



# HEART

*"The show is aimed at the heart and thanks to the gentle irony and subtlety of its creator Alessio Kogoj, actor, clown and mime, it hits home".*

*QT april 2016*

**I Teatri  
Soffiati**





Can you  
try to live  
without  
heart?



**This is the story of a man who has decided to take out his heart and place it in the top drawer of the closet in order to stop thinking about it. From that moment though, his days become slower and slower and he has less and less energy as time goes on.**


**Monday, Tuesday, Wednesday, Thursday, Friday, Saturday...a telephone never seems to stop ringing and a computer becomes the only refuge late into the night.**

**Loneliness and fatigue grow stronger as the heart makes its absence felt.**

**A show of light and depth without words, a theatre of melancholic fun where outbursts of fears and desires, smiles and tears alternate and blossom spontaneously between stage and audience.**

**Whilst everything seems easy to reach, still there is something which slips away...**





By and with Alessio Kogoj  
Director – Angelo Facchetti & Alessio Kogoj  
Light Designer - Mariano Detassis  
Audio and Sound - Plamen Solomonski  
Music Research - Silbrino  
Costume Designer- Chiara Detassis  
Props maker: Nadia Simenova  
Photo - Daniele Benedetti  
Organization - Saba Burali

A production by I Teatri Soffiati  
with the contribution of Provincia Autonoma di Trento,  
Regione Trentino Alto Adige, Fondazione Caritro  
in collaborazione with Teatro Pratiko, Teatri di Silenzio,  
Compagnia delle Nuvole, Ottotipi Spaccio d'Arte

a big thank you for helping with the translation to  
Chris Cardale and Joanna Kelly

Art forms employed  
pantomime, theatre, dance , clowning, shadow theatre

Lenght  
55 minuti

Link video trailer  
<https://vimeo.com/163137568>

Full video  
<https://vimeo.com/162865812>



HEART. Simple and light: for adults and children  
by Lucrezia Barile, QT april 2016

Sometimes I think that, if the Post Office employee did not look at you like a loser at the counter because you forgot your ID, if it was possible not to get hurt when someone kindly points to something you do not want to see of yourself, if the people close to you take the trouble to comment on your haircut which is dreadful, if there was always a sympathetic and encouraging look in embarrassing situations, perhaps life would be less unpleasant. This is not a remarkable thought.

At other times I think that if we could stop caring, perhaps it would be even better: everyone would do what they want to do, without the fear of hurting anyone, without any anxiety about saying the right thing, there wouldn't be any bad feelings, any embarrassment, any regret. Everything would be less boring. There would be more fun. Maybe, however we have to find a compromise, if nobody cared about anything, if they couldn't cry or be hurt life would not work. A person cannot live without a heart. This is also not a remarkable thought.

Nevertheless Alessio Kogoj has tried to see what would happen if we took the heart away. He demonstrates the consequences in this show for everyone, presented and produced by I TEATRI SOFFIATI

One day a man takes out his heart, puts it in a suitcase, then hides it from himself. Existence becomes simple and easy. It is the same routine but without bad thoughts: he wakes up, washes his face, takes his coffee, the birds sing as soon as he opens the window, the telephone rings, he goes to work and when he is back he can stay at his computer until he falls asleep. And the day after? The same.

He can spend each day without a worry. And the day after that? Again, it works! Then again the following day but gradually the man starts to become more tired, less enthusiastic, it seems he is shriveling up: even the birds start not to sing and the insistent phone is no longer ringing. So what is wrong? Nobody is looking for him, even the light bulbs in his room do not make light and the water pours one drop at time. What happened is clear, but what can be done? Perhaps it was not a great idea, perhaps it isn't such fun. The heart has to be put back in place. A teddy bear which, given the enormity of the mission, has to grow to a great size to help the man. It is never easy to go back. But with a teddy bear as a counselor, it is like drinking a glass of water.

The man, alone on stage, does not say a word, but surprising details reveal and enhance the story. The fuchsia coloured stand of the lampshade together with the small pouffe on which the big man sits, the light pulsing in the rhythm of the heart, the exact punctuation of onomatopoeic sounds, the rituals of the morning, the see-through telephone, the paper teardrops.

Because of its simplicity, its light touch and emotional sensitivity the show works for children and adults.

It does not need intellectual analysis because the show is aimed directly at the heart and thanks to the gentle irony and subtlety of its creator Alessio Kogoj, actor, clown and mime, it hits home.



