

The Guardians of Sleep at Erg, Workshop for young theatre makers



After creating *The Guardians of Sleep* as a piece for six professional performers in a classical theater setting, I have experimented with an altered version for young artists in an open space, avoiding the hierarchical situation of the theatre setting (tribune vs stage) and thus creating new forms of intimacy.

The alternative setting for this performance, along with the 5-day workshop leading up to it, manages to create room for new experiences for both performers and spectators. The particular space setting circumvents the frame of expectation that most of the spectators enter theatrical spaces with. The fact the narrator is not (necessarily) a skilled performer, makes the stories more real and more intimate. In contrast to the original piece, the performer does not leave the group to lay down, but effectively 'disappears' from by falling asleep.

Development workshop and Performance

The workshop and its pedagogical process of co-creating a performance in a relatively short time frame is ideally suited for the context of a festival.

The workshop at ERG has been conceived for a group of 6 – 8 artists. No professional performance training is required. It has develop over a period of ca 7 days, alternating

between intensive working days with me, individual content development and collective reflection.

During the workshop, the participants have worked on the two complementary elements that compose *The Guardians of Sleep*: the flow of images that we ingest/produce every day and the process of falling asleep in front/for a public. This has proven to be a very fruitful experience for young makers studying at ERG. Especially because this performance methodology sets safe conditions for them to work performatively on their own autobiographical narrations.

The set design of the performance was fairly simple. Each performer has welcomed a small group of about 8 spectators around his/her laptop. The space was dark, quiet and private for the time of the performance.



Workshop 21-25 January 2019, ERG Bruxelles

Performance 6 February 2019, Physical Poetics #3, ERG Bruxelles