

(in around geschreiben).

Day 0, Sunday 03-03-19

For me it was a day with a lot of information which gave me ~~clear~~ more clarity on what the aim is for the solo and at the same time left me with many questions and ~~xxx~~ on how to translate a topic like this into the body. After talking it became very clear to me that my biggest challenge has nothing to do with physicality but how to be honest on an emotional level and share this with people. The topic is very close to me and touches me deeply, it makes me eager and also scared to start working on it. It's not a bad fear though, it's a fear because I know there are many things for me to find there, you just never know everything that you will find. It's a search I have been trying to do for a long time but I was never ready yet, since a few weeks I have been confronted with it much more so it feels like this process and topic came exactly in the right moment. I have the feeling that this process might be a first step in confronting myself and seeing my weaknesses and patterns and turning them into strengths or at least already just putting them out there in the open. I'm eager to take this challenge and look at everything upside down!

Joany ♥