

Do images trigger you to generate movement?

Yes.

Does it help you to explore materials that you translate into dance? (Like drawing, sponge...)If yes, How?

Yes, I can turn the way I see these materials into a feeling and then into movement.

Can you describe a moment where you felt that you completely embodied the movement? Can you describe the feeling you had?

I never felt like I completely embodied a movement, but I might have come close. It's a feeling of letting go and allowing the body to take control.

How would you describe the relationship between dance technique & improvisation?

Like Commensalism. One profits from the other, but the other doesn't win or lose. Improvisation benefits from dance technique, but there is nothing wrong with dance technique without improvisation(yet you can improvise while improving dance technique).

What are in your opinion the main elements that we addressed the past months?

- Turning material you can see and touch into movements and a feeling in your body.

- allowing you body to take control of the movements but staying focused on it

What was most important for you?

Letting go, not thinking too much about how it looks, but rather how it feels.

Is there something you missed?

I don't think so.

Does being creative with movement have an impact on your everyday live?

I guess it does. I take every chance I have to dance and explore different movements.

- 1) Do images trigger you to generate movement?
- 2) Does it help you to explore materials that you translate into dance? (Like drawing, sponge...) If yes, How?
- (3) Can you describe a moment where you felt that you completely embodied the movement? Can you describe the feeling you had?)
- 4) How would you describe the relationship between dance technique & improvisation?
- 5) What are in your opinion the main elements that we addressed the past months?
- 6) What was most important for you?
- 7) Is there something you missed?
- 8) Does being creative with movement have an impact on your everyday live?

1) With images its easier to generate movement.

They give me an orientation. For example I try to imitate a jellyfish:)

2) yes it helps me. It (again:)) gives me orientation. For example I have a prior knowledge about drawing. When I dance I can use this pre-knowledge and it helps me to generate movement.

4) Dance technique helps you to understand dancing / gives you pre-knowledge with pre-knowledge about dance techniques your improvisation gets more defined and „safer“.

6) Dancing helps me to understand my body + myself better.

+ Now I am more confident and know what it looks like, when I

8) make a certain movement.

Before the JDC-training-session with Jonas, I used to learn a choreography, add some face expressions and perform it. My technical skills grew slowly and after being able to perform a whole choreography without mistakes I would get a feeling of success. Through Jonas and his way of teaching I learned that there are no mistakes when it comes to dancing.

I learned to express my feelings, rather than following another persons lead.

I learned to translate objects or quotes into dancing, rather than translating the choreographers thoughts.

I learned to combine technical skills with my personal "flow".

Long story short: I learned to improve. Next to various technical skills and improvement Jonas taught us to just let go of your mind and let your body speak. Sometimes I am even able to use that skill in my day to day life, when another person, a situation, or an object triggers me to move/ dance.

Do images trigger you to generate movement?

Sometimes. I like to generate movements through other dancers and the inspiration i get out of it.

Does it help you to explore materials that you translate into dance? (Like drawing, sponge...)If yes, How?

It helps you to find ways to use your body and how to move different then before. It shows you a different perspective.

Can you describe a moment where you felt that you completely embodied the movement? Can you describe the feeling you had?

It is actually something scary and yet beautiful at the same time. Your mind is completely off and you concentrate on the way your body translates your feelings in movements. Dancing is often connected to being completely free and that's how it feels if you embody something to its fullest.

How would you describe the relationship between dance technique & improvisation?

I think both is important. You need to know how your body works in order to improve you dancing skills. However it is possible to learn and use these techniques in improvisation. So both are ways to improve yourself. One is learning on your own and the other is improving through learning.

What are in your opinion the main elements that we addressed the past months?

We basically learn every time how your body works. To be more specific we learnt about controlling different centers and how to improve our skills. We learnt to be fluent and precise at the same time. Dancing is all about exploration in our class.

What was most important for you?

I think the knowledge we gain in class is the most important. Especially different tools to improvise and perform properly.

Is there something you missed?

The only thing i missed (until i didn't) was learning choreography again. I think it is also an important part of dancing. But we just learnt one so i am happy :)

Does being creative with movement have an impact on your everyday live?

Of course. I think it gives you confidence and helps you to become more your true self. It opens you mind for possibilities and balances out stress and anxiety of your everyday life.