

## NOT ENOUGH synopsis:

**Time for some delightful healing.** Megan sits down to enjoy the relaxing, 10-day silent vipassana meditation that she has been looking forward to for months. Her personal life had been falling apart, so she's ready to have a peaceful answer bubble up as she touches her inner *Namaste*. Unfortunately, the retreat becomes less "harmony-in-paradise" and more "cacophony-in-hell" when she meets a voice that sounds exactly like her own, but way more abusive. This voice usurps her gentle "Me-Time", and, after hurling compelling reasons to her why she should leave immediately, begins to whip Megan through memory after memory of the ways she has sabotaged relationships, professional opportunities, and her own chances of happiness. In between memories, Megan defends herself from the shrill voice as it compares her practice to other characters that bubble up: her meditation neighbour the perfect "Om Girl", Jane the assistant teacher, and a variety of memories and fantasies of how Megan's life will be better and more perfect if ONLY she got up now, went home, and didn't change. This autobiographical solo show takes place over the first 4 days of the retreat, and culminates in an epic battle-to-the-death as Megan becomes aware this voice has been dominating her entire life... and it might not have her best interests at heart. The entire performance is done seated on a meditation cushion and with a loop effects pedal, looping in real time.