizawa  
Unity Theatre 7:30pm
- P** **Butt Kapinski** Unity Theatre 9pm

## WED 12TH JUNE

- W** **Naked Comedy (Fully Clothed)** Deanna Fleysher 11-4pm
- W** **Mothers Who Make** Unity Theatre 10:30-12.30pm
- P** **Fang** Animal Religion / The Capstone Theatre 7:30pm

## THURS 13TH JUNE

- W** **Naked Comedy (Fully Clothed)** Deanna Fleysher 11-4pm
- E** **Devoted & Disgruntled** Unity Theatre 11-3pm
- P** **Kill a Witch or Die Trying** Meraki Collective  
Unity Theatre 4pm
- P** **Butt Kapinski** Unity Theatre 8pm

## FRIDAY 14TH JUNE

- W** **Effortlessly Funny** Jamie Wood / 10-5pm
- P** **Rowena Gander** The Ten Inch Heels  
Unity Theatre 5.30, 6, 6.30, 7pm
- P** **Dive** Unity Theatre 7.30pm

## SAT 15TH JUNE

- W** **The Thinking Body of a Physical Actor** Reeta Honkakoski
- W** **Pop Up Critters!** Headstrung Puppets / Maritime Museum 10.30am-12pm
- P** **Wicked Women** Tmesis Training Company  
Royal Albert Dock Liverpool 11am , 12pm , 1pm & Open Eye Gallery 4pm
- P** **Narky Sizzle and The Coconuts** Jamie Wood  
Unity Theatre 3pm
- P** **Smashed** Gandini Juggling / Unity Theatre 7.30pm

- P** **Performance**
- W** **Workshop**
- E** **Event**





# WWW.PHYSICALFEST.COM

@TMESISTHEATRE @PHYSICALFEST #PHYSICALFEST2019



**UNITY** Theatre

SCAPSTONE

OPEN  
EYE  
GALLERY



Royal Albert Dock  
Liverpool



Liverpool  
City Council



adagio



The City  
of Liverpool  
College



Supporting public funding by  
ARTS COUNCIL  
ENGLAND