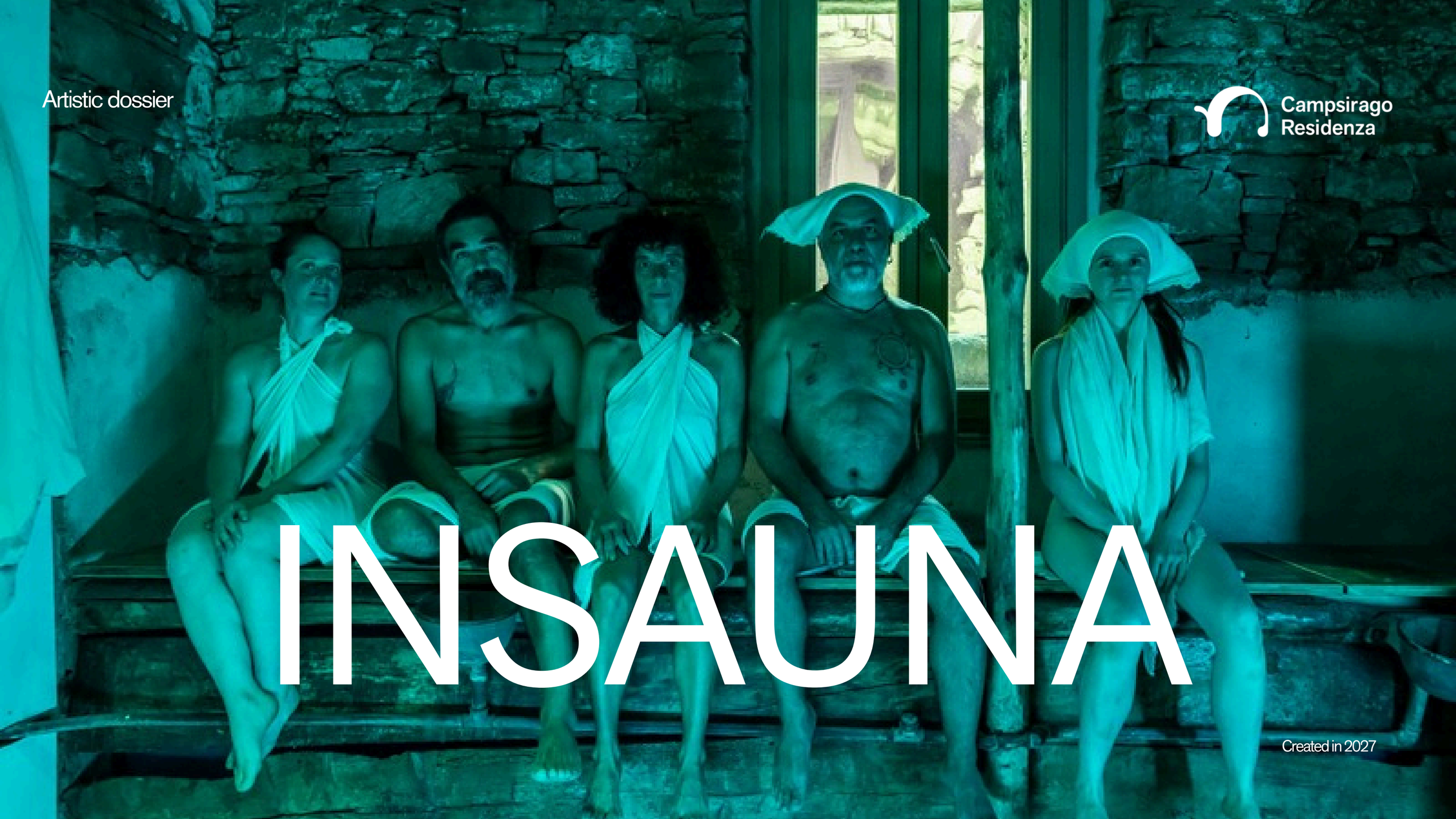
Artistic dossier

Campsirago Residenza

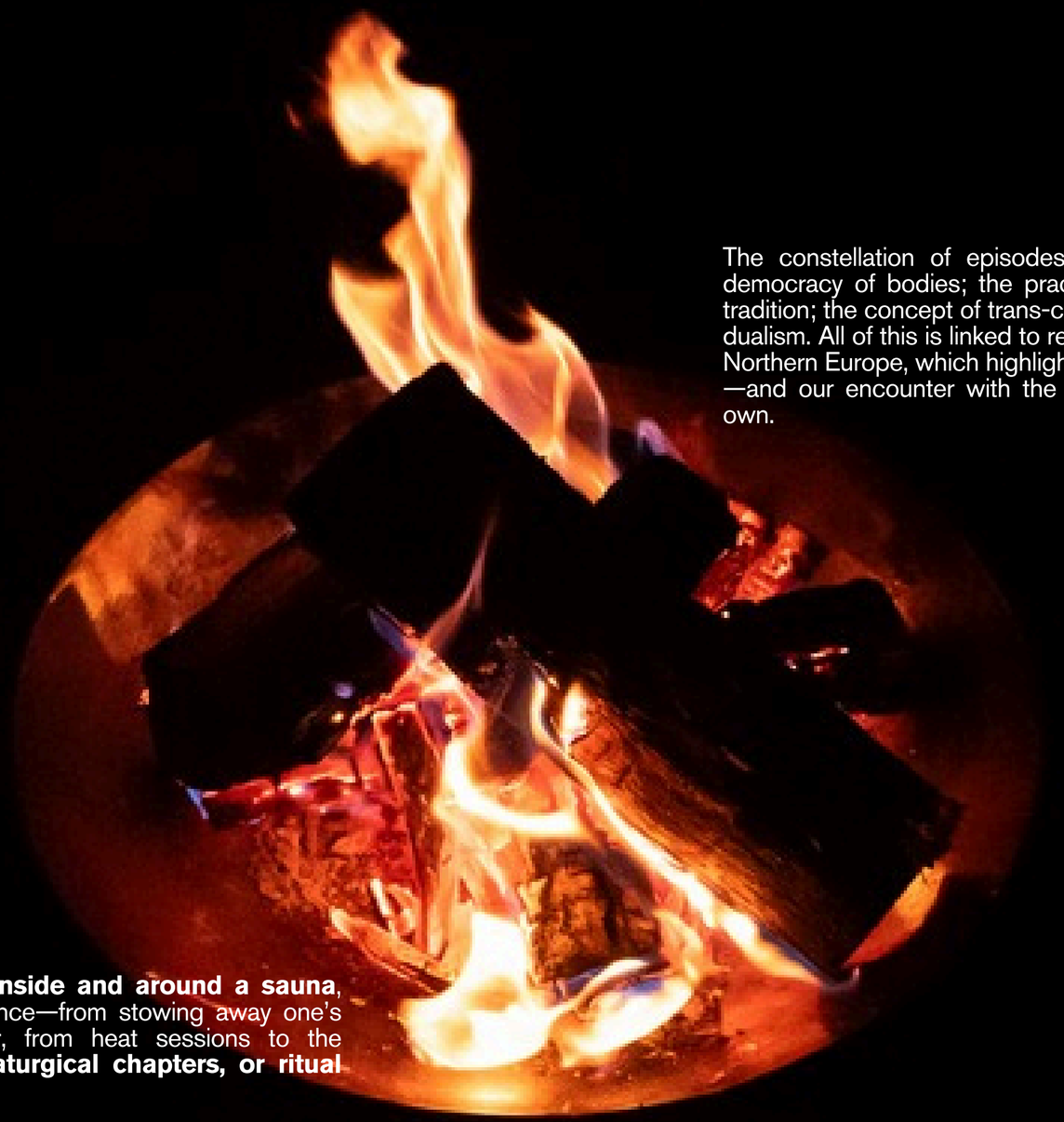


INSAUNA

Created in 2027

INSAUNA

Now
you are no longer in the sauna.
But you are not yet
entirely out.
Sometimes a
transformation is like this.
It is not a door
that opens.
It is a moment
in which two temperatures
meet.



INSAUNA is a performance that takes place **inside and around a sauna**, transforming the various phases of the experience—from stowing away one's belongings and clothing to taking a shower, from heat sessions to the subsequent cooling-down periods—into **dramaturgical chapters, or ritual stations**.

INSAUNA is **a performance for the spectator's own body**, unfolding through the act of listening to one's breath, observing heat as it becomes visible, encountering the five elements, and recognizing the inherent qualities of the body —which is remarkably capable of doing things that we ourselves do not know how to do.

