



Adelaide Theatre Guide

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THE ART OF BEDFIGHTING

May & Alia do Things

Tuxedo Cat – Cusack Theatre

Until 23 Feb 2015

Review by Luke Wagner

Anxiety and depression issues facing millions in the modern world. For some it's a temporary thing when going through a difficult period in life. For others, it can become something more. For some it can be an all-encompassing and overwhelming experience that makes living day to day life a serious struggle.

In her Adelaide Fringe debut, Alia Vryens delivers a thought-provoking piece of theatre that is simply stunning. Without a word of spoken dialogue, Vryens gives a vivid visual representation of a woman who come home and is faced with being alone.

Vryens's ability to convey such a heightened level of emotion without speaking is an incredible skill which is to be commended. The silence is filled with beautiful music from Tim Beresford. Just as the silence draws out enough, Vryens sings. Her angelic voice further envelops the audience in the world of the sufferer.

The show is quite serious throughout, but there are moments in the show that are lighter and somewhat comical. When she tries to make a cup of tea, Jasper gives the audience a realistic look at those days when nothing goes right and even the simplest of tasks seem impossible.

Theatre is such a great part of the Fringe festival, and this is a piece that will leave audiences thinking and talking. For anyone who has ever felt alone, see this show and experience "The Art of Bedfighting".

Rating: 4 stars (out of 5)