

# The Art of *Theatre of Dreams*

**When dance expresses what words can't.**

The choreographer Hofesh Shechter created a show that's both intense and emotional. In Theatre of Dreams, the dancers use their bodies to talk about dreams, fears, and hopes and you can really feel it, even if there are no words.

## A performance that hits deeply.

When you first watch Theatre of Dreams, you might not understand everything. But that's not the point. It's not about telling a clear story. It's about emotions, strong ones conscious or not.

The dancers move with energy. They seem to fight, fall, get up, and support each other. Their movements are sometimes violent, sometimes calm. At the beginning it's like watching a dream turn into a nightmare, then back into hope.

You don't need to "get" contemporary dance to feel touched. The show makes you feel something either you like it or not. That's what makes it powerful.



## A message everyone can relate to

Theatre of Dreams isn't just about dance. It's about being human. About the things we carry inside: anxiety, dreams, pressure, joy, sadness. We've all felt those things, and this show puts them in front of us through bodies, rhythm, and silence. Every person in the audience might see something different, that's the beauty of it, it's personal: It makes us think, but above all, it makes us feel.

## To put in a nutshell

Theatre of Dreams, is a performance that speaks to the heart more than to the mind. Through powerful music, visuals, and dance, it reminds us that art isn't always about understanding everything. Sometimes, it's just about feeling and seeing.

Hofesh Shechter and Bruno Guillore have created a performance that doesn't just entertain, it moves people and even makes them dance, how cool was that?!!

And that's what makes it unforgettable.

## Lights, sounds and bodies into motion

The music in this piece is super important. It was composed by Hofesh Shechter himself, and it's full of strong beats and sounds. Sometimes the music is soft, sometimes it's intense just like our emotions.

The stage is often dark. There's not much set or any decoration only a few curtains, the main character unveils to go deeper in the layers of his own subconscious. Just lights and shadows at first to let us focus on the movement and dive into the dream, that's what makes it so beautiful.

## An interview with Bruno Guillore

**"don't assume that you  
understand each other"**



### **How did you meet the dancers?**

We hold auditions all over the world. We have two companies one for juniors. Most of the dancers are between 18 and 25 years old. Then, we invite them to London if we need to in the main company you'll see tonight

### **What should people feel while watching the show?**

I like diversity, so there's no specific message. It's totally open each person is free to feel and interpret the performance in their own way. Whatever they feel is valid. But I hope everybody will remember it, in a way or another