
EXTRICATE
BERT BERG

Let's make it dark
so I can see
the smallest light
roar
across the sky

Extricate is a project that shares an intimate, dark and decelerated universe through a circus performance and poetic meditation sessions, in response to an overloaded world.

It is an “ode to the greatness of the small and unnoticed” that aims for audiences who want to disconnect to reconnect for a moment..



A circus performance

A circular, wordless circus performance lit up by torch lights made by Bert & Tomas with (hand) balancing, live composition, dance, foley effects & small details. The performance takes the audience on a journey that explores the hidden universes within that we often overlook.

Poetic meditation sessions

This somatic 20min. session invites participants on a meditative journey similar to the performance, but from within the participants themselves. They discover the beauty in the detail of the landscape of their hand and its shadow.

Both the somatic session & the (relaxed) performance are here to invite humans to rebel in gentle calmness and to make space to “Make it dark, So we can see, The smallest light, Roar, Across the sky”.

EXTRICATE

An intimate, flash light lit, site-adaptable circus show that brings an ode to the *greatness of the small things* as an answer to an overstimulated world.

DISCIPLINES Handstand, dance, live composition & foley effects
50 min / age 9 - 99 / max. 90 pers.
LOCATIONS Theatre, black box and indoor locations
No text, circular setup & low stimulus
OPTIONAL Poetic 'small light meditation'-sessions

POETIC MEDITATION SESSIONS

20 min / age 9 - 99 / max. 16 pers.
LOCATIONS indoor space of min. 4 - 5m
with normal / small / no windows (we can darken them)
LANGUAGES English, French, Spanish or Dutch
TOOLS Small flash lights, sting of lights & spoken words





THEMES

Creating a calmer universe

As a reply to a world in overstimulation, Bert and Tomas created spaces in their practice that keep them safe overstimulated rat race of our daily domesticated human life. In the show and meditations this intimate universe slows down, it puts cell phones away in sleeping bags, it invites with an auditive landscape, uses darkness and small flash lights, has no words and invites us to see the smaller details.

Flexibility to reach places and audiences

We are semi-autonomous in out sound- and light setup so we can play in places and for people that might not often see contemporary circus of dance.

Cell phone sleeping bags

We ask the audience to keep their phones in our provided cell phone sleeping bags. In exchange after the show they receive our poem on a paper card as a thank you for not looking at their phone for 50 min.

THEMES

Scripture & handbalancing

Since 2015 Bert has developed a language of drawings that express ideas, feelings and movements of his hand balancing practice. These small character are drawn on the lamps and floor in the show as small performers present in the show.

Live music & Foley sounds

Suntapes (Tomas Vanderplaetse) makes compositions that are atmospheric soundtracks merging neo-classic, minimal, dark electronics and ethnic music. For this project he created a univers of different compositions and foley sounds that influenced the inspired the creation of Bert's choreographies since 2022.

The auditive univers he creates creates a safe space for Bert's body language, and Bert's poetic balanced body expression inspired Tomas' live compositions.

The foley used in the show invites the imagination of the audiences to make the details of the show come alive.

THEMES

Smallest light meditation

The poetic meditation sessions use the same univers as the one of the show, the same musical composition style, the same wonder about the smaller details in the univers.

The meditations session focus on discovering this INSIDE of the bodies of the participants, thought exploring their details in their hands and shadows in this 20 min session.



ARTISTIC TEAM

Concept, creation & circus performance Bert Berg
Composition & musical performance Suntapes (Tomas Vanderplaetse)
Dramaturgy Margot Jansens
Choreography Roseta Plasencia
Final direction Roseta Plasencia
Production Lien Vanbossele
Costumes Elise Goedgezelschap & Leentje Kerremans
Tech. design Jose I. Castellitti
Light design Casper Van Overschee
Exterior ear Stijn Dickel (Aifoon)
Distribution (Spain) Roseta Plasencia

PARTNERS, RESIDENCIES & SUPPORT

Production Toes Up vzw
Co-productions PERPLX, Circuswerkplaats Dommelhof & CIRKLABO
Financial support Flemish Government & Miramiro
Thematic related and integrative expertise BlinkOut
Other support & Residencies Miramiro, UP/Circus & Performing, Circusnext
Residencies & support PERPLX, Cirklabo, Circuswerkplaats Dommelhof, Miramiro, UP - Circus & Performing Arts, Danspunt, Fil d'Arena, Aifoon, Creat, CC Diest, BlinkOut, GC Pianofabriek, GC De Linde & Circusnext

CONTACT

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Technical info, Press & More

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