

Notes from Aleksandr Ivanov, the visual artist that liked to swim.

First day: "I could feel something in my body I didn't feel before. Like in my legs and maybe back. I like the idea of falling. Also, I want to add that it was a big pleasure for me to have you as a teacher. The way you look in the eyes and the way you speak is amazing and sharp with excitement and maybe a question in mind sometimes. I hope I am not saying too much, but I loved the way you were opened and helping."

Two days after finalising the workshop: "It was a very spontaneous event for me. I had no expectations and came with an open mind and heart. I do not have a lot of experience with ways to take control of my body. The only active hobby I have is swimming which I do once a week if I have time for it.

At the workshop, the group was small and very friendly and somewhat cosy to be in. The only part I have not thought through was clothing which would be comfortable while moving actively with my body. Though I visited only two events (as I had to move back where I came from) I was very happy that Marta was our teacher. She was very caring and paying attention to what we did. She was sharp and on point. Even though I felt shy I would still let myself be in the moment concentrating my focus on the task or instructions. For example, on how would the body move while falling into different directions and how to take control of it. Breathing was a very important part of this workshop which gave me a big chance to think of how I breathe in general and also while I play the saxophone. I am struggling for few years to understand ways to breathe correctly while I play this instrument so my music practice frustrates me a lot as the quality of the sound and tone very much depends on the way you breathe. I feel upset I couldn't join the last session of the workshop, even though through the previous two sessions I couldn't even learn all moves of the dance that we did at the workshop with Marta."