

1. Crafting Physicality

I sculpt space with muscle,
thread momentum into gravity,
and let the floor become a partner rather than ground.

My body doesn't mimic movement—it invents it in dialogue with air or silence.
Aerial dance teaches me to trust suspension, to bend force into flight.
I am curious where discomfort births articulation.
I choreograph not gestures, but states of being.

2. Who am I and what is my dance

I am not a fixed silhouette—I am accumulation and erosion.

My dance lives in the threshold where control trembles into chaos.
I carry a constant urgency to prove myself,
though I'm unsure to whom, or why.

Sometimes I soar,
sometimes I crawl,
but always I search for honesty beneath the skin.

My dance is a question and a relief.

3. Sustainability

The body, like the earth, remembers.
Dance with the weight of melting ice,
with the breath of forests,
with the silence of things lost too soon.

My practice asks how to move without harm,
how to perform without extraction.

I seek to create with care—for space,
for materials,
for more-than-human life.

Sustainability is a choreography of respect, rooted in interdependence.