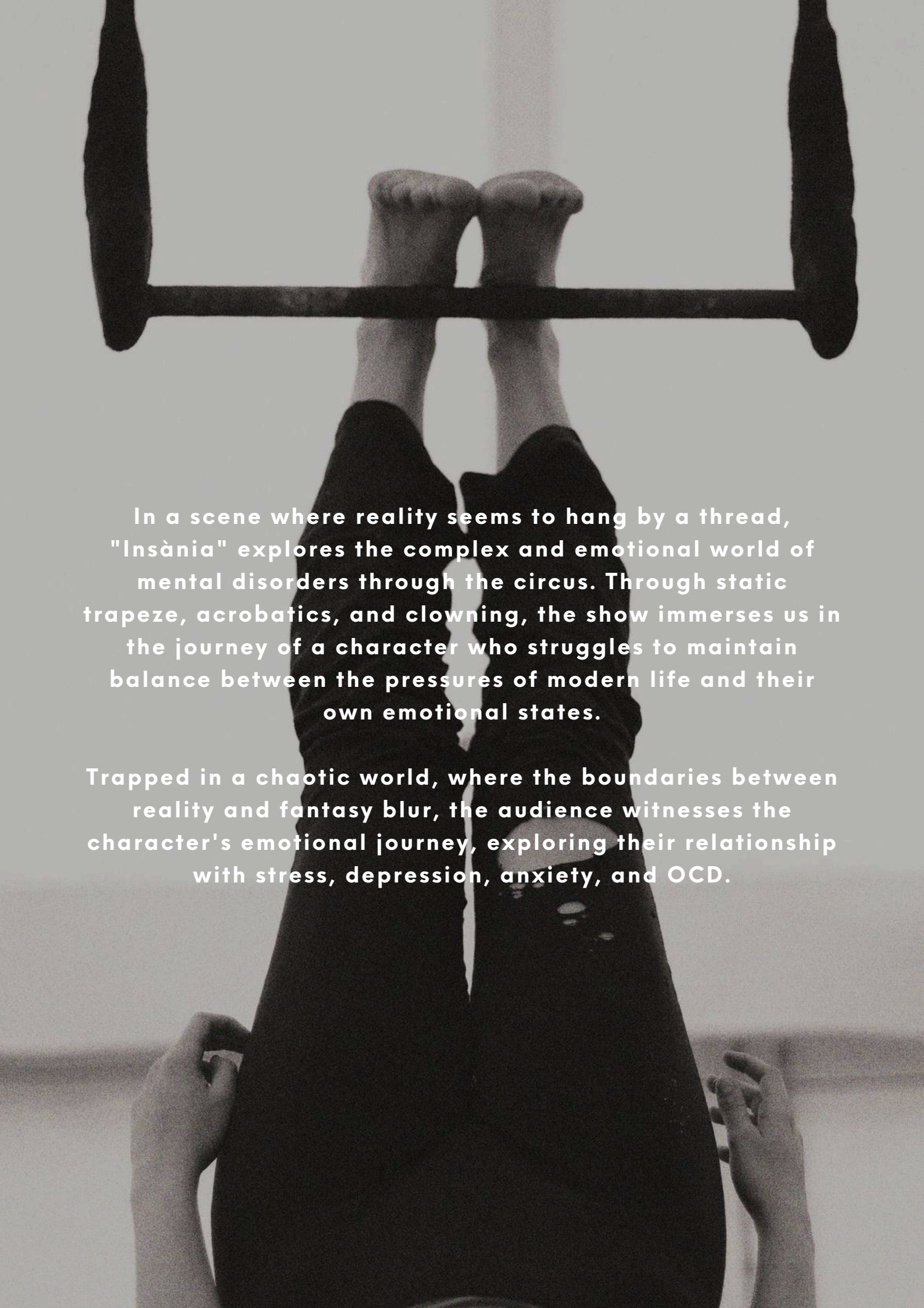




INSÀNIA



CiaCaïda



In a scene where reality seems to hang by a thread, "Insània" explores the complex and emotional world of mental disorders through the circus. Through static trapeze, acrobatics, and clowning, the show immerses us in the journey of a character who struggles to maintain balance between the pressures of modern life and their own emotional states.

