



Choose an image that relates to your interests. My first experience was with a painting, specifically Millet's Angelus. But you can also use a photograph or more abstract compositions.

- If there are people in the image, pick up their positions and move them . You can consider the positions of different people as different stages of your movement.
- If you find other things in the picture that could have been frozen in the moment of capture, move them as well.
- Look for additional dynamics, directions, qualities, colors, and moods in the picture and move with them in space.
- If you are also interested in a narrative approach, formulate a story related to the image. What could have happened before the image and what could happen after it? Move with your ideas, thoughts, and feelings!
- How do the figures, lines, and colors divide the space in the image? What is the composition? Divide the space of your dance according to the image and move through the spaces, lingering in them. Use the impressions and moods of the pictorial spaces for your danced spaces.
- If you would choose music for the picture, use it for your dance in the space. Or combine it with the previous points.
- And combine it, work with it freely, however you like!