

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

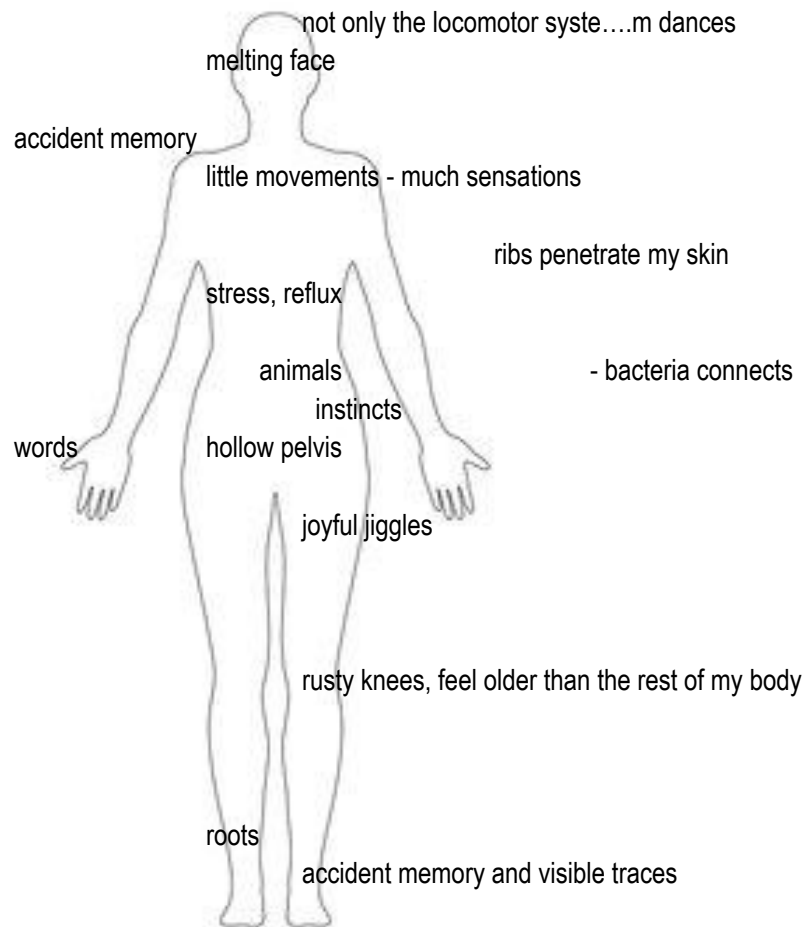
The experience of bodily movement

builds a more complex and appropriate body image



Snapshot of a video footage from 2021 displaying Enikő Szili, 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



MY DANCES

The duality of

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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