

Fables at the National Arts Centre

Really enjoyed this work by Virginie Brunelle the other night at the National Art Centre. After a pretty awesome meal at 1Rideau I sat down for a sensory explosion of both visual and audio sensations.

In [*Fables*, Virginie Brunelle](#) creates a visceral exploration of chaos and resilience, where contemporary feminine archetypes collide in a raw, primal dance. Drawing from her background in violin, Brunelle intricately weaves rhythm and movement, pushing the boundaries of traditional dance. The performers' bodies, mostly naked and raw, amplified by their breath and cries, move through a sonic landscape composed by Philippe Brault and performed live by Laurier Rajotte on the piano, embodying a world in turmoil yet yearning for hope and humanity.

A particularly striking element is the immersive audio experience in the opening set, where a cast member swings a microphone close to the dancers, amplifying their physicality. This not only heightened the intimacy of the piece but also allowed me to *feel* the dancers' movements—every breath, every collision becomes a tactile experience. Very immersive. The live soundscape intertwines with the dancers' raw physicality, drawing the audience deeper into the emotional urgency of the piece. This fusion of sight and sound creates a profound connection, turning the stage into a space where chaos, music, and movement converge in a shared sensory reality.



Source: <https://www.idonhaveacoolname.com/fables-at-the-national-arts-centre/>