

Monday, 04-~~03~~03-19
(in de avond geschreven)

Dear Joost,

First of all I would like to say thank you for this first day in the studio! I was very touched by how this day went and the things we did. The morning practice was very tough for me, I really blocked completely which I'm sure you noticed :). I think it's a very good and important if not essential practice and work for me though. I was thinking about it now in the night and I realised one of the hard parts about it was to really be in the moment and not in the past or future or trying to explain things.

I enjoyed the work in the afternoon a lot and I appreciate the work on fragility deeply, it's very exciting, fertile and inspiring for me. I appreciate that the work is not or not primarily about esthetics and that you're pushing me in this work of honesty.

You made me feel very safe today in the sense that I felt the space to really go into all the propositions you gave whether there were blocks or not and therefore I already embraced the honesty, femininity and fragility more than I ever did before in the studio.

I want to say thank you for the trust and patience you had with me today, it's very special to me and means a lot!

Also after you told me I should try to say less 'I know' I realised how many times I actually say it and I will definitely try to say it less!! ☺

Muito obrigada!
Thank you very much!

Joany ♥