

# WARM UP

AN ECOLOGICAL PERFORMANCE  
BY MYKALLE BIELINSKI

DRAMATURGY BY MYRIAM STÉPHANIE PERRATON-LAMBERT  
CO-DIRECTION BY ÉDITH PATENAUDE  
POWER PLANT'S DESIGN BY GABRIEL DUQUETTE





WARM UP

**"IT'S NOT A LIFE  
ISSUE, BUT A  
LIFESTYLE  
ISSUE"**





# A WARMUP FOR GLOBAL WARMING

In response to the climate crisis, performer Mykalle Bielinski takes on the challenge of powering her performance by generating her own electricity with her body and a bicycle. However, her system demands more energy than she can produce, trapping her in a cycle of exhaustion. She must break free from this consumerist logic to envision new ways of living that respect nature and herself.

As a powerful metaphor for the burnout capitalism inflicts on both bodies and ecosystems, the performance exposes the exploitation driven by the ideology of infinite growth. It tackles the blind spot of sustainable development head-on: the unbridled use of natural resources. At the intersection of sport, manifesto, concert, and ritual, this ultimate warm-up is an experiment in self-sufficiency that pushes consumer society to its limits. It asks a simple yet profound question: how can we truly be eco-responsible?

Building bridges between science, politics, art, and spirituality, Mykalle's approach reveals the extent of the interconnection between the individual, society, and ecosystems. It invites everyone to imagine the role they can play in resolving the current crisis, thereby bringing lasting relief to their eco-anxiety.

After *Gloria* and *Mythe*, *Warm Up* is the third part of a multidisciplinary trilogy on the sacred.





# CREDITS AND TOUR HISTORY

**Interpretation, text, music, design** Mykalle Bielinski  
**Dramaturgy** Myriam Stéphanie Perraton-Lambert  
**Co-direction** Édith Patenaude  
**Power plant's design** Gabriel Duquette

**Photos** Maxime Côté

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The work is punctuated by the thoughts of the following authors: Derrick Jensen, Pablo Servigne, Donna Haraway, Yves-Marie Abraham, Marielle Macé, Aurélien Barrau, Joanna Macy, Andreas Malm, David Suzuki, Robin Wall Kimmerer, and Arne Naess.

## **Tour history**

Festival FURIES\_Marsoui\_2024  
San Francisco International Arts Festival\_2024  
Centre culturel\_Paspébiac\_2024  
Quai des arts\_Carleton\_2024  
Mois Multi\_Québec\_2024  
Église du Gesù\_2023  
Espace Le Vrai monde\_2023  
Salle Marie Uguay\_2023  
Salle Pauline Julien\_2023  
Salle Émile Legault\_2023  
Maison de la culture Plateau-Mont-Royal\_2022  
Salle Désilets, Cégep Marie-Victorin\_2022  
Festival Dos Canais, Portugal\_2022  
Théâtre du Marais, Val-Morin\_2022  
HEC Montréal\_2022  
La Chapelle | Scènes contemporaines\_2021





## ECHOES FROM THE PRESS

A hypnotic ritual that makes the viewer aware of the considerable effort required to generate the energy needed to power a show.

Confronted with this work, the act of spectating becomes more akin to a spiritual experience.

It moves, strikes a chord with its audience, and acts as a catalyst for thought and action. Its ability to highlight humanity's beauty, even in its darkest contradictions, is undeniable.

Timeless, these works bring a welcome respite, miles away from the bustle of the outside world.

—Karine Tessier, Revue Jeu

Vocal performances follow the hum of the stationary bike. Despite her breathlessness, the performer displays tremendous talent and control over her own voice.

—Pascale Leclerc, leculte.ca

With Warm Up, Mykalle Bielinski delivers a politically engaged performance that is both relevant and grounded in a social approach that goes well beyond mere appearances.

—Yanik Comeau, theatralites.com

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