

## What/Where is your desire in dance?



To reclaim my movements through dance. I feel like the movements that are not taught but explored are my own movements. We are taught how to move when being in different situations and how not to move in certain contexts. Dance is a powerful tool for practicing freedom in my everyday life. Through dance, I explored a variety of different ways I like to move, not only in the studio but also on the streets, in nature, etc. Why prohibit non-harmful ways of moving?

Control over the movement of masses and of individuals is scary. Dance empowers me and gives me control over my movements. The ambivalence of control and freedom of which dance offers both.

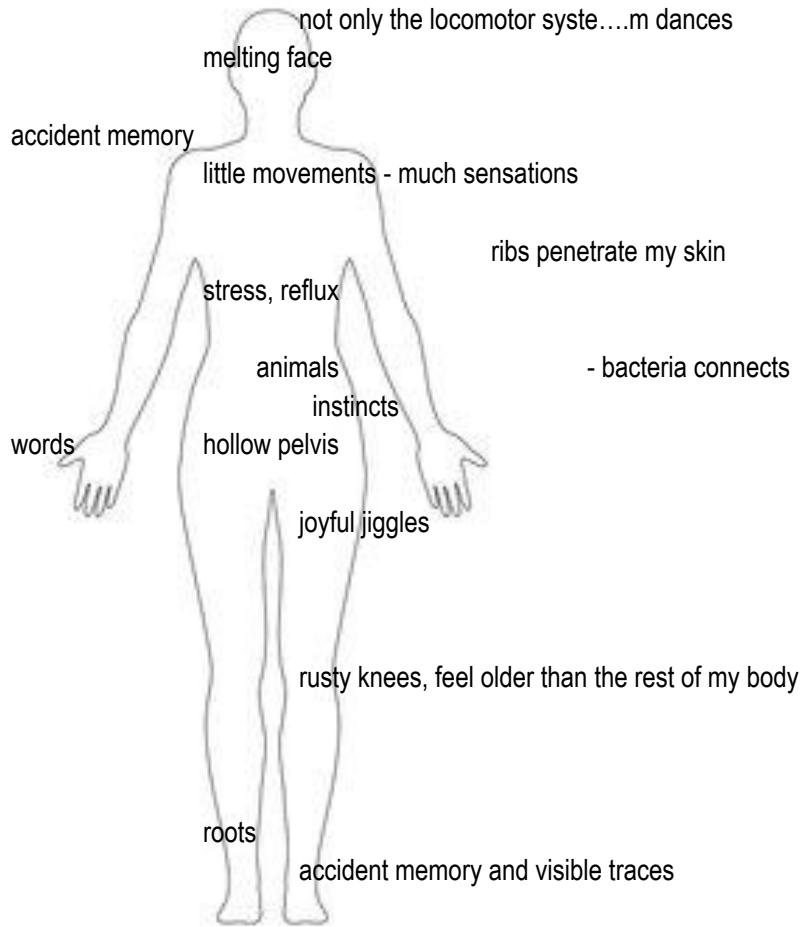
Reclaiming my body through dancing

The experience of bodily movement

builds a more complex and appropriate body image

Snapshot of a video footage from 2021 displaying Enikő Szil, Léda Varga and I turning around our axes in a grocery store in Budapest. After a short time we were asked to leave the store.

# MY BODY



The duality of

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# MY DANCES

a journey of self-discovery  
connecting to myself  
I can transform when dancing (become something that is not me)  
doing  
body

and so on...

building community  
connecting to my surroundings  
dance transforms me  
witnessing / listening  
mind