

Individual contributions: Each artist uploads 3 topics/contexts/materials/themes which are currently urgent for you and your work on an individual level. Please indicate what role the ,topic' currently occupies in your choreographic process.

1,
material/work
Poet practise

How to stay sensitive, attentive and listening in today's world where the news is full of wars, manipulations, social media and other things. What kind of mindfulness practice do I need to do? To simply collect the perception of the space I am, the street I walk, the friend I talk to, the place I work. How to transform, record, write and move all this material that is present on a daily basis. I can find back the time when I was bored - in the space of waiting at the doctor's, at the bus stop. Let yourself just be. Practising the different manifestations of poetry - language that works in different times, opening us up rather than closing us down. Practice of joy and curiosity.

2,
context
Teaching - articulation and sharing of my work and practice

I am in a period of reflection/revision of my work, themes and topics. During this period I received an offer to teach more in the Master's programme at the Academy of Fine Arts in Prague with a focus on the body and performance. This offer supports my process of becoming clearer about the way I work and the way I am interested in working. All this is for naming the principles, choreographic approaches and so on. That can support the ability to share all of that with students and to reformulate for them new tasks and territories of exploration.

3,
themes/topics
The (de-)colonisation of the mind, the personal and even at the bacterial level.

How to bring more consciousness to things we perceive and affect us on a day basis. How to support our own integrity and freedom, and recognize the patterns of behaviour, thinking that do not belong to us. It is a new theme. And I am not sure yet how it will be translated into choreographic practice. It is now in the phase of noticing and understanding in personal everyday life.