



# BEFORE/AFTER

KEMETIC TECHNO CEREMONY

21.10

HET HEM

ADE

5.30PM

"The Kemetic techno ceremony" is a performative initiation ceremony to the Before/After mythological concept and visual installation. The ceremony immerses you in a multisensory preparatory ritual, bringing together scent, meditation, warm-up routine and finally, heart-pumping and dynamic techno dance.

## SPACE-CLEANSING

SPIRITUAL CONCEPT N°2 :

The nose is the sensory organ most directly linked to the emotional, reactive self. In partnership with IFF and perfumer Shinichiro Oba, Sillon has developed a space-cleansing fragrance to translate what a techno ritual scent could be: beer, cigarettes and Red Bull sear the senses while Tiger Balm preemptively heals sore muscles. What does your body feel before your mind catches up with it ?

## MEDITATION

SPIRITUAL CONCEPT N°3 :

By a collective meditation, the ceremony invites you to set a personal intention before going out. This powerful expression of mindfulness can define the state of mind and the reason to attend a techno gathering. Recognize the central role of the lungs through breathwork, which will be put to the test later on.

## WARM-UP

SPIRITUAL CONCEPT N°5 :

Alyson and wellness trainer Lisa Tabord have developed a Body Warm-Up routine that consists of a series of movements inspired by Kemetic yoga practice. They demonstrate the opportunity to bring attention to the muscle groups most engaged during the traditional repetitive techno-dance. Stretch the diaphragm through breath work, loosen the neck for increased mobility, prime arms for expression and glutes for support, and warm up the joints in the knee and ankle to prevent cramps. These movements work in tandem to prepare your body for the rave to come, facilitating access to its ritualistic benefits.

## PURE SELF

SPIRITUAL CONCEPT N°8 :

The basics of techno dance movements: right, left, right left, with a simultaneous dynamic contrapposto dance following the defined bpm. The simple emphasis on the downbeat creates a collective synergy, a space for a pure-self expression of the different spectrum of our identities. Parade, flirt, battle, rage and resist: the emotional self is freed from the analytical self through the repetitive rhythmic trance central to Alyson's choreography.

ART DIRECTOR & PERFORMER : ALYSON SILLON  
PERFORMERS : LISA TABORD & JOEL HARDER  
DJ : LIANE SCENT: SHIN OBA (IFF)