

BO DY FEE A



**BODY OF FEAR IS PLAY, IS FUN, IS FEAR, IS ANXIETY,
EMBARASSEMENT AND LIBERATION ALL AT ONCE.**

**THE PERFORMANCE OF THE HIGHLY ENERGETIC THEATRE-
CIRCUS-MUSIC ENSEMBLE OSCILLATES BETWEEN A GROUP
THERAPY WITH QUESTIONABLE METHODS AND INDIVIDUAL
OUTBURSTS INTO BODY CONTORTIONS, STORIES ABOUT
MIGRATION, CHOREOGRAPHIES AND GRAMMOPHON-SOLOS.**





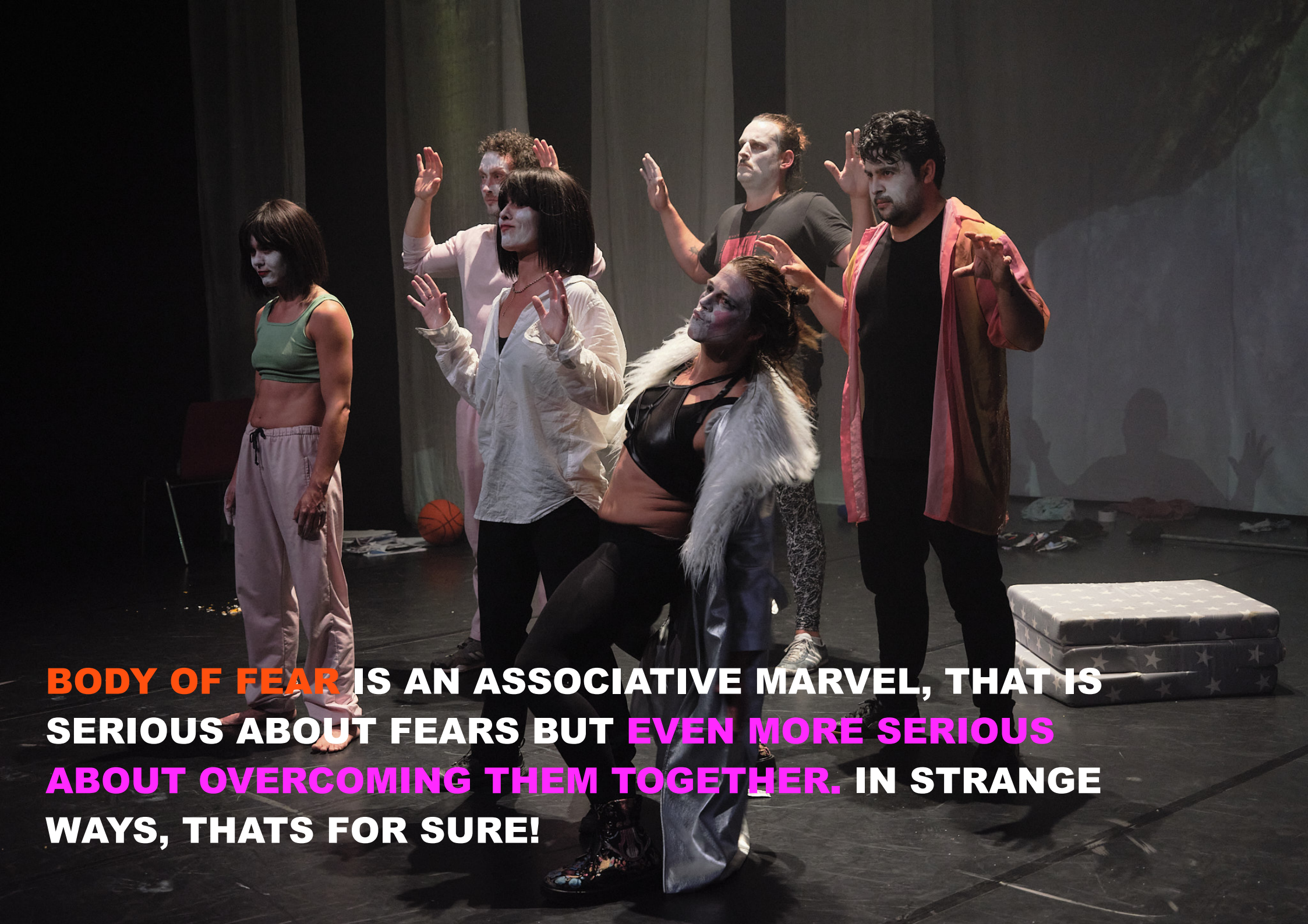
A person in a dark, cluttered room, possibly a bedroom, is seen from the side, looking down. The room is filled with papers, books, and other items on the floor. A large, translucent face of a person is overlaid on the right side of the image, looking directly at the viewer. The overall color scheme is dark with a blue tint.

