

To read the manifesto

1. Print the next two pages in a single A4 sheet (double sided). If you need to change sides manually in your printer, make sure to rotate the paper as needed.
2. Hold the paper looking at the side with a dashed line. You should be able to read the word method right side up. Fold across the dashed line, bringing the top part to the bottom.
3. Fold again in half, bringing the left part to the right.
4. With a pair of scissors cut off 3 mm across the top edges, in order to be able to turn the pages.

Then, get very, very quiet and let your own voice speak through you.

CONNECT THE TWO.

MOVEMENT IS A FORM OF KNOWLEDGE.

OVERTHINK IT.

READ AND WRITE.

DREAM ABOUT YOUR WORK.

STUDY OTHER ARTISTS YOU HATE.

OPEN YOUR HEART.

EMPTY YOUR BRAIN.

FEEL YOUR HEART.

BE FLEXIBLE.

INSPIRATION COMES FROM WITHIN.

LOOK INSIDE YOURSELF.

TEST YOUR LIMITS FURTHER.

KNOW WHAT YOU DON'T LIKE AND WHY.

KNOW WHAT YOU HAVE.

KNOW WHERE YOU ARE.

START WHERE YOU ARE.

WORK WITH WHAT YOU HAVE.

KNOW WHAT YOU LIKE AND WHY.

KNOW YOUR LIMITS.

LOOK AT THE WORLD AROUND YOU.

INSPIRATION COMES FROM OUTSIDE.

KNOW WHAT YOU WANT TO MAKE.

FILL YOUR BRAIN.

FILL YOUR HEART.

OPEN YOUR BRAIN.

STUDY OTHER ARTISTS YOU ADMIRE.

THINK ABOUT YOUR WORK.

READ AND WRITE.

DON'T OVERTHINK IT.

LANGUAGE IS A FORM OF KNOWLEDGE.

A method

1. Go outside.
2. Look at the world around you (also inside you).
3. Detect a phenomenon.
4. Study it thoroughly
 - until what is familiar becomes peculiar and what is peculiar becomes ordinary.
5. Find a way to explain this feeling to someone else.
6. Find ways to explain this feeling to more people.

ART IS NOT SCIENCE. IT CANNOT BE EXPLAINED STEP BY STEP.
LET WHAT YOU LEARNED DIFFUSE INTO YOUR PRACTICE.
INTUITION IS AS VALID AS ANY STATISTICALLY PROVEN FACT.
FOLLOW YOUR GUT.
THERE IS NO LINEAR PATH FROM THEORY TO PRACTICE.

also, lose the idea to greatness.
(Working with people possibly forces us to lose the idea
that creating something meaningful is a personal achievement.)
CONNECT TO OTHER HUMANS.
ART IS WHAT MAKES US HUMAN.
KINDNESS > HONESTY (if you ask me.)
RESPECT OTHER PEOPLE, OTHER LIVING BEINGS, YOURSELF.
KNOW YOUR ETHICS. DON'T MAKE ANY COMPROMISES IN THE NAME OF ART.
BE IN CONSTANT AWE.
(For example: isn't it amazing that we all exist at the same time?)

On Choreography

Choreography is about bodies in motion
- or stillness.

Choreography is about merging
autonomous processes
in one complex.

Choreography is about imagining a world
and then bringing it to life
- preferably with the help of other people.

Choreography is about creating a tacit world
and attempt to bring other people in it.
It is important to leave the door slightly open.
It is important to invite people to open it
- as much as they choose to.

WAYS TO WORK

A manifesto for balance