

Author	ua	Ольга Мацюпа
	en	Olha Matsiupa
Play original name / translated	ua	Час пілатесу
	en	Pilates Time
Translator	en	Daisy Gibbons
Language of translation	English	
Copyright of original text belongs to	name	Olha Matsiupa
	e-mail	olga.maciupa@gmail.com
Copyright of translation belongs to	name	Daisy Gibbons
	e-mail	daisy.gibbons123@gmail.com

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ukrainian
institute



ukrdramahub

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Auswärtiges Amt



GOETHE
INSTITUT

PILATES TIME

INNA

FITNESS INSTRUCTOR/SALESWOMAN

INNA'S MUM/ANNA

INNA'S DAD/ JOACHIM/ THE MAN IN UNIFORM

HEROSTRATUS

Four or five actors are required for this play. Varying character combinations are possible.

Translator Notes

- *The buildings mentioned in the play and marked by an asterisk are old Kyiv landmarks that have been destroyed. One or two still exist but are minor local places of interest. The playwright has suggested that the producer may replace them with similar landmarks from the city where the play is being performed. I left them in to preserve the sense of alienation and the play's 'Ukrainian-ness'.*
- *For the 'X loves me, X loves me not' passages, any pronoun can be substituted for 'X'.*

The yellow middle of a flower

Breathe in

Breathe out

Breathe in

Breathe out

Arms down

Perched in their cages are three crows

Everyone from Kyiv knows the ones

Breathe in

Shoulders straight

Breathe out

Arms down
They can predict your fate
Or your downfall
Breathe in
Breathe out
We put value in things
We fear separation
And one more time
Breathe in
Breathe out
And one more time
Breathing deeply
Without holding our breath
The birds soar steeply
Body like a stone
Stone like a body
Make sure you do it well
Listen to the ringtone
Of Piano Concerto no. 2
Rachmaninoff
The smell of lovage
Lilies
Lilies of the valley
And basil on his body
You know the rustling sound lindens make
Your beloved, he is awake
Your beloved, he cannot sleep
Olive-coloured camouflage
When we're sitting on the mat
It's not like those beach outings
For soldiers and their families
Legs parallel
Parallel knees
Arms in front

You should reduce your caffeine intake
Back straight
Stomach sucked in
And let go
A complete fitness package
Watching our lower back
Shoulder blades mustn't touch the floor
Our body mustn't touch the sky
And the people in power ignore
Any sense of precaution
Cheeks bereft of the wind's touch
These cages are not for birds
Measuring our steps and such
On every supermarket trip
The flowers of consumerism
Just like
The flowers of despotism
Between chin and chest
Could fit a chasm
The size of a fist
And one more time
Breathe in
And out
Your bedding is so soft
Inna your parents have died
A few minutes ago
Breathe in
Breathe out
Now, taking our elastic bands
And pulling on one leg
On an out breath we lie down
On the floor
Lifting up one leg with our bands
Letting the other fall parallel beside it

Inna, please accept my condolences
For your parents' death
My condolences
And back to the starting position
Breathe in
Breathe out
The same with the left leg
This exercise is good for your core
And your arms
This is not for the poor
In spirit or blind in body
Right arm down
Left up
Breathe in
And out
I am stone
I am solid earth
Which hides the setting sun
Air can wear away stone
The body can become elastic
Plastic
Blood flowing through the body
Breathe in
Breathe out
Inna, what are you still doing here
Your parents need burying
Their bodies lay
On Zolotoustivska Street*
The street of 'gilded lips'*
Breathe in
Breathe out
Your dad was in Afghan
And now he's dead on a civvy street
Once we're done with the exercise on our left leg

We pull our knees to our chest
And return to the sitting position
Taking our heels off the floor
There's no need to fear other people
Keeping our balance as if we're a chair
We place the band underneath us
Now pull it across
And upwards
On an exhale we open up
Feet forward
Hands and shoulders behind you
Lower back resting on the floor
Stomach sucked in
And on the exhale we open up
Why should we feed bluetits
If they're made of stone
Now we lie down
On the inhale we return
To our original position
And one
Two
Three
Four
Breathe in
And out
One more time
Pilates allows us to unite our body and consciousness
And to become beautiful
That's what you want
Breathe in, and out
Inna,
It's not a mistake
The ambulance has already arrived
The police, too

Nobody can establish the cause of death
There were no witnesses
Your post has already got 29 'sad' reacts on it
And 18 comments
Please accept our condolences
Do make sure
Your arms and head are level
And one last time
Breathe in
Breathe out
Let's go back to the starting position
Sit down
Legs crossed
Back straight
Folding the stretch band in half
And pulling it apart
Arms up and parallel
On the inhale we bend our right arm
And on the exhale straighten it to the side
The left stays in the same position
Next the same exercise with the left arm
Let's go
Breathe in
And out
Women shouldn't just worry about their health
But their beauty
Beauty comes first
Breathe in
Breathe out
Inna,
It is very unfortunate that your parents
had to die in such mysterious circumstances
on your birthday
With the spirits of the righteous departed

