

PRESS RELEASE

INSIDE OUT

A dancing duet that looks both in front and... behind the camera and the stage.

17 & 18 January 2026

21:00

@ MAMMOT

What does “making of” mean?

When is a performance ready?

Inside Out is a hybrid performance where dance and film practices blend in a playful duet. The two creators-performers explore what happens when the “inside” and the “outside”, the “front” and the “back”, refuse to stay in place. Elements that are usually unseen are revealed, transforming the stage into a constantly changing environment that illuminates different perspectives. The performance navigates between choreographic structure and the cinematic frame, creating an experience that raises questions regarding stage practices.

With humor and self-mockery, the two choreographers try to “direct” themselves, leaving room for awkwardness, excitement and surprises that arise in the creative process. **Inside Out**, a raw and multifaceted performance, opens a dialogue with the audience by inviting them to follow the journey from backstage to center stage.

Credits

Concept / Choreography / Performance Konstantina Barkouli-Gavri, Nadi Gogoulou

Music Composition / Sound design Nefeli Lysimachou

Lighting design Tasos Palaioroutas, Evita Skrimizea

Dramaturgy Betina Panagiotara

Video / Editing Konstantina Barkouli-Gavri, Nadi Gogoulou

Assistant choreographer Anna Anousaki

Photos Patroklos Skafidas

MUA Kristalia Tsami

Graphic design Markellos Kolofotias

Communication Eleni Tsekou

Production manager Olga Tsatsouli

Production METANEIRA AMKE

Special thanks to Markella Manoliadi, Filippos Vasiliou, Ioanna Zymariti, Nefeli Gioti and FLUX Laboratory Athens.

Info

Dates: 17 & 18 January 2026

Location: MAMMOT, ([52 Sina Str, Athens 106 72](#))

Start time: 21:00

Duration: 45'

Tickets presale: <https://www.ticketservices.gr/event/inside-out>
Ticket price: 12€ general admission
For more info, contact: 6973921747

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Production **METANEIRA AMKE**

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