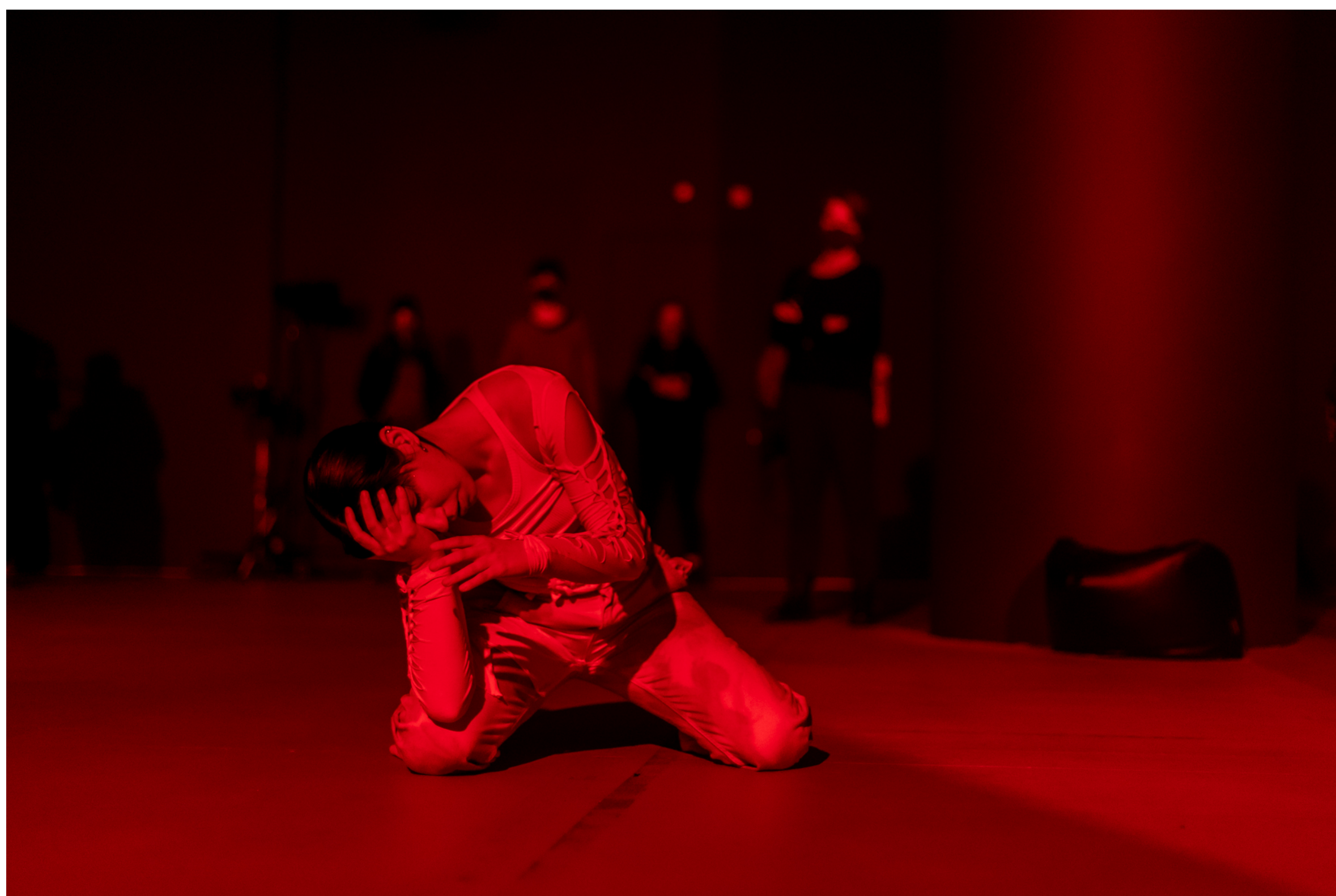


optimal soft

Fotini Stamatelopoulou



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Trailer : <https://vimeo.com/711569721/32160eaad8?share=copy>



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Running Time

The performance running time is approximately 60 minutes

Touring Company

- 1 Choreographer/Performer
- 2 Performer
- 1 Lights Designer
- 1 Sound Designer
- 1 Producer Manager
- 1 Technical Director(ONASSIS / STEGI)
- 1 Manager(ONASSIS / STEGI)

Touring Freight

No Cargo



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Inside a dark (scenic) environment possibly reminiscent of an underground club, a synthesis of the two performers' independent yet connected soli co-exists with a multi-channel sound installation for 45 minutes. Felipe Vareschi's specially configured sound design creates a captivating atmosphere. The performers negotiate the ways in which the soundscape's intensities and rhythms, its pauses and words impress themselves upon and stimulate the body, proposing a practice for seeking out new connections and assimilating degrees of friction and conflict during the formulation and acceptance of our identities and body image.

