

Softloneliness

szkéné
SZÍNHÁZ



Zsófia Szász

Date

Thursday 19 November
5.30 PM 2026

Venue

Szkéné Theatre

Duration
40 minutes

Genre
Contemporary dance
Stand-up

Trigger Warning
Smoke

Language
Non-verbal
and in English

Stage
Medium
Travelling crew: 1

Opened
2026

Tours & Festivals
Alexandrinsky Theatre,
New Stage, at Saint Petersburg
(RUS), 2025

Trafó House of Contemporary Arts,
NEXTFESZT (HU), 2025

Softloneliness is a contemporary dance stand-up performance. Its subject is loneliness. The performance is based on a research process that I began by searching for a sense of community that can be experienced alone. I found it in the circle dances of Moldova. What I love about loneliness is the way thoughts take shape within it, only to flow through it once again, unformulated. The language and mindset of contemporary dance make this fluidity possible.

By blending the two types of dance (dancis of Moldova and contemporary) and then even movement elements of pop culture, I found a quality of movement filled with familiar forms that nevertheless remains undefined. The outcome of the research was the character of Terpsichore. Through Terpsichore's dance and the presentation of her home, loneliness becomes a communal experience on stage.

Zsófia SZÁSZ (1998) is a contemporary dancer and a member of Irene Plaque and The Symptoms. In her performances, she explores "fluid statements" that are at once extreme and open-ended. Softloneliness (2025) is her first solo work. The third installment of the series, Softloneliness 3: The Sentimental, is being created this season, with its premiere planned for 27 November 2026 at Trafó. Alongside her work in contemporary dance, she is a communication trainer and art therapist; all her different fields of work and practices influence and inspire one another.

This season, she is also working as a co-creator and performer with Réka Szabó on On Wingless Angels and with Attila Horváth on Interior Story. As a performer, she is appearing this year in works by Máté Mészáros, Márta Ladjánszki, Csaba Molnár, Simon Regős, and Atanáz Babinchák. In recent years, she has also performed in works by Viktor Szeri, Réka Oberfrank, Veronika Szabó, Alja Branc, Szonja Dorottya Koltay, Balázs Oláh, and Nóra Horváth.

Concept, choreography,
performance, costume, music
Zsófia SZÁSZ

Lights
Kata DÉZSI

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