

7 women company

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“We all know the process of making a life-changing decision—the inner dialogues, the fear of taking the leap, the courage to face the unknown, the pleasure of uncertainty, the rediscovery, and the newfound joy in life. And once we’ve made the decision and come to terms with it, we realize that we don’t know, and will never know.”



"The creation NORA explores the different stages of a long-term decision-making process, through which life undergoes continuous and rigorous change. Anna-Katharina Andrees, the director and author of the piece, has studied this process in detail and divided it into seven stages. Each stage possesses its own unique movement and dynamics:

**THE STILLNESS - THE TIPPING POINT - THE JUMP -
THE FALL - THE IMPACT -THE REDISCOVERY - THE REALISATION**

As a director, teacher, and long-time practitioner, Anna-Katharina Andrees is dedicated to exploring the acting techniques of Michael Chekhov and contemporary circus. How can these techniques merge, and how do they influence the performers, each other, and the content of the play?

ABOUT NORA

Anna-Katharina Andrees founded the 7 Women Company with women of strong character, whose life stories and origins differ greatly. Together, they use their unique artistic languages to bring this process to life on stage, making it tangible for the audience while experiencing it themselves through the act of creation. The seven women explore these aspects, developing images, processes, and states that reveal a moment of NORA—the woman we could all be.



On stage, five circus artists and a musician can be seen.

Together, they work with dance, handstands, aerial artistry, Cyr wheel, contortion, and the Michael Chekhov acting technique. Accompanied by a specially composed live soundtrack, they create individual moments, allowing atmospheres and diverse emotional states to emerge through their collective performance. NORA is a dynamic fusion of emotion, movement, and live music.

- **GENRE: Contemporary Circus Theatre**
- **DURATION: 60 minutes**
- **SUITABLE FOR:**
Blackbox Theatre, Circus Tent, and Outdoor venues
- **PERFORMERS: 6 women on stage**

STAGE

- 10 meters wide (minimum 8 meters wide) x at least 8 meters deep
- Minimum room height: 6.00 meters; with tripod: 6.30 meters; maximum: 12 meters
- 1 hanging point (central) for aerial artistry
- Floor anchor point for the pulley/hoist - preferably on the right side of the stage (from the audience's perspective)
- Floor anchor point must support at least a load of 300 kg
- Flat, smooth floor surface (especially important for Cyr wheel)
- Distance from the stage area: Must be at least 2 meters away from the audience seating
- If no hanging point is available: We have a certified tripod that can be adjusted based on room height. Preferred height: 7.40 meters (required ceiling height 7.50 meters); minimum height: 6.20 meters (required ceiling height 6.30 meters)

TECHNICAL REQUIREMENTS

- Sound system for live music
- Power outlet

Technical rider and promotional materials are available.



Die 7 Women Company

About the Company:

The 7 Women Company is a contemporary circus company based in Berlin that explores the intersection of theatre and circus under the direction of Anna-Katharina Andrees. In 2020, Anna-Katharina brought together professional female artists from various circus disciplines and a musician, inviting them to explore inner processes both on stage and in the creation of their own piece. Each artist contributes their unique expertise and life experience to the project. Respect, trust, freedom of judgment, and mindful acceptance are fundamental principles in our work, which aims to create a space for resonance and identification for both the audience and the performers.

Anna-Katharina Andrees is a long-time practitioner of the Michael Chekhov Acting Method and a circus creator. She has extensive experience in the fields of inclusion and diversity, which she integrates into her work.



Anna-Katharina Andrees
direction



Julia Fiebelkorn
composition & live music



Yoka Judith Rapp
Aerials



Tanja Stolting
Aerials



Estrella Urban
Hand balancing



Bronwen Pattison
aerials, contorsion



Milena Schulz
Cyr Wheel

NORA by 7 Women Company - PR Text

About the piece:

Contemporary Circus from Berlin

NORA is a piece about strength and vulnerability, fear and courage, doubt and decision. Director Anna-Katharina Andrees brings together six artists to make inner worlds of experience visible to the audience in an episodic collage. Through circus, dance, and theatre, and accompanied by a live original soundtrack, the inner conflicts of the protagonists come to life and become relatable on stage.

Links & Downloads

[TEASER](#)

1 minute

[SHOWREEL](#)

(06.02.2024 Ballhaus Prinzenallee Berlin, 11 minutes)

We will be happy to send you the link to the recording of the complete show on request.

[PHOTOS](#)

[TECH RIDER](#)

[GEMA LIST](#)



A person wearing a grey suit is holding a vertical, textured pole with their bare feet. The background is dark, and the lighting highlights the person's legs and feet. The text is overlaid on the left side of the image.

NORA

A woman in the middle of life.

Everything is going well, everything is settled. She is doing well.

Then an impulse, a spark. A thought, a word, an encounter.

She senses something.

She fights against it. She cannot resist. She falls headlong into a new dimension.

But she knows who she is.

She falls. Briefly.

A belief, an inner strength keeps her upright.

A voice.

Elegantly she balances and begins to play with risk.

She leaps, although she does not know if she will land and where?

She lands. She is caught. She is not alone.

The space transforms. She has to reorient herself.

She regains her footing.

Yet, disoriented. She has become vulnerable.

She looks.

Into the depths.

In the process, she is attacked.

It hurts.

She sees dark sides.

She remembers the voice. Trust. She doesn't fight against it. She lets it happen.

She breaks down piece by piece and searches for her new order.

She seeks structure and clarity. She likes it. She dances.

She finds an inner voice. A dialogue partner.

She begins to play. She finds pleasure in it.

She realises that she will never be certain, that she will never know, that she will always be searching and must welcome the play.

She feels at home again, and the next impulse, thought or encounter comes and it all starts again.

NEXT DATES:

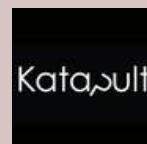
15./16.11.2024, Pfefferberg Theater, Berlin

References 2021 & 2024:

Pfefferberg Theater Berlin
Internationales Frauen* Theater Festival, Frankfurt a.M.
Ballhaus Prinzenallee Berlin
Nycirkusfestival Rydal Schweden

Residencies 2021, 2023 & 2024

Chamäleon Theatre Berlin
Katapult Berlin
KUBIZ Berlin
Pfefferberg Theater Berlin
Schloss Bröllin
Schaulust Bremen
Tollhaus Karlsruhe
1.Kreationsphase 2021 // Tourfähig seit Juni 2024



First creation phase 2021, supported by the Fonds Darstellende Künste #takeaction

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