O Lord our Saviour, lay to rest the souls of your servants and
bless them with eternal life

O Lord lay to rest
the souls of your servants
and your fathers
in the city of lightness
in the city of gladness
and grant them eternal memory
and breathe in, and breathe out

This exercise is good for your arm muscles,
back muscles

Watching out for the basics
we draw apart the band like a bow
keeping our shoulders on a level row
no hunching up to our ears

In one line
ribs and tummy tight
no rushing
no bumblebee's flight

The body is risen from the ashes
Lord our God,
who formed man of the dust
and from his rib made a woman,
and gave man a helper,
who answers to him,
for it pleased the Lord
that man would not walk alone on this earth
and together they will return to the earth

Without rounding our backs
or hunching over
we stay level
head stretched to the ceiling
and without forgetting our breathing
Breathe in

and out

Pilates develops one's flexibility, stamina, and dexterity

Breathe in

Breathe out

Inna stands up and drinks water

INNA

It's not possible

FITNESS INSTRUCTOR

Anything's possible

INNA

I'm leaving

FITNESS INSTRUCTOR

But we haven't finished yet

INNA

But my parents

This must be a mistake

FITNESS INSTRUCTOR

Hands held folded in front of us

INNA

They can't be dead

FITNESS INSTRUCTOR

You still need to lose another kilo

Or thereabouts

INNA

Can I go?

FITNESS INSTRUCTOR

My dear, now is pilates time

You're the one who wanted the perfect body

Letting our heads drop down

Breathe in

Breathe out

Now, let's lie on our tummies

Holding on tight to the floor

Fold the band in half

And pull

Arms wide

Lifting our toes up off the ground

Breathe in

Breathe out

INNA

But it's my birthday

FITNESS INSTRUCTOR

Inna, you're falling behind the rest of the group

INNA

I don't care

I want to go

FITNESS INSTRUCTOR

But it's not like your parents are coming back anyway

INNA

But it's my birthday today

Still

I have to go

FITNESS INSTRUCTOR

But you haven't been born yet

INNA

But I haven't even died

FITNESS INSTRUCTOR

Let's try one more time

Breathe in

And breathe in

And out

Pilates helps us to be resilient

It helps soldiers in their rehabilitation

Pilates improves our awareness of our body's physical form

But most importantly it grants grace and lightness

to the female body

Which may seduce, and seduce, and seduce...

INNA

Ow, that hurts

FITNESS INSTRUCTOR goes up to Inna and hurts her

INNA

That hurts

FITNESS INSTRUCTOR

It's in your head

INNA

It's hurting me, stop it

FITNESS INSTRUCTOR

You're not flexible enough

INNA

But you can't force it, ow

A scream

FITNESS INSTRUCTOR

You have nothing to live for

Look how brittle, how weak you are

INNA

I still want to live

FITNESS INSTRUCTOR

Let's try one more time

Breathe in

Breathe out

Now let's lie on our tummies

Holding on tight to the ground

Now we fold the band in half

And pull

Pilates gives us control over our body

Breathe in

And out

It enhances our sensuality

Attractiveness and femininity

Our fire and passion in bed

Pilates classes can certainly

Help you please a man in bed

INNA

I see the ships floating on the Dnipro River*

Arms wide

Lifting our toes up off the ground
Breathe in
And out
Pilates gives us control over our body
Since we don't have a soul, do we?

FITNESS INSTRUCTOR

You're not pulling the stretch band properly
Breathe in
Breathe out

INNA

It hurts
Stop
Aaaaaaaaaa
You've pulled my arm off

FITNESS INSTRUCTOR

Thanks to pilates the metabolic function in the body is strengthened
And you can lose weight fast

White petal: one

In a watch shop

JOACHIM

Why don't we buy her one with daisies on it

ANNA

Could we even find one like that?

JOACHIM

Well, why don't we ask

SALESWOMAN

We haven't any with daisies,
but we do with olives,
basil, lovage,
and lilies

JOACHIM

Do you have any others?

SALESWOMAN

We have ones with snakes, like Kyiv's House of Snakes*
with cherubim and seraphim
with hoarfrost
and mulberries
with caterpillars
moth pupae
with caged birds
or a dead bride

JOACHIM

Are there any watches with stones on them?

SALESWOMAN

With stones?

