

## 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 Palaoroutas, 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](https://www.mammot.gr))

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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