

**SYNOPSIS**  
**Outside These Walls,**  
**Everyone is Sleeping**

*outside these walls, everyone is sleeping* follows Dreamer as she navigates the emotional threads of a former relationship through a surreal, cyclical journey, inspired by the phases of the moon. Alone and unable to regulate herself without the lover she once depended on, she drifts through a dreamlike landscape where memory and reality begin to blur. As her inner world unfolds, the audience is drawn into a space where absence feels tangible and time loops in on itself.

Across a series of sleepless nights, Dreamer moves through memory, grief, and frustration, searching for some type of relief. Her story is expressed through a blend of physical theatre, projection, and an atmospheric original score. In the intimate space that Dreamer cannot leave, she explores nostalgic mementos, dances through emotional tension, struggles with her artistry in isolation, physically reshaping the environment around her. Suspended in the gravity of her own mind, she is constantly pulled between the desire to remain in the seductive embrace of past memories, the innate urge to create as a means of survival, and the desperate need to move forward with and reclaim her own life.

Outside her room, outside these walls, it feels as though the world itself is asleep and numb, while inside, reality and time stretches and distorts within her mind. In a city once shaped by community and connection, today lonelier than ever, outside these walls, everyone is sleeping resonates deeply with the silent intensity of Toronto's long winters, when the external world sleeps, and inner voices amplify.

*outside these walls, everyone is sleeping* suggests that healing unfolds in cycles, drops, storms, and tides, rather than dry resolutions. Dreamer is left to face the inevitable task of holding herself together, revealing how much we rely on each other to make sense of time, emotion, and ultimately, ourselves.