

Gu: Yes and maybe it takes more time or we need to do it physically

A: Maybe just move your hand, something easy for "beginners".

Gu: Yes let's see in Kristine if we can get some people like that and who haven't been in the workshop.

A: It would be interesting to have some audience with bits of info + some without any at all

Gu: an optional audio maybe to see how it is

Gu: I think without audio it would be too hard. Too different like this, without any craft.

A: Not as a show, just as an experiment.

Gu: This idea of what audiences are experiencing when they're watching contemporary dance. Split those who've never experienced contemporary dance into two groups ...

There was a doc I made as part of a project on PTSD. There was a play and a video and this story of my making. And the way I did it was by studying the physical outcome of PTSD, how it manifests bodily. We were taken into the woods and did some military training and simulations and spoke to some ex military. The director had spent years but for us it was different. We created a phrase out of the material. We shook for 3 solid minutes and it was really intense. We had some sweets and we gave them to the audience before the showing. A man came up to me and was so proud to have received the sweet. It was such a strong moment for me because it reaffirmed for me that as long as we continue being true to the work we can reach people. That's where the level of mental discipline is so important in doing the work.

The lady who spoke about not being passive that's so interesting to me.

A: Yes you have the chance to get more in touch with yourself and be more active. It's always this balance of how much reality you put into it or not