

KAAI
THEATER

In English
RE:RITE
WE:SLEEP

ISABELLA GRESSER Fatigue Society/ Byung-Chul Han In Seoul/Berlin

PATRÍCIA PORTELA Parasomnia

21/12 DE LANGSTE NACHT

THE MONASTERY A-LIFE

VALENTINE KEMPYNCH Winter Sleep

PATRÍCIA PORTELA Parasomnia. Late Night Session

+ ARTIST TALK **Patrícia Portela**

+ SLEEPING SUPPER **Annick Gernaey**

ISABELLA GRESSER

Fatigue Society/ Byung-Chul Han In Seoul/Berlin

18/12 • 20:30 • film & debate

This essay film about philosopher Byung-Chul Han encircles the phenomenon of fatigue in our capitalistic societies – and its associated symptoms, such as depression and burnout. Visual artist Isabella Gresser interweaves the cinematic, photographic and drawn observations she made in Korea and Berlin with spoken text and lecture excerpts.

DEBATE after the film (in English)

During WE:SLEEP, artists **Valentine Kempynck**, **David Weber-Krebs** and **Patrícia Portela** will present work focused on the creative and provocative potential of sleep. In what way do they bring the body's non-active state to the fore in what is normally active or productive time? Esther Severi (dramaturge, Kaaitheater) moderates.

EXCERPTS FROM *FATIGUE SOCIETY*

"My book Fatigue Society ends with a vision of a society that could be also called "Fatigue society". Which is inspired by the "we tiredness" of Peter Handke. It describes a tiredness that makes people capable of a special tranquility, a calm not-doing. It enables a new perception that also allows the long and slow. A tiredness that allows access to another type of mindfulness, beyond exploitation and efficiency."

"Tiredness as a more of the lesser I".

"The Tiredness makes a fellowship conceivable that requires neither membership nor kinship. Thus a future society could also be called a fatigue society. People and things are connected through a friendly 'And'. "

ON *FATIGUE SOCIETY*

by Simon Probst, 10.10.2017

Between two skyscrapers stands the full moon, like the '*friendly And*' between the people in that other tired society dreamed by Byung-Chul Han. Utilizing the material of utopia and dystopia, the film forms a contemporary sculpture of time, revealing our view of how complex both of them are in Berlin, and especially in Seoul, the city, which is the actual, mysterious protagonist of the film. The work is not simply a portrait of Han, but transcends its philosophy by bringing the social criticism of Hegel and Foucault into conversation with the poetic autonomy of the cinematic image and its movement. We are moved away from our everyday vision by a psychedelic-realistic, logical aesthetic, until, when we leave the cinema, we discover a dream of society in our imagination, which makes us happy and confused, disoriented and hopeful in a complicated way.

PATRÍCIA PORTELA Parasomnia

21/12 18:00 > 00:00 + 21/12 – 18:00 > 00:00 • exhibition/installation

What does it mean to abandon yourself to sleep in a society which considers it to be an inevitable illness? Patrícia Portela invites you to an installation of four rooms, which you walk through one by one. You pass a series of paintings, images that pass you by almost unnoticed. While listening to 1001 stories, you are enticed to fall asleep – or perhaps to wake up.

Portela based this work on the uncompleted essay *On Sleeping, Waking and the Absence of Dreams* (1890) by Acácio Nobre, and on his reflections on the research of two 19th-century neuro-anatomists into the sleep of birds. *Parasomnia* promotes the ‘production of melatonin’, and the ‘appropriate vapours of somnolence for the induction of a regenerative sleep and lucid dreams’.

• Patrícia Portela is the author and theatre director of, among others, *The Private Collection of Acácio Nobre*, which she presented at Performatik11.

“Civilization as a whole was on the verge of “losing a basic human faculty: the power of bringing visions into focus with our eyes shut.”

– Italo Calvino

“Sleep is the last unleveraged form of human activity and it is violently threatened by a world in which the divisions between night and day, between rest and work, are disappearing due to mutations in the experience of time produced by unceasing digital networks, new metrics for productivity, and everexpanding forms of control and surveillance.”

– Megan Heuer in *Who sleeps?*, a review on Jonathan Crary’s 24/7

concept, text & space Patrícia Portela | **moving image post-production** irmãlucia visual effects | **soundscape** Christoph de Boeck | **voices** Célia Fechas & guests | **violin player** Elisabeth Drouwé | **food & beverages** foodlovers companie/Annick Gernaey | **jewelry** Alda Salavisa | **design benches** João Gonçalves | **execution benches** Leonel & Bicho

21/12 THE LONGEST NIGHT

THE MONASTERY A-LIFE

21/12 • 06:00>20:00 • ritual

In the whirlwind of work, relationships, deadlines and discussions, we sometimes get distracted from the most important things in life: feeling alive and being conscious of our entire being and everything around you. The Monastery is an experimental spiritual urban community that aims to do exactly that: by performing daily rituals and making every action an intense experience.

The Monastery is coming to the Kaaistudios four times this season with *A-LIFE*, a ritual day that is patterned to the rhythm of the seasons. You can live the life of a monk for an entire day or take part in only one ritual, attend a lecture, or join a ritual dinner. During WE:SLEEP, The Monastery installs rituals, adapted to the winter time. The 'monks' who will lead the A-LIFE cycle are Elke Van Campenhout, Stijn Smeets and Robin Amanda Creswell.

Plan Your Day at The Monastery

06:00-08:00 – Twilight Time (free entry)

08:00-10:30 – Rituals for Dying

12:00-14:00 – Celebratory Funeral Brunch

15:00-17:00 – Renewal Rituals

18:00-20:00 – *A-LIFE* dinner & talk

This day of rituals begins early in the morning at 6 AM, and ends with a ritual dinner at 6 PM. You can choose which parts of the day you attend – you can join us for just one ritual, or stay for all 14 hours! We will contact you after your reservation.

VALENTINE KEMPYNCH Winter Sleep

21/12 • 17:00>19:00 • brainstorm

Valentine Kempynck invites you to a brainstorm session about contemporary forms of hibernation. An animal crawls into its cave and eats its stored food – but what about humans in 2017? How can we slow down and digest as a society? Can we reinstate darkness in the role it needs and deserves? *On the first day of spring, you join the same group to finish the exercise.*

PATRÍCIA PORTELA Parasomnia. Late Night Session

+ 21/12 18:00 > 00:00 • exhibition/installation

+ ARTIST TALK met **Patrícia Portela**

+ SLEEPING SUPPER van **Annick Gernaey**

on the menu: sschhhshhtnut soup, dream risotto, cherry night sins, lavendel sleeping pills