

20-03-19

Dear Joost,

Written in the
morning

I had a very good time yesterday! Again I got a better and deeper understanding and connection or relation with the work. For me it was good the switch we made in order, it makes more sense for me and it made it easier to understand the connection between the different scenes, what I didn't have yet when we did the run 2 days ago.

You asked me to reflect on the difference between solo work and group work and for me it's the first time to do a solo. For me the biggest difference is that with solo work you really put yourself on stage, every action, intention, state, message is not supported by others but only by yourself, every small detail becomes even bigger and more important.

I have to say it's difficult for me to reflect on yesterday because I feel that I really just want to go back (in the studio) and continue the research and play we were doing. I feel that yesterday I found some doors in all the materials to open them up again and this was what I was looking for most these days. Yesterday fuelled me with a lot of energy, inspiration and happiness which I'm very grateful for!

I feel that the end of the rehearsal yesterday was not really an end of the day but a beginning of something new, new aspects or approaches and I would like to continue on them!

So... Lets go for it!

Love
Joany