Paz, Thanks.

Thanks for making me rediscover. I have unlearned a lot, learning in your workshop. I am happy to have shared with you and the other colleagues these five days at the *Sporá* in Barcelona. In the beginning, I was lost, not knowing what "the scene would be devoid of".

I liked to start by discussing your essay. It seemed to me that your workshop was fueled by this great knowledge that you pour into your writings. The great fertile land you gave us to sow "something".

Sometimes I was lost between concepts and philosophers. But others saw brushstrokes of some reflections that have arisen or continue to emerge regarding life, not just the world of dance and choreography. That day I went home, not knowing where to put and sow all that. When the practice came between the hole and the holing it out I could see where the seed could be sown in that land.

The practice has allowed me not to identify myself. To not judge what is coming out and how it is coming out. A new dance, unrecognizable and not predictable.

It has given me the opportunity to put myself at a starting point. At that point, it's worth playing, it's worth trying, it's worth experimenting, within a framework, yes! But it's allowed, it's released, it's freed!. And, sometimes, I recognize the known and I rewind it, or I rather paused it.

If I take this practice to the personal domain and with my relationship with dance, the workshop has been a switch. Though, I don't know if I have it to the ON or the OFF bottom. I just drove it, I have changed position.

Sincerely, Paz. I feel lost because there are times that dance for me has no end, where or in what it can end; if it materializes into something. I just dance enjoying the ride as we enjoyed the studio these days. And I get into judgments. Many (of them) they come mostly from what surrounds me. Anyway. I also don't want to get into such subjective stuff.

Again, thank you very much,

A kiss and a big hug,

María