Trapped in a chaotic world, where the boundaries between reality and fantasy blur, the audience witnesses the character's emotional journey, exploring their relationship with stress, depression, anxiety, and OCD.

intention

One of the concerns that arises for me when observing how we are evolving as a society is the distancing from humanity and the resulting emotional imbalance. On a personal level, I have experienced anxiety and depression up close and firsthand, and this caused me a lot of frustration. Mainly because the treatments consist of offering medication to the patient to cover the emptiness they feel, but not to get to the root of the problem with the goal of healing. Perceiving that on a social level, they are direct causes of capitalism and the inherent pace of life, it frustrates me that alternative therapies are not considered and offered.

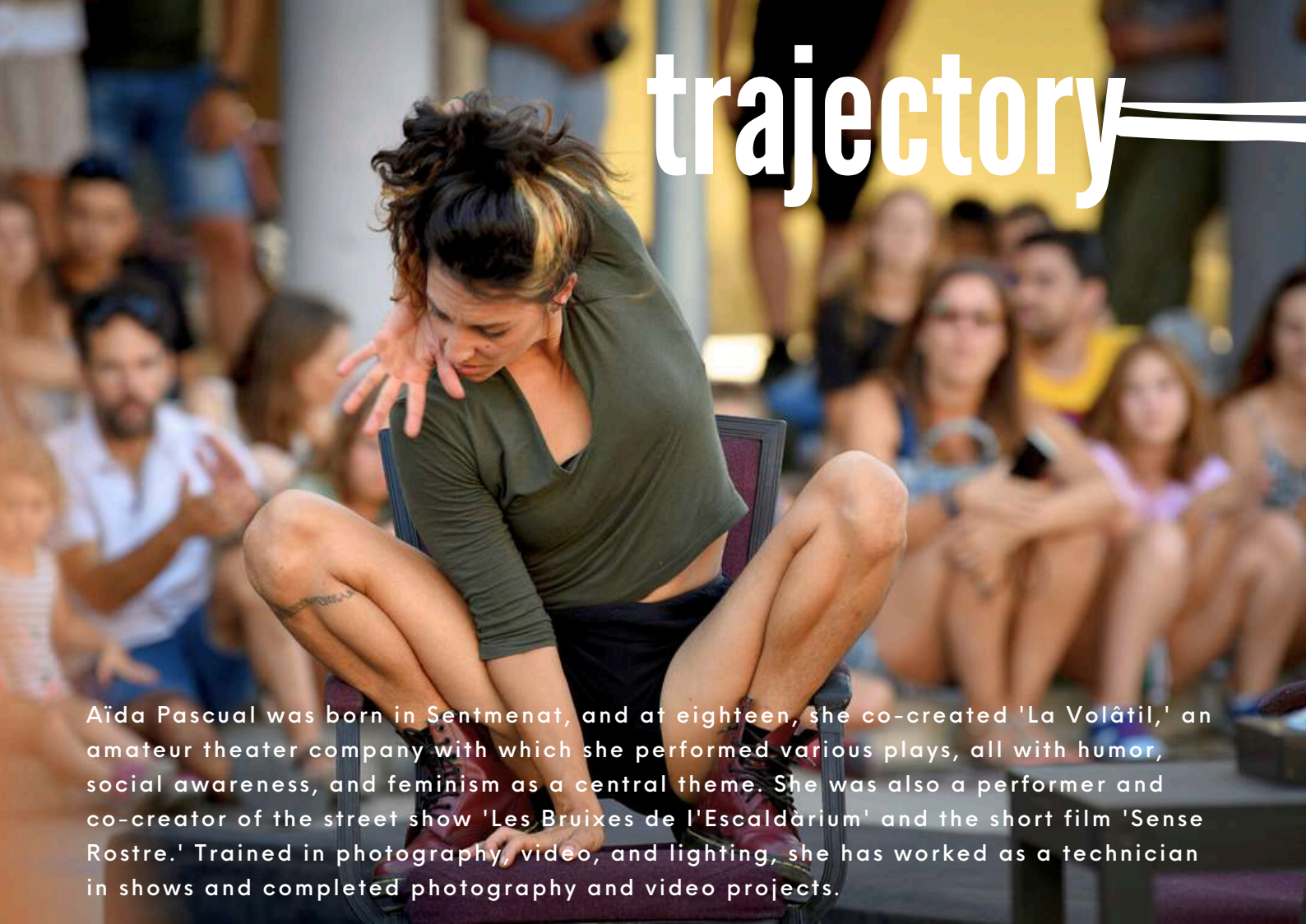
From my point of view, capitalism is the cause of this nullification of humanity and the main generator of emotional and mental imbalances. But beyond my reasoning, as a message, I would like to awaken empathy and humanity in the audience and bring visibility to the disorders that are mostly suffered in silence, as well as change the social judgment that exists towards mental disorders.

