

The creation process for my works starts differently. I don't try to follow any individual structure or methods, instead I tend to mix the components of many methods which resonate to the subject to reach the perfect creative solution to my idea.

Depending on the subject I want to extend, forms vary. Starting points can spread from digging in academic research to absurd images or simple inspirations from everyday scenes.

The pattern which somehow repeats in my physical movement research phase looks as follows. Starting with self observation and reflection, I ask myself questions around the subject. I observe the different states of my emotions and psychological approaches. I let my mind and body be as fluid and flexible as possible, I try not to stick to one option but try different ways. I love to improvise and suggest to my body and mind unexpected situations. I feel fully connected to body and mind while conditioning myself into different realities. I often seek ways to cause physical reactions in the body to reach special emotional states.

One of my favorite tools to develop the physical part of the performance is to get as much inspiration from the environment as possible. This includes, observing the space, its surfaces and atmosphere, trying to image radical opposition to the given circumstances. I tend to play with the limits of my body in space and to reach certain conditions I even put myself in strange spaces.

On the next page I'm sharing my work. I believe it's a good reference on how to get the full inspiration from the given space and transform it to the artwork itself, while performing also in it.



Platform : [HERVISIONS](#)

ENCLOSED GARDEN - [Video Link](#) [Project Link](#)

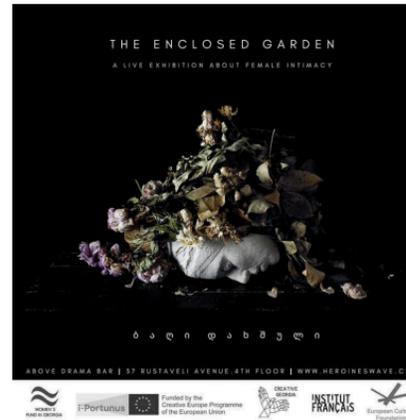
(A Live Exhibition) 2019

Every year, starting from 2019, female artists collective [Heroines](#) (Founded by [Celia Stroom](#)) from different countries and disciplines gather in countries in development. Individually and collectively they question the subject of female intimacy in a region of the world where the topic is still taboo.

A Live Exhibition Includes :

Polyphony, Performance, Contemporary Dance, Video art, Textile art, Photography, Drawing, Poetry, Electronic and Contemporary Music.

During over one hour immerse your whole being in The Enclosed Garden created by twenty female artists. Discover their perception of intimacy through mysterious installations, live photos, drawings, free dances, wild polyphonies, fragrances here and there, moving images to be embraced, physical sound design.



*"My solo performance for the exhibition was called **OBJECTIFIED WOMEN ON YOUR SHELF** in which I wanted to describe the struggle and suffering of women being objectified in different situations and relationships. " It gathered : live performance, the materials from my contemporary dance film directed and edited by me and the text I've worked on.*