

## 2026 No Limits “Harmonia” by Unusual Symptoms, Theatre Bremen and Adrienn Hod

### Trailer Descriptive Transcript

An electronic drumbeat, urgent and heavy, maintains its pounding throughout. Text on screen reads **Harmonia. Unusual Symptoms/Theatre Bremen/Adrienn Hod**. An extended hand pulses to the beat and a woman trembles, shuts her eyes.

The title screen reads **2026 No Limits Inclusiveness through the Arts**.

**Co-presented by the Hong Kong Arts Festival and The Hong Kong Jockey Club Charities Trust. Strategic Supporting Partner, Arts with the Disabled Association Hong Kong.**

Text on screen reads **Asia Premiere** over the lower body of a person in a wheelchair, thighs bare, hand moving the wheel. A montage of shots shows people with different types of disabilities, all scantily dressed in cotton underwear, moving to the beat, touching themselves and one another.

Text on screen reads **A dance celebration exploring the possibilities and limits of different bodies and the perception of our gazes**.

A strongly built man sweeps his right arm towards us as text on screen reads **Produced by the internationally renowned Theatre Bremen**. Dancers interact, on the floor and standing. The man lifts and flips a woman with dwarfism as a slender woman in front of him extends both arms.

Text on screen reads **Best Work at the 2023 Rudolf Laban Award in Hungary**.

A man hugs a woman from behind, a hand grasps a wrist and a fist clutches a hank of grey hair. A man, on his back on the floor, writhes as text on screen reads **One of the ten most representative dance works in the Tanzplattform Deutschland 2024 in Germany**.

Mostly naked bodies of different types and disabilities move and pulsate to the beat. A woman with a missing left hand stretches her arms up towards the stage lights.

Text on screen reads **Harmonia. Unusual Symptoms/Theatre Bremen/Adrienn Hod**.

**21 – 22.3.2026. The Box, Freespace, WestK.**

The words, **Tickets now available at Urbtix**, with a QR code above, appear on screen, then logos with the words: **Subtitles and accessible captions in Chinese and English, audio description in Cantonese, and house programme in audio format; guide dogs welcome**.

The next screen shows a blue sky with puffy white clouds. A man is shown from behind. His left half sits in a wheelchair. His right half sits on a stool. Text on screen reads **All of Us, All Ways**.

The end pages repeat: **2026 No Limits Inclusiveness through the Arts. Co-presented by the Hong Kong Arts Festival and The Hong Kong Jockey Club Charities Trust. Strategic Supporting Partner, Arts with the Disabled Association Hong Kong**.

A final screen says: **Follow us for the latest updates** and has the logos of Instagram, Facebook and YouTube, with the website, [nolimits.hk](http://nolimits.hk)

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