



## Time To Heal At Esplanade Turns Stem Cells And TCM Into Movement

### Description

[Time To Heal](#) is one of the more unusual Esplanade listings this week because it puts scientific and traditional healing ideas into a movement frame.

The premise compares how stem-cell research and traditional medicine understand body, memory and time. That gives the work a clear entry point even if you do not usually follow contemporary dance research.

### Why The Premise Stands Out

Most short performance listings lead with music style, cast or genre. Time To Heal leads with two different ways of understanding repair. That makes the reader question simple wellness language: is healing a biological process, a memory process, a cultural practice, or all three?

The movement lens keeps it from becoming a seminar. The draw is seeing how a performer translates those ideas into body, pacing and space.

### Best Audience Fit

Go if you like performances that sit between dance, lecture and research. It is also a good pick for people interested in health, science and traditional practice, provided they are comfortable with an arts format rather than a direct explainer.

If you want a straightforward concert night, choose another Esplanade listing. If you want one compact work that will probably give you something to talk about after, this is more promising.

### Planning Notes

Esplanade lists Time To Heal for 18 June 2026 at the Rehearsal Studio, with the meeting point at the Theatre Studio Entrance on Level 4 about 15 minutes before start time.

For more arts and activity ideas this week, browse [Little Big Red Dot Things To Do](#).

## Location Notes

- [Esplanade Rehearsal Studio](#)

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