TRAFÓ

Trafó

RELAX - Strain Treatment
Imre Vass

28-29 November 2023 | Budapest, Hungary

Choreographer, director: *Vass Imre*
Performers+creative team: *Gaál Júlia, Kancsó Luca, Molnár András, Nagy Csilla, Vass Imre*
Composer: *Molnár András*
Light: *Dézsi Kata*
Costume: *Kudron Anna \ Pinkponilo*
Film: *Kőrösi Máté*
Animation, projection: *Karcis Gábor*
Scenery: *Vass Imre*
Graphics: *Csató Csenge*
Photo: *Szabó R. János*
Special thanks: *Kaslik Viktória, Kelemen Patrik, Kovács Bence, Sándor Anna*
Production manager: Kovács Brigitta

Are we aware of what we are stressing about? What material and immaterial tools are available to us to relax?

This performance is a mirror, a diagnostic tool in our hands. It invites us into a reflective space where we can take a closer look at our physiological and mental, individual and collective rigidities and stucknesses. We can fathom our defence mechanisms and response patterns, imagine what our lives would be like if we were able to respond to situations that generate external and internal tension in a relaxed state of consciousness.

Our lifestyle, the digital environment and world events keep us in a constant state of physical and nervous activity, with stress pouring in from all directions. While we are in a constant state of tension, we are also under pressure to relax completely. The culture of relaxation and rest is also permeated by the idea of productivity, encouraging us to spend our leisure time in the most useful and active way possible. Instead of resting, we often choose to have fun - remaining active participants in the consumption cycle - depriving ourselves of relaxation and recharging.

Relaxation is a state of mind and body free of tension and anxiety. Relaxation of body and mind together is necessary for the body to cope with everyday stress. Being able to relax, however, is only the first step in releasing recurring (chronic) tensions, in working with inhibitory behavioural patterns.

Video recording*:*
https://drive.google.com/drive/folders/13IJ42OjedUDshIN9yPIHd_Lsup1GFScX