**THERES A ANTI-FEAR GURU, WHO
LOOSES HIMSELF IN A MARATHON
OF THERAPIES.**

**THERES A MASSIVE MIDLIFE-
CRISIS AND A HYPE FOR THE
FITNESSBODY AND ITS RUPTURE.**

**THERES SERVICE PUBLIC PUNK
FROM THE SWISS ALPS AND A
ALWAYS ACCOMPANYING VIOLIN,
SERVED ON A BED OF NOISE.**





BODY OF FEAR IS AN ASSOCIATIVE MARVEL, THAT IS
SERIOUS ABOUT FEARS BUT **EVEN MORE SERIOUS**
ABOUT OVERCOMING THEM TOGETHER. IN STRANGE
WAYS, THATS FOR SURE!



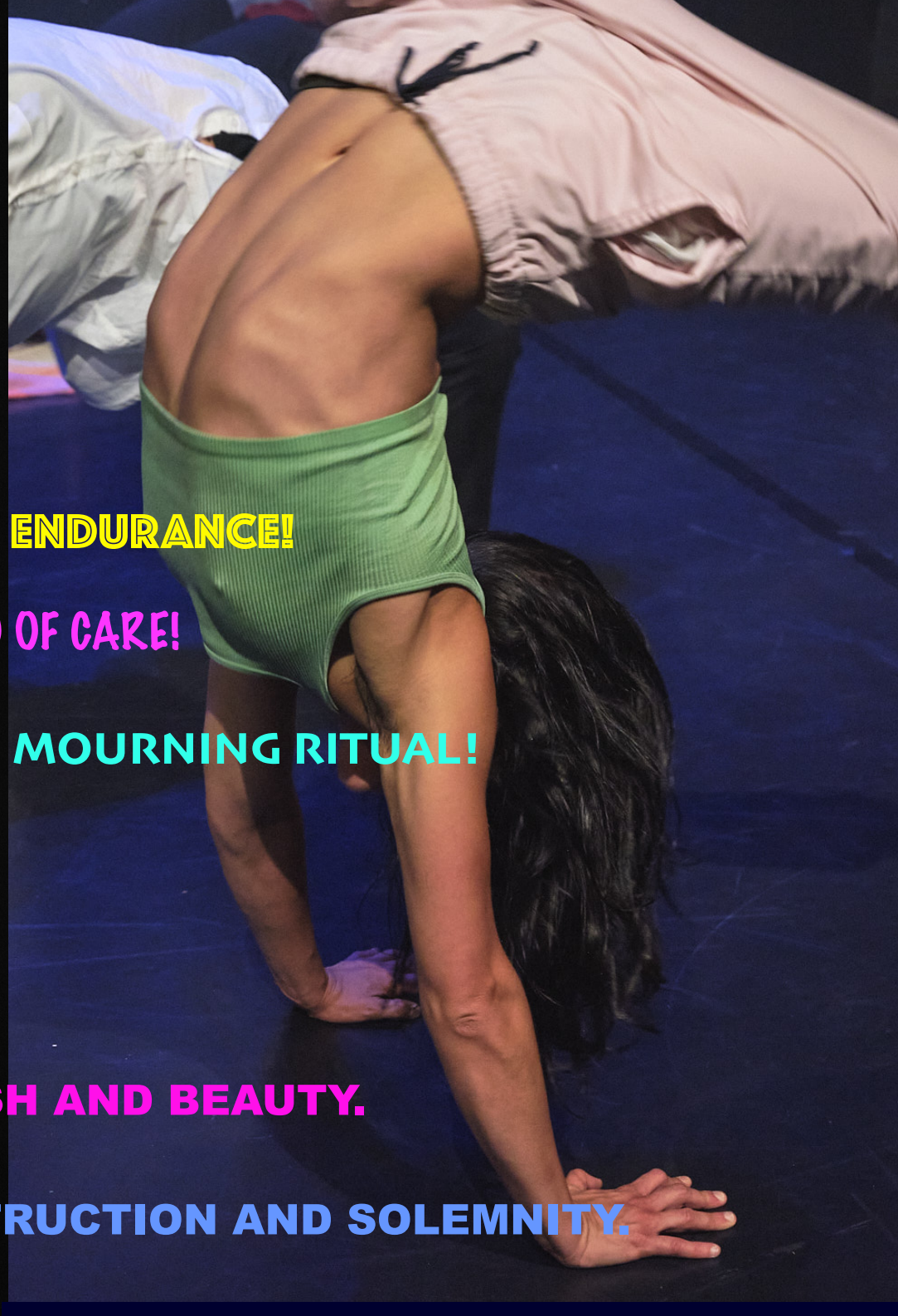
THE PYRAMID OF ENDURANCE!

