

# MAKOSH

Created by Polina Shapkina



A SURREAL DREAMSCAPE. AN EXPRESSION OF THE HUMAN CONDITION. A JOURNEY INTO THE HUMAN PSYCHE.  
EXPRESSED THROUGH AERIAL, DANCE AND PHYSICAL THEATRE.

## ABOUT MAKOSH

MAKOSH is a 35minute piece of experimental theatre with a cast of 3.  
The audience is invited to follow the protagonist PSYCHE through the dreamscape that is the MAKOSH universe. The narrative meanders through her encounters of symbolic visions and illusive entities as she journeys through the depths of her being.

This work is the artists journey from origin story and childhood right through the arc of negotiating her self-hood to final integration. It is a journey that represents our own experience of searching for truth and meaning in our lives. A quest to be the fullest expression of ourselves if we have the courage to take it.

A tentative battle plays out between the protagonist PSYCHE who is faced with the challenge of incorporating the deepest parts of herself – the unconscious parts that require deliberate excavation. This hidden and dark unconscious self represented by a second dancer : SHADOW  
While rich in Slavic and soviet folk motifs the work also presents the world order we are currently living in – one that calls for conformity and imposes oppressive structures on ordinary lives. ORDER is embodied by the third performer.

A joyous integration ensues!

MAKOSH takes inspiration from the works of Carl Jung and his study of the human psyche. It weaves symbolic interpretations of concepts such as archetypes, the shadow and generational memory. It taps into a questions of ancestry, origins and an age old quest for meaning in a cyclical, world of order and chaos.

Peppered with flavours of Slavic folk and post-soviet dystopianism the experimental project is intended as a poignant expression of the individual and simultaneously trans-generational, cross cultural human experience.

Cast members are Polina Shapkina in the role of PSYCHE, musician Ruairi O'Sea in the Role of ORDER and dance artist Rosie Stebbing in the role of SHADOW.







# BLURB

Follow PSYCHE into a surreal dreamscape: The MAKOSH universe. An invigorating blend of aerial dance and experimental theatre, witness a visually breathtaking expression of the subconscious human experience.

A struggle plays out between PSYCHE ( Polina Shapkina) and her unconscious self, SHADOW (Charlotte Bruce) .

Richly flavored by music and motif of Polina's Slavic heritage, the piece reflects the struggles of our current world— disillusion, inner conflict, pressure of conformity and compliance through the wearing of masks . These imposing and oppressive structures on ordinary lives are conducted by a third character: ORDER (musician Ruairí O'Sea).

An emotive and existentially charged experience, join PSYCHE on the quest of illumination. Bear witness to the oneness of all things.

MAKOSH is part of an exciting new genre of work in Ireland that is taking off with a bang: aerial dance theatre. Incorporation of awe-inspiring elements of circus arts in the context of theatre creates a striking and enchanting effect .

. The artist conveys her reality flavored by the imagery and music of her Slavic heritage but speaks of experiences that transcend any individual culture. The audience is brought on a quest of transformation, exploring the timeless theme of self discovery.

The dazzling emotive symbolism in MAKOSH transcends the boundaries of language, tapping into a feeling of our shared humanity.



## TECHNICAL REQUIREMENTS

STAGE DIMENSIONS OF ( MINIMUM) :  
7 METERS X 6 METERS

HEIGHT REQUIREMENTS (MINIMUM):  
6 METERS WITH SAFE RIGGING OPTION:

1 CENTER RIG POINT FOR AERIAL ACROBATICS (DYNAMIC LOAD 650KG)  
TO BE INSTALLED WITH COUNTERWEIGHT LADDER AND HI SYSTEM  
(KG)





## ABOUT POLINA SHAPKINA

Polina Shapkina is a Russian born Irish reared artist, aerialist and emerging director. the inspirational core for a lot of Polina's work comes from cultural folk elements especially where identities and traditions from seperate parts of the world bear unmistakable similarities and cross-overs.

Themes explored in Polina's work are often, psychological, mythological and existential.

Her passion lies in creating fusions of art forms as much as connecting to audiences through her personal experience of the world.

Since 2019 Polina has created and presented various solo works and 5 shows with her company Erebidae Circus In 2024 the final version of her most ambitious projected to date: MAKOSH was completed in collaboration with Designer Bridget Ni Dhuinn under their new company name VokiDana. MAKOSH was directed by Fidget Feet's Chantal McCormick and has featured at Irish festivals such as Eargail Arts Festival, Pitch'd Circus Festival, TheIrish Aerial Dance Festival and Dublin Fringe Festival.

## LINKS

MAKOSH TRAILER 2023/24:

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=AFVRH9QZ6HK](https://www.youtube.com/watch?v=AFVRH9QZ6HK)

DANU 2023 EREBIDAE CIRCUS:

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=BQAAG9HZUMK&FEATURE=YOUTU.BE](https://www.youtube.com/watch?v=BQAAG9HZUMK&feature=youtu.be)

'WHO'S THERE?' EREBIDAE CIRCUS 2019

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=MVBAYCFI600](https://www.youtube.com/watch?v=MVBAYCFI600)

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