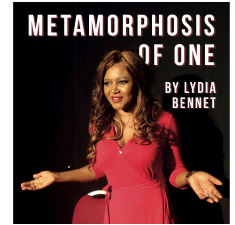


Lydia Bennet
Metamorphosis of One
 by Lydia Bennet



What does one do when all hope is lost, with no one to turn to?

Metamorphosis of One is a powerful story about growing up in an old-fashioned religious way of life, muddled up in a new world of love, a question mark on the role of women in society, death, loneliness and modern technology. This is the powerful story of finding inner strength and using it to help others.

In **Lydia Bennet's** one-woman play, she examines what happens when conservative traditionalism combines with the fast-paced stress of modernity. The play explores the story of One, a young girl growing up in a religious home with high expectations for the future. But when technology takes over and her faith in romance fails her, her carefully planned future is now devastatingly uncertain...

Will she plunge into darkness and depression?

Or will she transform?

This is Lydia's first Fringe solo-play. Along with writing and acting, Lydia is also a life coach. Her deep-seated desire to help others and her exposure to different walks of life helped inspire her performance and ground it in reality. The relatable nature of Bennet's show coupled with a sincerely emotional delivery results in a powerful and moving performance. Through the theatre, she wants her audience to leave questioning the stability of cultural norms in this constantly shifting world.

C venues

vibrant vivacious variety

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Rosie Wake

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C venues London

5 Alexandra Mansions

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during the Fringe in August

C venues Edinburgh

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Chambers Street

Edinburgh EH1 1HR

Ticket collection at any C venue

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Listings Information

Venue C royale, Royal Society of Edinburgh, 22 George Street, EH2 2PQ, venue 6
 Dates 1-27 Aug
 Time 15:35 (Ohr45)
 Ticket prices £7.50-£9.50 / concessions £5.50-£7.50 / under 18s £3.50-£5.50
 C venues box office 0131 581 5555 / www.CtheFestival.com/2018/metamorphosis-of-one
 Fringe box office 0131 226 0000 / www.edfringe.com

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For further information, images and interview availability please contact Lydia Bennet at Lydia Bennet on 07719875394 / lydiab3333@gmail.com or the C venues press office on 0131 581 5550 / press@cvenues.com

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