



★★★★★
ToDoList

★★★★★
Ought to be Clowns

★★★★★
LouReviews



HIGH STEAKS



NOMINATION
OFFIES
IDEA PRODUCTION
EXPERIMENTAL
THEATRE

by

ELOINA

Directed by Louise Orwin

ABOUT THE SHOW

HIGH STEAKS is a show about labia, labia-shaming, cosmetic surgery & fundamentally, body lovin'. Award-winning, queer performer, ELOINA, hangs two beef steaks from her labia, butchers them up & sizzles them on a grill. And...her mum is in the show.

Seamlessly melding performance art and comedy clowning, HIGH STEAKS discusses rising demands in young people for labiaplasty - plastic surgery to make the labia smaller/more symmetrical. Through live conversations with her mum and recorded interviews with labia-owners, HIGH STEAKS is a call for increased visibility of varied vulvas and a celebration of our vulvas in all their shapes & sizes.

After selling out its 6 night run at VAULT Festival before the festival began, HIGH STEAKS received an OFFIE Nomination, only 5 star reviews & won the VAULT/Summerhall Award.

HIGH STEAKS was partly developed at PARL (Performance Art Research, Ljubljana) in 2021.

ABOUT THE COMPANY

ELOINA makes work that dismantles taboos around the female body. She mixes epic, body-based performance art and quick, comedy clowning. This makes her work accessibly impactful at both extremes and the in-betweens of the art world.

Since graduating from the innovative Drama degree at Queen Mary University of London in 2018, her solo practice has spread across London, opening conversations about menstruation, body hair, labiaplasty, vaginoplasty, female masturbation and ejaculation, motherhood and breastfeeding.



PREPARE TO RAISE A GLASS TO YOUR LABIA & LABIA OF YOUR LOVED ONES.

PREVIOUS PRAISE

**OFF WEST END (OFFIES) AWARD NOMINATION FOR
EXPERIMENTAL THEATRE - IDEA PRODUCTION**

**"ELOINA'S HIGH STEAKS IS LABIALICIOUS, A MUST-SEE, TABOO-
BUSTING, FUNNY EXPLORATION OF ISSUES AROUND, WELL, THE
LABIA."**



**"RAUCOUS COMEDIC MOMENTS BALANCED BY POIGNANT
VERBATIM STORIES"**



**"ELOINA AND DIRECTOR LOUISE ORWIN CULTIVATE AN ATMOSPHERE OF REAL
INCLUSIVENESS IN WHICH TO POTENTIALLY CREATE A WHOLE NEW WAY OF
SEEING ONE'S OWN BODY, WHETHER YOU HAVE LABIA OR NOT."**



AUDIENCE REVIEWS

**"ELOINA'S ABILITY TO HOLD SPACE IN SILENCE IS WHAT WE NEED ON
STAGE."**

**"THERE IS A REAL BRAVERY AROUND MAKING THIS WORK WITH HER MUM
PRESENT AS PART OF IT."**

**"HIGH STEAKS INSPIRED ME TO ALWAYS REMEMBER THAT I AM MORE THAN
JUST MY BODY."**

"ELOINA IS INCREDIBLE. HER WORK IS SO IMPORTANT."

"SURPRISING, THROUGH-PROVOKING, WARM."

"HIGH STEAKS MADE ME QUESTION, 'HOW FREE FROM SHAME AM I REALLY?'"

**"HIGH STEAKS FELT LIKE A COLLECTIVE CELEBRATION. WE FELT LIKE FAMILY,
EVEN THOUGH WE DIDN'T KNOW EACH OTHER."**

QUICK DETAILS

RUN TIME: 60 MINS

LATECOMERS: ANYTIME

AGE GUIDANCE: 18+

CONTENT WARNINGS: FULL FRONTAL
NUDITY, STRONG LANGUAGE, HANDLING &
COOKING OF RAW MEAT

AUDIENCE

FEMINIST ORGANISATIONS & INFLUENCERS

MOTHERS & THEIR & ADULT, VULVA-OWNING CHILDREN

AUDIENCES INTERESTED IN CHALLENGING, POWERFUL WORK -
AUDIENCES FROM VENUES LIKE CPT, BAC, LADA.

