

Michal Heriban
I Am Placebo
a dance solo



I Am Placebo is an award-winning dance and visual performance driven by evocative original music, exploring human memory, subconscious automation, unconscious habits, and conscious self-programming. Through three episodes and distinct movement approaches, the work reveals the body as a living archive — where structured choreography and improvisation merge into a continuous flow.

English friendly

Duration: 25-30 min.

Première: Slovakia -15.12.2024 Bratislava



CREDITS:

Concept, Choreography, Dance: Michal Heriban

Music: Jozef Vlk

Costume: Andrea Pojezdalová

Light design: Kristýna Hauptová / Veronika Malgot

Production: Jedným Dychom Theatre: jednym.dychom@gmail.com

In cooperation with PLAST (Slovak Contemporary Dance Platform) & Telocvična (Dance Residency Center) Supported using public funding by Slovak Arts Council



[TRAILER LINK](#)

[FULL SHOW LINK / black box version](#)

[PHOTOS LINK](#)

Michal Heriban is a Slovak choreographer, performer, and visual artist primarily based in Bratislava, Munich, and Prague. He is a co-founder of the theatre Jedným Dychom and has been part of over 40 full-length dance or theatre productions in Europe since 2012. For the past 10 years, he has closely collaborated with German choreographer and visual artist Micha Purucker. In 2025, he received the Slovak National Theatre Award DOSKY for Outstanding Achievement in Dance Theatre for choreography and performance in I Am Placebo. He was nominated for the Thalia Awards (CZ) in 2020, 2022, and 2023.



Annotation

I Am Placebo is an award-winning dance and visual performance exploring how automated actions, subconscious habits, and the digital environment shape our bodies and minds. In a world of constant stimulation and pressure to perform, consciousness becomes fragmented and behavior increasingly programmed.

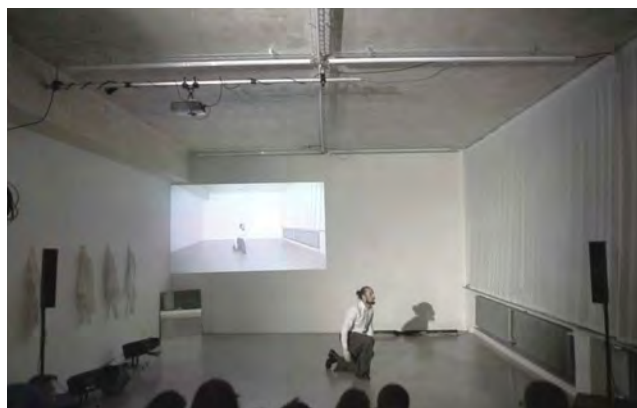
Through a dynamic interplay of structured choreography, improvisation, and evocative original music, the piece reveals the body as a living archive of memory and habit. Moving between control and surrender, it questions free will, identity, and our ability to consciously reprogram ourselves.

I Am Placebo invites the audience into a space of reflection and introspection, suggesting that even within complex systems and external influences, transformation remains possible — through awareness, choice, and embodied presence.

TECHNICAL RIDER

Performance rider diversified by venue type:

- > **Gallery space – small theatre space - white/black box**
minimum stage size: 5 m wide × 5 m deep × 3 m high
- > **Larger stage – black box**
minimum stage size: 10 m wide × 7 m deep × 5 m high
- > **Gallery space – white box – exterior version**
minimum stage size: 5 m wide × 5 m deep × 3 m high



GALLERY SPACE – SMALL THEATRE SPACE

STAGE / SET

- A white or light-colored back wall is used for projection; in case of a dark back wall, a projection screen can be used
- Projection screen is placed on the left side of the stage at a height of 1 meter
- Dimensions: from 1.5 × 2 m
- On the sides: 3 - 4 shirts hanging, or alternatively placed on our stands
- Floor without balletizol / concrete, tiles, wood, parquet, marble / with the possibility of sliding; if necessary, black dance floor can be used

SOUND & PROJECTION

- Sound and projection are part of one video (mov.) file. 16:9
- Sound system (pair of speakers + sub)
- Projector -4K + Stand for projector
- Di-box + connecting XLR cables to sound pult
- HDMI cable
- 3,5 jack input to PC
- sound pult
- XLR cables
- 240 V cables

PROPS

Mirror 90 × 90 cm (not necessary)
4 × white shirts hanging on the left wall (not necessary)
We bring our props within the region.