We have ones with gilded lips
like Kyiv's Zlatoustivska Street*

With the city Golden Gates*

Brodsky's Mill*

The Covered Market*

Baron's Castle*

Magister Mykhailo Hrushchevskyi's house*

Or Merchant Novikov's House*

JOACHIM

This is supposed to be a present for my daughter

ANNA

It is her birthday today

SALESWOMAN

But watches are a present given upon separation, upon parting

ANNA

We don't believe in these superstitions

JOACHIM

We've come from another city

ANNA

We see each other a few times a year

JOACHIM

We live separately

ANNA

But we're not separated

JOACHIM

And we'll never be separated

SALESWOMAN

But one gives watches for eternal separation

ANNA

In which case we'll take a walk, and you'll have a look for us

You might find a watch with two daisies on it

White as snow

Snow white

SALESWOMAN

I said, we don't have any

ANNA

We are waiting in hope

That our daughter

Will be married this year

JOACHIM

And it has to be daisies

To match her dress

SALESWOMAN

But daisies are such primitive flowers

ANNA

Maybe we could buy the one with a mill?

SALESWOMAN

With Brodsky's Mill

JOACHIM

The mill looks like a watch

ANNA

The watch looks like a mill

JOACHIM

It looks like a flower

ANNA

Like a daisy

SALESWOMAN

They took down the mill in 2005*

Now it's a Sheraton hotel

That they built for Euro 2012

Or not

Sorry, maybe I made a mistake

JOACHIM

In that case we will take a walk and have a think

ANNA

We'll have a think what to buy

SALESWOMAN

A watch is for separation

JOACHIM

Stop repeating that

SALESWOMAN

Buy yourselves a watch with chestnuts on the clockface
with Kyiv chestnut trees
Daisies are rather primitive flowers

JOACHIM

I don't need a watch
I use the sun to tell the time

SALESWOMAN

Buy this one of a haunted house
if you want a house of spirits
You'll find that, in Kyiv
They are legion

ANNA

Leave us alone

SALESWOMAN

And buy a watch for yourselves

JOACHIM

We're not going to buy any
For ourselves

SALESWOMAN

You can still buy one for yourself, you're not your daughter

JOACHIM

It's her birthday today

ANNA

Today was the day we were supposed to meet her fiancé

JOACHIM

At least we hope
He's her fiancé

ANNA

Wait, what's that on your arm?

SALESWOMAN

This was a gift from volunteers
in the conflict zone
from a town called Joy
It's in Luhansk region

Anna goes up to her and tears off the watch

SALESWOMAN

Ouch, that hurts, you're not having it

JOACHIM

It's a separation gift, for eternal separation

SALESWOMAN

I'm calling the police, you hurt me

What has the time come for now?

JOACHIM

Pilates time

ANNA

Our daughter has pilates time
Because it improves one's health
and prolongs life

JOACHIM

But we are going to church

SALESWOMAN

Where?

JOACHIM

To church

For a funeral

Or a wedding

A scream

JOACHIM

She loves me

ANNA

He loves me not

JOACHIM

She loves me

ANNA

He loves me not

JOACHIM

She loves me not

ANNA

He loves me

JOACHIM

She loves me not

ANNA

He loves me not

JOACHIM

She loves me

ANNA

He loves me not

JOACHIM

She loves me not

ANNA

He loves me not

JOACHIM

She loves me

ANNA

He loves me not

JOACHIM

She loves me

ANNA

He loves me not

JOACHIM

She loves me

ANNA

He loves me not

JOACHIM

She loves me not

Blackout

Petal: two

The Fitness Instructor and Inna, who is missing an arm

Both are in military uniform

FITNESS INSTRUCTOR

He loves me

INNA

He loves me not

FITNESS INSTRUCTOR

He loves me

INNA

He loves me not

FITNESS INSTRUCTOR

Breathe in

INNA

Breathe out

FITNESS INSTRUCTOR

And breathe in

INNA

And breathe out

FITNESS INSTRUCTOR

Blessed be the Lord my rock, who trains my hands for war, and my fingers for battle

INNA

My lovingkindness and my fortress, my high tower and my deliverer, my shield and the
One in whom I take refuge

FITNESS INSTRUCTOR

Who subdues my people under me!

INNA

Lord, what is man, that you take knowledge of him? Or the son of man, that you are
mindful of him?

FITNESS INSTRUCTOR

Man is like a breath; his days are like passing shadow.

INNA

Bow down Your heavens, O Lord, and come down, touch the mountains, and they shall
smoke!

FITNESS INSTRUCTOR

Flash forth lightning and scatter them, shoot out Your arrows and destroy them!

INNA

But You have cast off and abhorred, You have been furious with Your anointed one.

A scream

FITNESS INSTRUCTOR

You have renounced the covenant of Your servant, you have profaned his crown by
casting to the ground,

INNA

You have broken down all his hedges, you have brought his strongholds to ruin!