As a piece, "optimal soft" explores the limits of expressing vulnerability during the course of coming of age processes that unfold as a collective act. The body of the two female performers and the music tracks form a "body" of their own that relates the collective and personal experiences and thoughts of seven individuals in the city of Athens. This sound permeates the bodies, pierces through the space, and beams us directly into what it feels like to be young, strong, and vulnerable.

Read more at <https://www.onassis.org/whats-on/onassis-new-choreographers-festival-9-onc-9/optimal-soft-fotini-stamatelopoulou>

Bio



© Lilena Marinou

Fotini Stamatelopoulou lives in Athens and works in the fields of performance making, choreography and movement direction. As a creator, she explores sound and movement through practices concerning the exposure of mechanisms connected to body image and emotional depth in contemporary bodies and states. She has presented two full length pieces till now, too.much (2021) (artist-in-residence in London and Athens) at MIRfestival (Athens) and optimal soft (2022) at Onassis Stegi (Athens). She works as movement director in stage productions and films, promotional spots (Movement Radio, Onassis Stegi), and visual or sound installations (Athens Biennale/detach). She is a member of VIGIL performance duo which was founded in 2022 (PCAI polygreen organization collaboration, Flux Laboratory-Athens). She has graduated from the Faculty of Psychology, Panteion University, and her academic research is focused on the field of Performance Psychology. The season 2022-2023 she was one of the supported choreographers at the Grand Luxe network.



© Pinelopi Gerasimou

CONCEPT & CHOREOGRAPHY

FOTINI STAMATELOPOULOU

CO-CREATION & PERFORMANCE

DESPINA SANIDA-CREZIA, FOTINI STAMATELOPOULOU

MUSIC PRODUCTION-SONGWRITING

ALIKI LEFThERIOTI (SABER RIDER),
DIMITRIS APOSTOLAKIDIS (FRED
AFRAID), JOHN VULGARIS, CHRISTOS
BEKIRIS
(BHUKHURAH), COMPLEX SHADOW

DRAMATURGY

ELENA NOVAKOVITS

**SOUND ENGINEER & SYSTEM
DESIGNER**

FELIPE VARESCHI

LIGHTING DESIGN

TZANOS MAZIS

TOUR TECHNICAL MANAGER

(ONASSIS STEGI)

STAVROS KARIOTOGLOU

**TOUR COORDINATOR (ONASSIS
STEGI)**

CHRISTINA LIATA

PRODUCTION MANAGER

YORGOS KATSONIS

TECHNICAL COORDINATOR

FOIVOS PETROPOULOS

LINE PRODUCTION

ZESTY

THE TOUR IS SUPPORTED BY

ONASSIS STEGI'S "OUTWARD TURN"
CULTURAL EXPORT PROGRAM

"**optimal soft**" by Fotini Stamatelopoulou was first presented in Athens as part of the Onassis New Choreographers Festival 9

Onassis Stegi's Outward Turn Program

Touring Support and Outreach Our Mission

Fostering and supporting artists on a constant and long-term basis lie at the core of the existence of Onassis Stegi. Our mission through the “Outward Turn” program is to strengthen the presence and status of artists in every corner of the world and throughout Greece, and at the same time forge innovative networks tightly intertwined with the nexus of the international scene, with and for the artists.

Onassis Stegi boosts the prominence and visibility of contemporary Greek works of dance, theater, music, and visual arts on an international level, helping artists unleash their full potential. In practice, this is achieved with the coordination of international and national tours for the Onassis Stegi productions; the realization of co-productions in collaboration with cultural institutions across the world; the participation of artists in international networks; the support in furthering the artists’ capacities and learning pathways as they expand their audiences; and the enhancement at large of their interpersonal contacts with international programmers.

With the support of the “Outward Turn” program, Greek artists turn their gaze outwards. In the last decade, more than 80 Onassis Stegi productions have been celebrated across hundreds of performances hosted by cultural venues all over the world.

The program is tailored to each production and offers its support to works of artists and groups who live and create in Greece primarily and on the condition that they have been included in the programming of the Onassis Stegi.

For more information about the touring grant offered by the Onassis Stegi's “Outward Turn” Cultural Export Program please contact:

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Read more about the program at : <https://www.onassis.org/onassis-stegi/onassis-cultural-export-program>