Even though it is a delicate topic, I want to approach it with humor because I believe that laughter can help connect more deeply and because, ultimately, I think we need to promote more good humor and laughter.

With this project, I would like to open a space for reflection on how the pace of today's society, capitalism, and patriarchy affect mental health. The idea is to bring visibility to the most common mental disorders, which are usually suffered in silence, and to emphasize the way they are socially addressed and judged.



trajectory

A photograph of Aida Pascual, a circus performer, in a dynamic pose on a purple chair. She is wearing a dark green long-sleeved shirt and black shorts, with her hair tied up. Her hands are near her face, and her legs are bent in a complex, acrobatic position. In the background, a blurred audience of people is watching the performance.

Aïda Pascual was born in Sentmenat, and at eighteen, she co-created 'La Volàtil,' an amateur theater company with which she performed various plays, all with humor, social awareness, and feminism as a central theme. She was also a performer and co-creator of the street show 'Les Bruixes de l'Escaldàrium' and the short film 'Sense Rostre.' Trained in photography, video, and lighting, she has worked as a technician in shows and completed photography and video projects.

However, when she discovered the circus as a professional option, she dedicated herself fully to this field. In 2017, she began training at the Centre de les Arts del Circ Rogelio Rivel, specializing in static trapeze, handstands, and Chinese pole. After completing her training, she started teaching circus classes to children, young people, and adults while attending intensive courses and workshops to continue her training in trapeze, clowning, handstands, and acrobatics. She is also a member of the social circus association TusiKcirc, where she continues to teach intensive courses and organize cultural events.

Performances:

- 'Els meus monstres' with Cia La Volàtil, theater, co-creation, and performance.
- 'Les Bruixes de l'Escaldàrium,' street theater, co-creation, and performance.
- 'Re-Cordis' with Sistah Cia, circus, clowning, and physical theater, co-creation, and performance.
- 'Res a veure' with Las Sui Generis, circus, and dance, co-creation, and performance.
- 'La Yessi,' a solo gala act in static trapeze and clowning.
- 'The Magic Opal' at the Teatro de la Zarzuela, as an acrobat and trapeze artist.
- International Rural Circus Lab, 2021 and 2022, participation and performance.
- 'Copo de nieve' at Finca la Furriola, circus, multidisciplinary collective, co-creation, and performance.
- 'Insània' with CiaCaïda, circus show, creation, and performance.
- - 'Inoït - Circ Estrafolari,' Circ de Nadal de Cronopis 2023.

artistic sheet

original idea and creation_ Aïda Pascual

performer_ Aïda Pascual

direction and artistic support_ Mireia Pascual, Frank Trobok

external perspective_ Bet Garrell

composition and musical advice_ Joan Valls

costume design_ Berta Balaclava

recommended age_ for all audiences

duration_ 45 minutes / 10-minute piece

performance space_ indoor and outdoor

**With the support of La Fira del Circ de la Bisbal d'Empordà,
L'Estruch Fàbrica de Creació, and Cronopis Espai de Circ.**





technical details

Stage space dimensions: 7m x 7m

Minimum height: 7m

Flat (without incline) and smooth surface, suitable for barefoot performance

Aerial structure (tripod) will be installed, provided by the company.

Installation time: 2 hours

Dismantling time: 1.5 hours

Three people will be required for the assembly and disassembly of the structure.

Vehicle access for loading and unloading.

Sound system:
2 speakers of 500 W.

Lights: In case of a nighttime performance, general lighting of the stage space is needed.

Responsible contact:

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