

**WHY DANCE?** I offered the group practice of walking in ∞ shape, active meditation.

**My notes after the experience.**

For me dance=art, and in a lot of ways, I don't distinguish other art forms from dance. I think there shouldn't be that much distinction between different genres and forms, those borders should be more blurry. I love art in general, and I think it's very needed and important. But of course, dance is something special to me and it has some characteristics that no other art form has.

Dance is freedom, privilege, core, connection : mind-body-heart.  
It's a privilege to be able to move.

I dance to stay sane. Strong sensation in the solar plexus.

I dance (art) because there is no right and wrong (at least in dance/art I'm interested in)

If there would be an artist in every friend group, the world would be a better place.

Dance gives me tools to be able to hear my rhythm , so I can take care of myself and also hear the rhythm around me. Constant reminder of cyclicity.

Dance for me is comfort. I chose to dance because of comfort, I was shy, so I felt more comfortable to dance than sing, because when dancing I didn't have to look straight to the audience. A lot of times "getting out of your comfort zone" is overrated and harmful to the person. Staying in comfort can sometimes be more productive and can lead a person out of their comfort zone in a soft way. Not always maybe, but dance should give people happiness and comfort, not pain and struggle.

For quite some time I don't know what dance is for me. I'm not interested in typical contemporary dance technique workshops, in general I'm not interested in improving my dance technique and body's capability in that sense. I guess, my dance has moved more to my mind and my inner world. It's different. I sometimes feel bad about that, because I don't need to dance like air anymore.

I want my dance practice to be (it's not there yet) to be a silent protest against society ( also art community) which cultivates the idea that the more tired you are, the better person (artist) you are.

