

MY AGE

Qui e Ora Residenza Teatrale | Silvia Gribaudi Performing Arts



What is age?
Is it a number, a boundary, a social code that dictates what we can or cannot do, or how we ought to behave?
And what about the era we live in?
To what extent does it shape our bodies—determining where they can exist, how they must be dressed, and what form they might take?
My Age stems from a desire to deconstruct these codes and to question the conventions imposed by chronological age.
What does it mean to be young, or to be old?
And what about the life already lived—the experiences that have shaped you, the moments you still can and must experience—what weight do they carry?
Where do they go? Are they even taken into account?
Are we truly defined solely by a number that indicates how long we have inhabited this space and time?

The performance is an act of stripping away—shedding conventions, fears, and roles. With sincerity and delicacy, the performers share their thoughts, desires, and questions. They speak of the changing body—specifically the female body, which, having moved past its fertile years, enters a new phase: a time of transformation, rediscovery, new pleasures, and freedom. A time that can become a rebirth.

Studies suggest that one's perceived age is more truthful than one's chronological age—the body responds differently. Can we truly say what age resides within us? There are days when we feel like a twenty-five-year-old, and others when we feel like a seventy-year-old.

It depends on the burdens that life places upon our shoulders—on our experiences, our struggles, and our joys.

Age, perhaps, is not a fixed measure of time, but a fluid state of being.

The work invites us to do exactly this: to refuse to define ourselves by a number, and instead to imagine age as an open space—a realm of possibility rather than a limitation. It encourages us to claim the right to be something other than what time might seem to dictate.



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Project by Francesca Albanese, Silvia Baldini, Laura Valli and Silvia Gribaudi

With Francesca Albanese, Silvia Baldini, Laura Valli

Director Silvia Gribaudi

With the collaboration of Loredana Savino

Production Qui e Ora Residenza Teatrale



Bio

Qui e Ora Residenza Teatrale is an Italian theatre production company working nationally and internationally. It creates performances, theatre programmes, festivals, artistic residencies, workshops and participatory projects. Its work focuses on original dramaturgy and the blending of artistic languages — from the body to the spoken word, from contemporary art to audience interaction — through collaborations with artists from different disciplines.

Qui e Ora is theatre that deals with contemporary society, which seeks to create shared narratives and highlight contradictions from an ironic perspective. Qui e Ora is about meeting people. It's about turning the everyday into an artistic act and vision. Rediscovering a deep-down sense of community and art inherent to every local community.





For years, Qui e Ora has been nurturing a project that puts the province and citizens at the centre of artistic experimentation and the creation of cultural products. One of the main benefits offered by the residency are the accommodation facilities for artists and members of theatrical companies.
Qui e Ora curates Up To You, an original project that includes a training programme and the creation of a festival with participatory artistic direction involving under-30s.

In recent years, the company has created performances in collaboration with Silvia Gribaudi (My Place – The Body and the Home, Ladies Body Show), Fratelli Dalla Via (I Will Survive), I Sacchi di Sabbia (Saga Salsa Noir), Giorgio Rossi and Simona Gonella (Vertigine della Lista), and Roger Bernat (La Scelta).

Silvia Gribaudi Silvia Gribaudi is an Italian choreographer active in the field of performing arts.

Since 2004 she has been focusing her research on the social impact of the body and on the relation between audience and performer, through an artistic research on choreography, dance and humour. With a specific attention to the human and relational layer, she develops her works through dialogue and the poetic encounter with the artists she collaborates with, the communities and the audience, who become integral part of every performative act.

Her latest productions are AMAZZONI (2026) co-produced by Teatro Stabile di Torino – Teatro Nazionale (IT) and Le Gymnase CDCN – Roubaix (FR), the solo SUSPENDED CHORUS (2025) co-produced by Teatro Stabile di Torino – Teatro Nazionale (IT), La Corte Ospitale/Regione Emilia-Romagna (IT), Rum för Dans (SE), Le Gymnase CDCN – Roubaix (FR), What You See Festival (NL), THE DOOZIES (2024) created with Marta Dalla Via, co-produced by Teatro Stabile del Veneto – Teatro Nazionale (IT), La Corte Ospitale/Regione Emilia-Romagna (IT) and GRAND JETÉ (2023) with the MM Contemporary Dance Company (IT) co-produced by La Biennale de Lyon (FR), Théâtre de la Ville (FR), Rum för Dans (SE), Torinodanza Festival (IT), International Dance Festival TANEC PRAHA (CZ), Zodiak – Side Step Festival (FIN) and by the international network Big Pulse Dance Alliance.





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