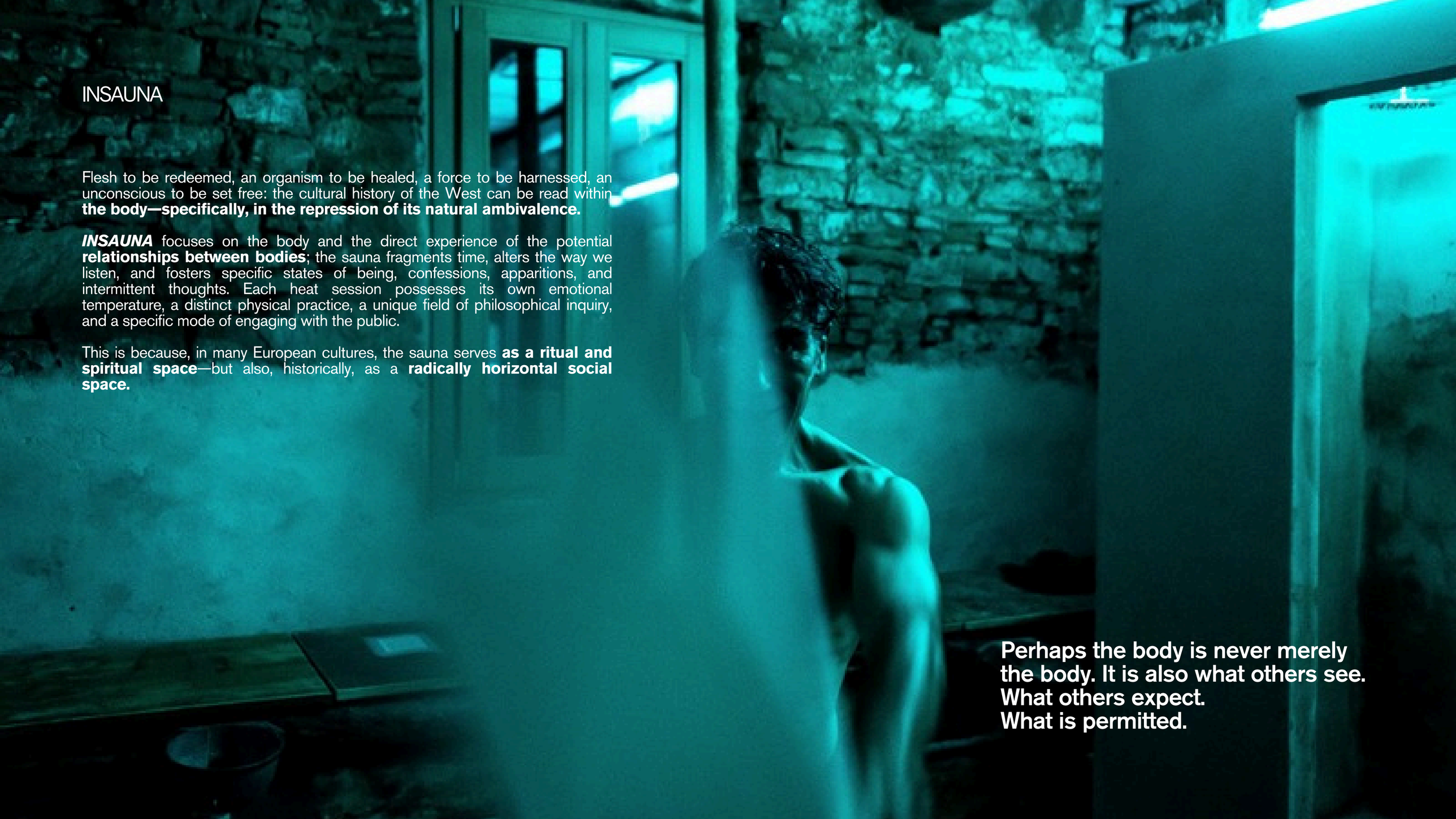
The constellation of episodes addresses themes of importance to us: the democracy of bodies; the practices of *aufguss* and the Sami/Finnish sauna tradition; the concept of trans-corporeality; and the rejection of the nature/culture dualism. All of this is linked to research and interview work conducted primarily in Northern Europe, which highlights approaches to the subject of bodily nudity —and our encounter with the non-human—that are entirely different from our own.

INSAUNA

Flesh to be redeemed, an organism to be healed, a force to be harnessed, an unconscious to be set free: the cultural history of the West can be read within **the body—specifically, in the repression of its natural ambivalence.**

INSAUNA focuses on the body and the direct experience of the potential **relationships between bodies**; the sauna fragments time, alters the way we listen, and fosters specific states of being, confessions, apparitions, and intermittent thoughts. Each heat session possesses its own emotional temperature, a distinct physical practice, a unique field of philosophical inquiry, and a specific mode of engaging with the public.

This is because, in many European cultures, the sauna serves **as a ritual and spiritual space**—but also, historically, as a **radically horizontal social space.**



Perhaps the body is never merely the body. It is also what others see. What others expect. What is permitted.

INSAUNA



Air comes in.
Air goes out.
Something of us
is already elsewhere.
And something
from elsewhere
is already here.



INSAUNA

Based on an idea by Michele Losi and Liliana Benini | **Directed by** Michele Losi | **Dramaturgy by** Marcela Serli | **Based on texts by** Liliana Benini and Michele Losi | **Set design and costumes by** Annalisa Limonta | **Featuring (in alternating roles)**: Liliana Benini, Noemi Bresciani, Giulietta Bernardi, Michele Losi and Stefano Pirovano | **Produced by** Lorenza Brambilla


Campsirago
Residenza