

25x25
WORKSHOP BY SELENA LU

Title:

“Let’s Talk! About? Period Pain!?”

--An Ensemble Workshop

Content:

Period Pain Monologues (PPM) Project was triggered by a question raised by a male friend: “How does it feel like to have period?” This bold question breaking the social taboo brings about an intriguing discovery: while most males describe period experience with medical and factual terms, females commonly describe periods with emotional and personal narratives. As a result comes the PPM project: to explore and cherish the deepest emotional experience of female periods and to sparkle internal awareness and between-sex dialogues. PPM is a long-term project, as it grows and travels with the artist herself grows and travels.

The artistic creation of PPM can be divided into two parts. It is based on a collection of period pain narratives, which are then artistically developed into interactive installations, monologues and visuals. For 2015 Helsinki Festival, PPM aims to collect period pain narratives in China and in Finland. A 3-day ensemble workshop was first carried out in Beijing, followed by a 40-minute showcase. Then comes an ensemble workshop in Helsinki.

The ensemble workshop will use methods of story-telling (POV - point of view-shifting, narrating and acting, etc.) to share and explore various period-related narratives, and together create micro-dramas and ensemble performances presented during the 25x25 event at Helsinki Festival on 28.–29.8.2015

Language used in the workshop: English

About the Artist:

Selena Lu, female, from Beijing, China.

Artist and researcher across theatrical event, educational practice, writing and theory. Educated in University of Cambridge.

Trained with psychological, sociological and anthropological imagination, Selena aspires to use theatre making process as a means for self-discovery, community building, social documentation, and all possibilities of real-time changes.

The Participants:

Number of people: maximum 12 participants.

Timetable:

Fri 28.8. 17.00–20.00 and Sat 29.8. workshop 9.00–12.00, public performances 12.30–13.30

Location: Turbiinisali / Hurjaruuth Stage, Cable Factory

Notes on participants:

Selena is looking for “YOUNG people of ALL genders”, who are interested in the topic and are willing to share and perform their narratives in public. No previous experience on theatre or performing is expected.

Notes on Workshop:

To participate in the workshop, you will need to prepare a monologue in advance (about 2 mins), and you are very much encouraged to talk to other people (and to yourself) to collect various narratives. We will together explore and develop these monologues into micro-drama and ensemble performance which will be presented during the 25x25 event.

Participants will have free entry to the 25x25 event.

Sign up!

To sign up and get more information, please email selena.espresso@gmail.com by noon on Friday 28.8. Send an email with your name, age, gender, email address, a photo and a telephone number.

Additional information:

Producer Hanna Nyman, Helsinki Festival
Nyman@helsinkifestival.fi

About 25x25 event:

<http://www.helsinginjuhlaviikot.fi/en/tapahtuma/25-x-25-close-encounter/>