

LA TABLE

COMPOSITION FOR WOMAN AND FOX





LA TABLE IS A SOLO SHOW FOR A LONELY WOMAN.

AND HER FOX...

CONTEMPORARY CIRCUS ABOUT AFFECTIVE DEPENDENCE.

NOIR, POETIC, SURREAL, HUMORISTIC, CIRCUSY, MUSICAL, INTIMATE.

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SYNOPSIS

The inspiration comes from the book « *Women who love too much* » of the american phychologist Robin Norwood. The book treats the theme of affective dependance : the women who are described are women who are dependent on a destructive relationship. They need a man who is not able of loving them, who is often wether a drug addict, either an alcoolist, either violent, and so on. Those women, due to their past, and especially to their childhood, become dependent on those kind of relationships, and they enter a path which leads them to self destruction.

The main characters of « La Table » are **The Woman Who Loves Too Much** and **M. Renard**. The protagonist is a woman who is dependent on her own destruction. She is passionate, lunatic, creative and acrobatic. Monsieur Renard (a stuffed fox!) represents a person who is selfish and manipulative, who is not capable of loving, but who still wants to keep the love of the Woman Who Loves Too Much for his own interest.

« La Table » describes a subtle fight which takes place around a table, in a domestic, private environment, far from the outside world. An outside world which anyway affects the behaviour of the two characters, because it supports the appearance instead of the true essence of a relationship. With humor and auto-irony, I want to tell about this fight through contemporary circus. *The goal is to show that one of the keys of a healthy relationship begins with the love and respect that we bring to ourselves.*



OUTSIDE EYES

Jeanne Mordoj (cie Bal, « L'Eloge Du Poil », « La Poème »,...)

Jonathan Priest (cie Fanatticks; PHD at the University College of Dance and Circus of Stockholm)

PRODUCTION

Written and performed by : *Tiziana Prota*

Direction : *Virginia Librado Gallego*

Production and administration : *ass. L'Oktopus*

Light and sound on tour : *Juliat Robert*

Rigg and machineries : *Rémy Legeay*

Light design : *Jean-Marie Prouvèze*

Sound design : *Maxime Leneyle*

Costumes : *Solenne Capmas*

Accessories : *Sara Vincent*



NOTE D'INTENTION

*"LA TABLE is a very personal project. It expresses my desire of exploring and researching of my own personal way of being on stage without respecting any rules, but just letting yourself being guided by the **flow of emotions**. Emotions which are expressed by movement, being it wether circus or dance. Images and sounds come to complete this communication, and I intent to make the audience **feel** rather than understand. With this composition, I want to allow myself to freely be a circus artist on stage, and invite the audience to live this emotional experience with me.*

I also want to bring to a reflection upon love and the way we could live love relationships. I want to invite the people to think about wether they're happy or not, and why, and what they can do about it. The suggestion I give is to push away what we don't truly need in our lives, what make us suffer, and to refuse the idea that if it doesn't hurt, it is not real love. If i should say in one sentence, I can say that I want people who will see LA TABLE to live a real love story with themselves." Tiziana Prota



CIRCUS DISCIPLINES

- Dance trapeze
- « La bobine » : a system with a big wooden poulie which allows the rope to circulate, to be stopped, and to pull a person up and down.
- Balancing on bottles

and...

- Singing and playing
- Dancing

ABOUT THE SHOW

Length of the show : **50 min.**

To be performed in **theatres** or **circus tents**

For **every kind of audience**

Size of the audience : approx. 500 people



THE TEAM

TIZIANA PROTA

CIRCUS ARTIST AND AUTHOR, AS « THE WOMAN WHO LOVES TOO MUCH »



Trapeze artist and day dreamer, she has a professional education in theatre, contemporary dance and circus. She learns how to improvise in front of an audience thanks to her experience as a busker in the streets of Italy. Between 2005 and 2007, she attends the circus school **Vertigo** in Turin (Italy) where she researches on static trapeze. From 2007 to 2010 she studies at **DOCH** (*University College of Dance and Circus of Stockholm*). At the end of the education she gets a bachelor in performing arts with a specialization in swinging trapeze and loop rope. Since 2010, she works with some of the biggest European contemporary circus companies, such as : **Cirkus Cirkör** (« *Knitting Peace* »), **Cirk VOST** (France, « *Epicycle* », « *Boo* », « *Hurt Me Tender* »), Burnt Out Punks (Sweden, « *The Stockholm Syndrom* »), Louxor Spectacle (France, « *Vogue* ») and in several different artistic projects where she performs as an aerialist, a comedian, a dancer and a musician everywhere in the world. LA TABLE is her first solo.

M. RENARD

COMEDIAN, AS « M. RENARD »



After he worked a good part of his life in a butcherie, M. Renard starts the miming academy of Lecoq in Paris in 1998. He wouldn't finish his first year though : because of his rebel temperament and his anarchist views, he got expelled after a few months. He decides then to quit the baguette land and try his fortune in NY city. He gets noticed by Coppola while he working in a bar, and he gets the role of the main fox in one of his movies in 2003. A life of a rock star starts then, but he gets tired and overwhelmed by it, and after a overdose due to a fatal mix of alcohol and drugs, he decides to quit America and get back to the old continent. He goes to rehabilitation, opens a chain of night clubs of great success in Paris and dedicate himself to theatre.