THE ACROBATIC DUO OF CARE!

THE ROMANIAN MOURNING RITUAL!

BETWEEN TRASH AND BEAUTY.

BETWEEN DESTRUCTION AND SOLEMNITY.



PHOTOS

[Link](#)

VIDEOS

[Link](#)

SHOWS

2025

AUGUST 7-14

PAULA FESTIVAL ST.GALLEN (CH)

JUNE 29 JUNE- JULY 3

FUSION FESTIVAL BERLIN

2024

DECEMBER 19-31

SCHLACHTHAUS THEATER BERN

MAY 30-JUNE 2

GÜTERBAHNHOF ZÜRICH

MARCH 7-5

FABRIKTHEATER ZÜRICH

JANUARY 7-9

NORIENT FESTIVAL BERN



LES MEMOIRES D'HELENE.CH

SHOW BY AND WITH

**BENJAMIN SPINNLER, CLAUDIA POPOVICI, MARTINA MOMO KUNZ,
SOFIA ZAMBRANO, JONAS HÄNI, MAX SANTANDER**

SOUND CREATION

NICO SUN, MAX SANTANDER, JONAS HÄNI

SCENOGRAPHIE / VISUAL ART

STÉPHANIE STEFFEN, STEFAN TĂNASE

VIDEO

VANESSA BLAETTLER, ROMAN HARTL

OUTSIDE VIEW

MICHAEL FINGER

PRODUCTION

LES MÉMOIRES D'HELENE, FABRIKTHEATER ROTE FABRIK

PRODUCTION AND DIFFUSION MANAGER

MATTHIAS KOBI

FUNDING

CITY OF ZÜRICH, CANTON OF ZÜRICH





A photograph of three performers in a dark, smoky environment. On the left, a person with dark hair is wearing a dark coat with a thick, light-colored fur collar. In the center, a person with long dark hair is wearing a dark, form-fitting top. On the right, a shirtless man with dark hair is looking upwards, his chest and shoulders glistening with sweat or oil. The background is dark and filled with smoke or fog, creating a dramatic and atmospheric scene.

LES MÉMOIRES D'HELÈNE IS A THEATRICAL, EXPERIMENTAL
AND EXCITING PERFORMANCE AND EVENT COLLECTIVE.

**WE ARE INTERDISCIPLINARY AND THEREFORE LOVE TO PLAY AT THE INTERFACE
OF THEATRE, PERFORMANCE, MUSIC AND CIRCUS.**

**WE HOST, CURATE AND CREATE NEW SPACES WITH OTHER ARTISTS AND THE
AUDIENCE.**

**SINCE OUR FOUNDATION IN 2016, 5 PRODUCTIONS HAVE BEEN REALIZED WITH
OVER 40 ARTISTS ON AND BEHIND THE STAGE.**

**UNDER THE TITLE "CYCLE OF INTIMACY", THE COLLECTIVE WILL DEDICATE
ITSELF TO THE THEMES OF FEAR, INTIMACY AND COLLECTIVE EXPERIENCE
UNTIL THE END OF 2025, AND BEYOND.**



LES MÉMOIRES D' HELENE

CONTACT // DIFFUSION // PRODUCTION

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ASSOCIATION "LES MÉMOIRES D'HELENE"

C/O UFO

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