AUDIENCES INTERESTED IN ALTERNATIVE COMEDY &
CLOWNING

AUDIENCES INTERESTED IN EXPERIMENTAL THEATRE/LIVE
ART/CONTEMPORARY PERFORMANCE

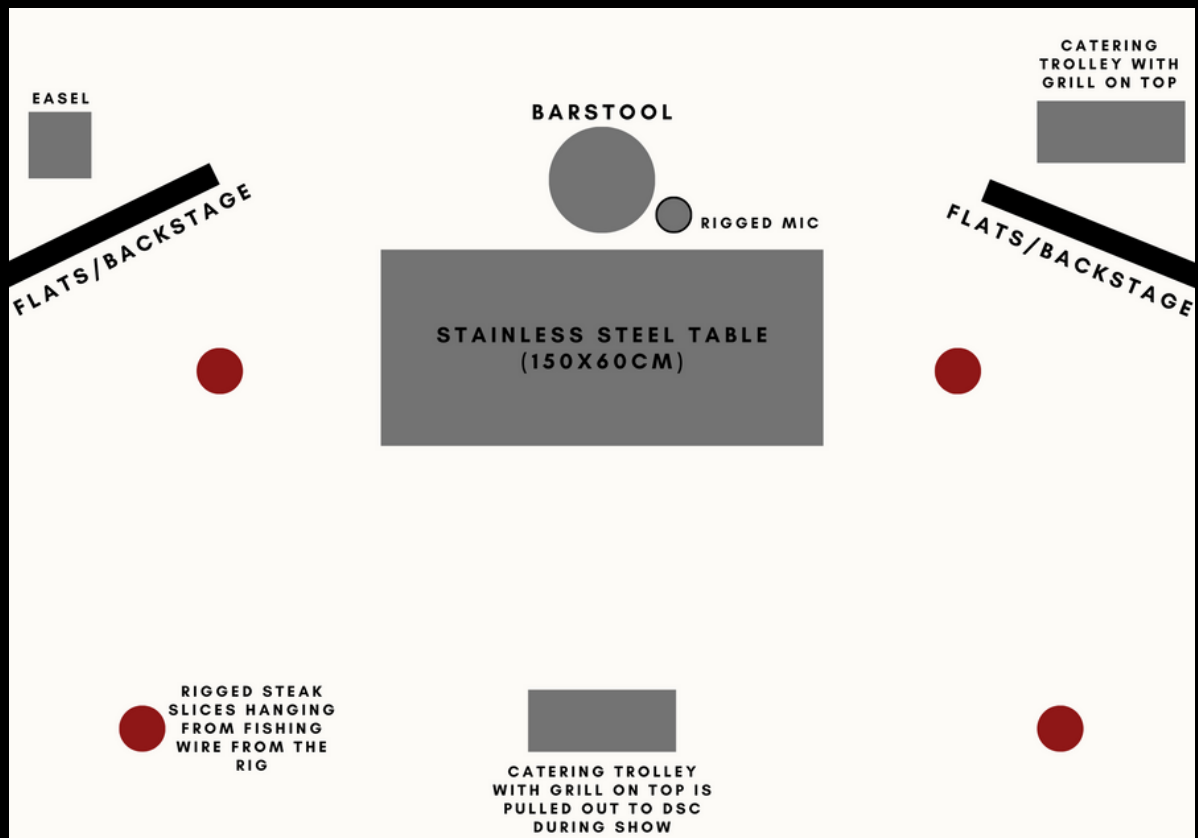
AUDIENCES INTERESTED IN FEMINISM, GENDER, BODY
DIVERSITY



TECHNICAL REQUIREMENTS

STAGE

- MINIMUM PLAYING SPACE: 5M (W) X 6M (D)
- END ON CONFIGURATION
- LIGHT PIECES OF FISHING WIRE WITH PEGS CONNECTED, HANGING FROM CEILING/RIG X 4
- STAGE SET UP SHOWN BELOW.



TECHNICAL REQUIREMENTS

BACKSTAGE

- 1 PRIVATE DRESSING ROOM
- 1 PRIVATE BREAKOUT SPACE WITH ENOUGH ROOM TO WARM UP (SPACE TO RUN AROUND)
- PRIVATE ENTRANCE TO STAGE FROM BREAKOUT SPACE
- SHOWER
- REFRIGERATOR (EASILY ACCESSIBLE FOR DRESSING ROOM/BREAKOUT ROOM)
- SINK FOR WASHING UP (EASILY ACCESSIBLE AFTER THE SHOW)
- WASHING MACHINE FOR AFTER SHOW USE (IF MULTIPLE DATES)
- THE PRIVACY & SECURITY OF THESE SPACES IS EXTRA IMPORTANT AS I WILL NEED TO WARM UP IN THE NUDE

AUDIO

- PA SYSTEM FOR QLAB PLAYBACK FROM MY LAPTOP
- SM58 WITH XLR RUN SO THAT IT CAN HANG DOWN FROM THE CEILING ABOVE THE STOOL (ROUGHLY CENTRE STAGE)
- IF NEEDED DEPENDING ON SIZE & ACOUSTICS OF SPACE, 2 X SHOTGUN MICS ON EITHER SIDE OF STAGE TO PICK VOICE UP FROM A DISTANCE

LX

- LX PLAN PROVIDED
- 2 X SPOTLIGHTS
- TWO FLOOR PARS/FRESNELS TO CREATE UPLIGHT
- 13A EXTENSION (10M)