RÉMY LEGEAY

RIGG AND MACHINERIES

Rémy Legeay discovers circus in 2008, when he starts to work with « Les Studios de Cirque de Marseille » of Pierrot Bidon. He gets an education as « cordiste » on the mountains of Vercors and becomes an expert of big aerials installations. He starts then to work as a technician and an artist in the shows « La Madrugada » and « Place Des Anges ». Thank to his past experience as a mechanic, he is also constructor of circus structures and equipments. He takes part of the project LA TABLE in 2015 and 2016.



JEAN MARIE PROUVEZE

LIGHTS DESIGN

He was born and grew up in Marseille, where he discovered the possibility of working with light designing at the theatre Axel Toursky and at the Théâtre National Du Gymnase. At the age of 18, he realizes his first creation and moves to Paris to explore all the possibilities of designing light and collaborating with artists.

This path of research leads him to some very different experiences : the fashion défilé of Jean Paul Gauthier, the opening of the Pyramide of the Louvre museum, some performances with Urban Sax, the punk circus of Archaos, and many more. Since some years he researches different possibilities with light that are allowed by the new technologies.



SOLENE CAPMAS

COSTUME DESIGNER

She is a costume designer and maker specialized in circus. Since several years she works with different companies in France and all over the world (Circo Vertigo, Les Philebulistes, Cirk Vost, rasposo, Cirque Zanzibar, Le Cubitus du Manchot,...). In 2012, she gets the first prize as best circus costume at the « Festival Mondial du Cirque Du Demain », and some of her costumes are exposed at the « Centre National des Costumes de Scène » (National Center of Scenic Costumes).

CREATION STEPS AND RESIDENCIES

- **New Nordic Circus Network** (Afuk, Copenhagen 2012) : the idea of **LA TABLE** was born during a laboratory of artistic research within the circus arts. The laboratory was lead by : the artist **Jeanne Mordoj** (Cie Bal, « Eloge du Poil », « La Poème », etc), the coordinator Sverre Waage (The Circus Village) and the Danish choreographer Kit Johnson.
- Residency of research (**SUBTOPIA**, Stockholm, March 2014).
- Residency of research (**SUBTOPIA**, Stockholm, June 2014).
- **Pitch Session** (Auch, October 2014) at the Festival **Circa** 2014 in Auch.
- Residency at Cie Les Lendemains training place (October 2015).
- Residency at ass. **LES TRANSVERSALES**- Théâtre de Verdun (November 2015).
- Residency at SCUOLA DI CIRKO- Vertigo with **Jeanne Mordoj** as an outside eye (December 2015).
- Residency at **LA GRAINERIE** (Toulouse, January 2016).
- Residency at « Scuola di Cirko-Vertigo » (March 2016).
- Residency at **ESPACE PERIPHERIQUE**, La Villette, Paris (January-February 2016).
- Residency under the circus tent of the Cie GRATTE-CIEL (Arles, May 2017).

PARTNERS

- Cie Transversales- Théâtre de Verdun (France) co-producer
- Casa del circo contemporaneo– Vertigo (Italy) co-producer
- Espace Périphérique – La Villette (Paris) co-producer
- La Grainerie (France)
- Subtopia (Sweden)
- Circus Arts (Sweden)
- Cie Les Lendemain (France)
- Cie Gratte-Ciel (Arles, France)

WHAT I STILL NEED

- **Two periods of two weeks of residency** to finish the creation.
- A place to perform the **première** of the show.
- A person/ organization in charge of **selling** the show.
- **Foundings and economical support** to finish buying the material for the show and pay the salaries.

CONTACTS AND MEDIAS

WWW.LATABLE.ME

FACEBOOK : LA TABLE- COMPOSITION POUR FEMME ET RENARD

VIDEO : [HTTPS://VIMEO.COM/206579084](https://vimeo.com/206579084)

Coordination:

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Administration/ production :

EMILIE PECUNIA, ass. L'Oktopus

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LOGISTICS ON TOUR

Arrival : 2 days before show Departure : 1 day after show

Team on tour : 3 people (1 circus artist, 1 rigger, 1 sound and light technician)

Accommodation : 3 simple rooms. Possibility of coming with the caravans.

Transports : 1 van+ 1 or 2 cars or train or flight tickets.

Dressing rooms : 1 or 2 dressing room for warming up.

TECHNICAL RYDER

THE STAGE :

Height : 5.30m

Lenght : 6m

Depth : 5m

ACCROCHES AÉRIENS :

DANCE TRAPEZE :

- 2 rigging points on the ceiling, 1 in the middle of the stage one to the side
- 1 rigging point on the floor to the side of the stage

LA BOBINE (THE ROPE POULIE) :

- 2 rigging point on the ceiling at a height of 6m on the backwards part of the stage
- 4 rigging points on the sides to stabilize the poulie

SOUND : a basic sound system with an aux cable for computer or smartphone [provisory]

SCENIC SKETCH

