

We are inviting you to a reflective performance on our relationship between our bodies and food. Blending movement and playfulness, this is an open call to reclaim your female powers.

This performance is offering a FREE women's* circle to practice solidarity in a non apolegetic space.

*we welcome trans, cis-women and everyone who identifies as female

PLEASURE CHAPTERS

I can't just live on a salad!

production/
performance & choreography/
theatre direction & dramaturgy/
narrator/
choreographic assistance/

music/
photography/

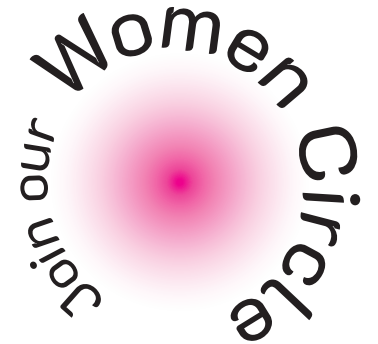
partnerships/
Trip Space, Trinity Laban
Conservatoire of Music & Dance

Angela Poulima & Natalia Meksa
Natalia Meksa & Aurore Ancèle
Angela Poulima

Mary Condon O'Connor
Laura Kenyon, Marta Swierczynska &
Satya-Sara Khachik
Sabio Janiak
Anna Krezel & Paulina Jedrzejczyk

Natalia Meksa
& Angela Poulima

Theatro Technis
26 Crowndale Road
01/08/2023
7:30 PM



Are you tired of seeing constant instagram posts that are telling you what to eat and what not to eat?

“ I wish I could eat like that, but I’d be huge if I did.

“ I’m going to be bad today and get the fries.

“ Oh, you’re ordering a salad? You’re being so good and healthy!

How has Diet Culture and Mentality Affected You?
check all that apply

- I don’t feel my hunger.
- I dont know when I’m full until I’m stuffed.
- I have canceled plans because I ate too much
- I am less present with friends and family.
- I’ve experienced strong cravings.
- I am admiring others bodies more than mine.
- I compare my body to others.
- I compare my eating to others.
- I feel guilty when I eat certain foods.

Finding Your “Why”

Why is it important for you to heal your relationship to food and your body?

Write down all the things that come to mind.