FITNESS INSTRUCTOR

Breathe in

INNA

Breathe out

FITNESS INSTRUCTOR

Breathe in

INNA

And out

FITNESS INSTRUCTOR

He loves me

INNA

He loves me not

FITNESS INSTRUCTOR

He loves me

INNA

He loves me not

FITNESS INSTRUCTOR

He loves me

INNA

He loves me not

FITNESS INSTRUCTOR

He loves me

Enter Man in Military Uniform. Inna and the Fitness Instructor do not see him.

INNA

My father loved me not, when I left my slippers lying around

FITNESS INSTRUCTOR

He loves me

INNA

My mother loved me not, when I failed to wash my underwear

FITNESS INSTRUCTOR

192 sad reacts

INNA

I loved him not, when he beat my mother

FITNESS INSTRUCTOR

198 sad reacts, one like

INNA

But he has PTSD

FITNESS INSTRUCTOR

200 sad reacts and comments expressing sympathies

INNA

He was in Afghan

FITNESS INSTRUCTOR

No-one has liked it for the last minute

INNA

They came to Kyiv for my birthday

FITNESS INSTRUCTOR

My condolences

INNA

We were supposed to celebrate my birthday this evening

FITNESS INSTRUCTOR

Breathe in

INNA

I went to pilates after lunch

FITNESS INSTRUCTOR

Breathe out

INNA

And they decided to take a walk around the city whilst I was gone

FITNESS INSTRUCTOR

Don't cry

INNA

I'm not crying, I can't believe it, I want them to be alive

FITNESS INSTRUCTOR

201 sad reacts

INNA

We were supposed to go on a tour round Kyiv

FITNESS INSTRUCTOR

With the spirits of the righteous departed

INNA

I was supposed to introduce them to Josef

FITNESS INSTRUCTOR

O Lord our Saviour, rest the souls of your servants

INNA

We were supposed to tell my parents that we were getting married

FITNESS INSTRUCTOR

And bless them with eternal life

INNA

They would have been so happy to hear the news

FITNESS INSTRUCTOR

The One, Lover of mankind

INNA

I'm leaving, I'm scared

FITNESS INSTRUCTOR

But we still need to warm down

INNA

I cannot wait any longer

FITNESS INSTRUCTOR

Shall I make you some tea? It's brewed with chamomile daisies

INNA

I want to meet them again

At the station

FITNESS INSTRUCTOR

But we are at the gym

Inside the shopping centre

Pilates will help you relax and release tension

INNA

I want tea

I want chamomile tea

FITNESS INSTRUCTOR

Actually

We don't have any tea

None made from chamomile daisies

INNA

Alright, let's go with mint then

FITNESS INSTRUCTOR

Ok, why don't we see

Looks like we're out of mint tea

INNA

Fine, I'm off

MAN IN ARMY UNIFORM

To get fucked?

INNA

Josef?

You were supposed to make dinner, you promised

MAN IN ARMY UNIFORM

I've already made it

INNA

What, have you signed up to pilates too?

MAN IN ARMY UNIFORM

The classes were free

INNA

But I haven't seen you

MAN IN ARMY UNIFORM

You didn't see me

Because it's a surprise

For your birthday

Fuck

I want to be near you

INNA

Have you seen what's happened?

MAN IN ARMY UNIFORM

They're already in heaven

INNA

It's some kind of mistake

FITNESS INSTRUCTOR

We'll drink some acacia tea

MAN IN ARMY UNIFORM

I'm undergoing a rehabilitation course

Doing pilates

It helps one achieve inner harmony through bodily health

INNA

It's your PTSD

My father was also in Afghan

MAN IN ARMY UNIFORM

I've survived being held captive

FITNESS INSTRUCTOR

Drink the tea

Calm down a little

MAN IN ARMY UNIFORM

Ay ay ay, it burns, it's hot

INNA

Ay ay ay....

A scream

Leave me with one arm at least

Please

[...]

The final petal

HEROSTRATUS

I shall come to a meadow where daisies bloom, and I shall pluck a flower and tell my fortune: she loves me, he loves me not. I know no-one loves me. I am hated. That is why it is better for me to practice pilates on the meadow, or yoga or pilates or yoga or pilates, on the meadow, surrounded by the singing of uncaged birds. With my perfect body, that will grow more gaunt and transparent, I will flood the city with blood – with unclean menstrual blood – and when I will go and be an economic migrant in Italy; when my husband beats me because he changed beyond recognition after Afghan; when people ask me, ‘Are you from Russia?’, I will reply, ‘No, I am from Ukraine’, while spewing up this blood. And they will say ‘beautiful women from Eastern Europe’, as they wipe the blood off themselves and smile. I am a *beautiful women* and I have enough blood for everyone. For the Polish parliament, first of all. I am a *beautiful women* and I will keep doing pilates until every mine bedded in amongst those primitive flowers, fields and stones, explodes. Until I am consumed by a yellow flame, within a white flower.

Summer 2017

Translated by Daisy Gibbons

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