

06-05-19

Dear Joost,

First of all I would like to thank you deeply for inviting me into this journey, I'm very excited for these two months and am very aware of how precious this time is; not only the research and project but also this time for you in your life and also for me in mine, I believe it is an important time full of changes which in my opinion creates the right urgency and fueling ground to create upon and dive fully into this research and trip. Now coming to the topic of the spine; our first choreographic love letter of this period.

I have to say the spine became a fascination for me, before you came to Portugal I was reading a lot on the anatomy of the spine but only due to my injury, after starting to work my fascination grew and I started to realise there is much more to the spine than I was ever aware of before.

Looking at the spine, a big confrontation for me was that the health of your spine determines for a great deal the quality of your life; your physical capacities, emotional regulation, the function of the nervous system and even to a certain point and until a certain degree your social contacts and behaviour.

When I was wearing the collar for those months I noticed that it was much more difficult to communicate with people, because your movement and vision gets very restricted and it creates really a tunnel vision.

It creates an exclusion, or a situation where exclusion takes place very easily. I'm saying this because I felt it was something that is an interesting aspect somehow because I believe social well-being is a very important aspect for well-being in general and very much related to madness as well.

I think the metaphor of the spine connecting