OTHER THINGS TO NOTE

- LIVE FLAMES ON STAGE (THREE CANDLES IN A CANDELABRA)
- I HANG RAW MEAT FROM ME & COOK IT ON A GRILL IN THE SPACE
- I CUT THE RAW MEAT & MAKE A SAUCE USING KNIVES & OTHER SHARP KITCHENWARE
- MY MUM IS IN HALF OF THE SHOW SO WILL NEED A SEAT ON THE FRONT ROW
- THIS SHOW IS PERFORMED FULLY NUDE SO A FRONT OF HOUSE TEAM WHO ARE ABLE TO READ & CARRY OUT THE SAFEGUARDING BRIEFING IS ESSENTIAL (PROVIDED BELOW)

IDEAL SCHEDULE

- 5 HOUR MINIMUM TECH IN THE SPACE
- 1 HOUR GET-IN INTO THE SPACE (IF TECH NOT ON THE DAY)
- HOUSE OPENS 15-20MINS BEFORE SHOW START
- 60-65MIN SHOW
- GET OUT CAN TAKE 5MINS BUT IDEALLY 30MINS FOR FULL CLEAN UP

RISK ASSESSMENT HERE

WRAP AROUND ACTIVITY

LYDIA REEVES EXHIBITION

IF AGREED WITH THE VENUE, THERE WILL BE A SMALL EXHIBITION IN THE FOYER/BAR AREA FROM THE ARTIST, LYDIA REEVES, THE FOUNDER OF THE VULVA DIVERSITY PROJECT.

REQUIREMENTS:

- SPACE IN FOYER/BAR
- SMALL TABLE TO SET UP LYDIA'S BOOK & TWO VULVA CASTS
- IF POSSIBLE, A MONITOR + PLAYBACK LAPTOP TO SCREEN LYDIA'S VULVA DIVERSITY DOCUMENTATION
- IF AVAILABLE, HEADPHONES FOR THE DOCUMENTARY

POTENTIAL FOR POST-SHOW Q&A'S (TBD WITH VENUES)

DOCUMENTATION

DUE TO THE FULL-FRONTAL NUDE NATURE OF THE SHOW, FOR FULL DOCUMENTATION OF THE SHOW/ SNIPPETS, PLEASE EMAIL ELOINA.HAINES@GMAIL.COM

[SEE A SHORT TRAILER HERE](#)



SAFEGUARDING

NOTE FROM ELOINA ON SAFEGUARDING

This is a show which includes full frontal explicit nudity. It's important that me & my audience are as safe as possible throughout the show. I have had previous experiences of this show where I have felt violated & threatened by audience members. Due to this, it is imperative that all venue staff have read & are comfortable in executing everything listed in this briefing.

If this is not carried out, I reserve the right to not perform.

NOTE: I understand that not every venue has the capacity to facilitate everything in this pack. Let's talk.

[CLICK HERE FOR
SAFEGUARDING PACK](#)



TOUR SCHEDULE

CAMBRIDGE
CAMBRIDGE JUNCTION
26TH MAY 2023

LONDON
VAULT FESTIVAL
JAN-MAR 2023

EDINBURGH **SUMMERHALL**

2-6TH AUGUST 2023
9-13TH AUGUST 2023
16:30-17:30

LONDON
JACKSON'S LANE
28-29TH SEPTEMBER 2023

FALMOUTH INTERNATIONAL ARTS
FESTIVAL
6-7TH OCTOBER 2023

MARGATE
TOM THUMB THEATRE
9-11TH NOVEMBER 2023

COLCHESTER
COLCHESTER ARTS CENTRE
15TH NOVEMBER 2023

LEEDS
CLAY
DATE TBC

CREATIVE TEAM

CREATED, PERFORMED & PRODUCED	ELOINA
DIRECTION	LOUISE ORWIN (OH YES OH NO, PRETTY UGLY)
STAR OF THE SHOW	MAMA (ANNIE HAINES)
DEVELOPED	PARL - PERFORMANCE ART RESEARCH, LJUBLJANA
OUTSIDE EYE	FRANKIE THOMPSON (CATTS)
SOUND DESIGN	SAMMY METCALFE (SLEEPWALK COLLECTIVE) & LOUISE ORWIN
SOUND DESIGN CONSULTANCY	LIV LYNCH
TECHNICAL STAGE MANAGEMENT	ROSHAN CONN
SAFEGUARDING MANAGEMENT	JOE IREDALE
SET DESIGN	ELOINA & JOE IREDALE
LIGHTING DESIGN	LILY WOODFORD-LEWIS

TEAM ON THE ROAD

PERFORMED & PRODUCED BY	ELOINA
STAR OF THE SHOW	MAMA (ANNIE HAINES)
SAFEGUARDING MANAGER	JOE IREDALE

CONTACT US

LEAD TOUR BOOKING CONTACT eloina.haines@gmail.com

INSTAGRAM [@eloinaart](https://www.instagram.com/eloinaart)

WEBSITE www.eloina.art

EDINBURGH BOOKING LINK [click here](#)



HIGH STEAKS

PRESENTED BY
ELOINA



...hope to see you soon