



Shift

**Barely Methodical Troupe in association with Underbelly
Underbelly Circus Hub (The Beauty), The Meadows, Edinburgh, EH9 9EX
Saturday 4th – Saturday 25th August 2018 (not 8th, 13th, 20th), 16:00**

The UK's hottest circus company, award-winning Barely Methodical Troupe, return to Edinburgh following the success of their international smash-hits *Bromance* and *Kin* with this exhilarating new production. *Shift* combines show-stopping acrobatics with the emotional punch of theatre as four extraordinary performers test their physical limits in an explosive display of power-based acrobatics.

Enter a shifting space where the acrobats push against the edges of reality, stretching, challenging and testing the limits of collective physical endeavour - they fly, tumble and spin in moments of breath-taking acrobatics. When you leave you will question if what you've just seen is possible or if it was a dream...

Marooned in an unstable environment, where everything moves and nothing is certain, the performers work to understand each other and the space they find themselves in. Using all available resources – string games, storytelling and rubber bands – they explore ideas around elasticity and try to gain some control!

Producer Di Robson comments, *Barely Methodical Troupe always experiment with form and push the boundaries of contemporary circus - we love to work with different artists who extend and challenge our practice. Shift challenges perceptions, experiments with pace and plays with ordinary objects to make an unusual and transformative dreamscape. It's fresh, fun and scary!*

Barely Methodical Troupe are an experimental circus company who love to play with and subvert conventional circus tricks and styles. They bring their unique blend of circus, acrobatic skills and contemporary dance to create spectacular and inspiring performances. *Shift* features

core company members, big man Louis Gift and international cyr wheeling star Charlie Wheeler, working with Spain's leading break dancer Elihu Vazquez and top Swedish acrobat and flyer Esmeralda Nikolajeff.

Shift is commissioned by Norfolk & Norwich Festival and co-produced by Norfolk & Norwich Festival and DREAM.

Notes to Editors

Title	<i>Shift</i>
Performance Dates	Saturday 4 th – Saturday 25 th August (not 8 th , 13 th , 20 th), 16:00
Running time	60 minutes
Location	Underbelly Circus Hub (The Beauty), The Meadows, Edinburgh, EH9 9EX
Box Office	Tickets are available from www.underbellyedinburgh.co.uk or 03333 444 167 Previews: £10 Weekdays: £13.50 (£11.50) Weekends: £15.50 (£13.50)
Original concept	Melissa Ellberger
Director/Deviser	Melissa Ellberger, Ella Robson Guilfoyle and the company
Designer	Lucy Sierra
Lighting Designer	Elliot Griggs
Sound Design	Tom Parkinson
Producer	Di Robson
Production Manager	Ian Moore
Performers	Louis Gift Esmeralda Nikolajeff Elihu Vazquez Charlie Wheeler
Twitter	@BMTroupe, @followthecow, #Shift

All enquiries, high res images and further information:

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