AUDITORIUM

elevation is required

CREW

Touring company usually consists of 1–2 people (one dancer, one light/sound/projection designer if needed)

LIGHTING

- 3 - 4 x 1000 PC with sidebars
- 1 - 2 x profiles
- 240V cables
- XLR cables
- 3 LED bars
- 2 x floor stand
- 2 x T stand
- 1 x light pult
- 1 x dimmer for 6 channels

We can bring our lights within the region.



OTHER REQUIREMENTS

- Dressing room
- Cleaning of the floor before rehearsal
- at least one technician from organizer at site

TIME SCHEDULE (approx.)

- 2 hours – technical set-up
- 1 hour – auditorium and props set-up, floor cleaning
- 1 hour – warm-up and rehearsal
- 1 hour – break before the show
- 0.5 hour – show
- 1 hour – break-down

LARGER STAGE – black box

Minimum stage size: 8 m wide × 7 m deep × 5 m high

STAGE / SET

- A white or light-colored back wall is used for projection; in case of a dark back wall, a projection screen can be used
- Projection screen is placed on the left side of the stage at a height of 1 meter
- Dimensions: from 3 × 4 m
- On the sides: 3 - 4 shirts hanging, or alternatively placed on our stands
- Floor without balletizol / concrete, tiles, wood, parquet, marble / with the possibility of sliding; if necessary, black dance floor can be used

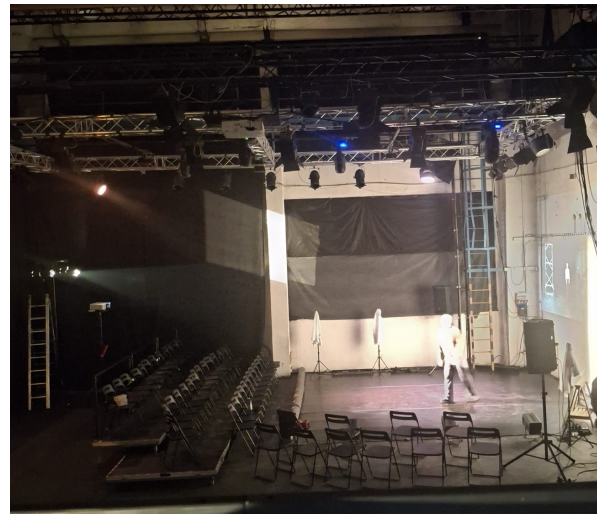
LIGHTING

- 6 x 1000 PC with sidebars
- 4 x profiles
- 240V cables
- XLR cables
- 4 LED bars
- 1 - 3 LED wash used for strobo effect / depends on the type /
- 3 x floor stand
- 1 x light pult
- 1 x dimmer for 10 channels

We can bring some of lights within the region.

SOUND & PROJECTION

- Sound and projection are part of one video (mov.) file. 16:9
- Sound system (pair of speakers + sub) , 1 stage monitor
- Projector -4K + Stand for projector / or projector rigging frame
- Di-box + connecting XLR cables to sound pult
- HDMI cable / or fiber optic HDMI cable
- 3,5 jack input to PC
- sound pult
- XLR cables
- 240 V cables



PROPS

- Mirror 90 × 90 cm (not necessary)
- 4 × white shirts hanging on the left wall / stands (not necessary)
- We bring our props within the region.

OTHER REQUIREMENTS

- Dressing room
- Cleaning of the floor before rehearsal at least one technician of organizer on site

TIME SCHEDULE (approx.)

- 3 hours – technical set-up
- 2 hour – auditorium, programming of lights, prop set-up, floor cleaning
- 1 hour – warm-up and rehearsal
- 1 hour – break before the show
- 0.5 hour – show
- 1 hour – break-down

AUDITORIUM

elevation is required

CREW

Touring company usually consists of 1–2 people (one dancer, one light/sound/projection designer if needed)