

Report written by Klára Esnerova student of The Academy of Performing Arts in Prague about her mobility period spent at BCDA between 01-09-2016 and 21-12-2016

Zsuzsa Rózsavölgyi - *Global body practice – introduction to warm up*

In these classes, I learned a lot about my body. How to work on the right posture of body, how to stretch muscles, how to listen to my body. I found also a lot of new observation about myself and think I can work on. All the exercises what we learned are really helpful and I will always use them. I was experimenting with the using and not using the exercises, before the class. And I could see effect on my movement.

Interesting was to observe the effect of the exercises on my classmates and their different bodies. It is really important for teaching and working with others. This class very improve my knowledge about body and health. Thanks to this exercises I finally can resolve my anatomical problems.

Péter Cseri – *counter technique*

I found very interesting the way of thinking about body in motion. How can I think about direction in the body. This system of counter directions, have good effect on the movements. The movement can be longer and deeper. I could experiment with this approach in every exercise.

In this technique is important the direction and counter direction. The main is from the heels to the head, with opening back ribs. With this thinking I could really easily find work from the centre and I can use this system in other techniques. We were working on transferring the weight and finding the dead point of the movement. I found in risk the freedom.

Kristóf Várnagy – *Contemporary ballet*

Ballet class with Kristof turns my approach to ballet technique. We started slowly with the exercises which help us to work with the inside muscles. I get new information in the body, which was positively effecting my movements. The difficult part was to keep these principles. There was always something to improve and I realize that I can go always further. Discover and reaching the freedom in the frame. From this class I felt, that my body is perfectly prepared for another classes. I could find the principles in contemporary, graham technique and connect the work. We used during the semester several principles, which help us always find freedom of the joints and lengthen of the body. Approach of Kristof is motivated and I always wanted to work and discover.

Iván Angelus - *Contemporary dance and learning strategies*

Learning strategies and contemporary dance technique was for me very useful and I will take it with me and use it in my continues work. I found how to make a structure in my notes. The exercises which we learned are complex and involve the whole body. I found interest in thai-chi which I want to improve more. I saw progress in myself during the period of this classes. I felt more stability and I improve coordination in the movements and in turning. I very like the approach of Iván with the corrections and tools he gave us.

Krisztina Sessi – *Rhythm and dance / Folk dance*

Folk dance class. Work with energy , learning steps, music, culture. I feel this type of dance close to street dance and social dances. These classes were for me so much fun and also challenge. Sessi was always coming with a lot of energy, which was spreading all around. Sessi gave us the principles in which we could improve ourselves. I like the approach of connecting folk dance to other dance styles. It was also our tool to find ourselves in this dance, not only learn the steps. I found this class helpful for the body coordination and rhythm. I improved quick catching of the dance movement and my physical power is better. I am very happy that I could get to know this dance, which is part of the Hungarian culture. I will miss these classes a lot.

Katalin Lőrinc – *Graham based technique*

I like the approach of the teacher and I found it very useful for me. The technique helps me with my vertical alignment and feeling of the centre. I very appreciate the explanation, which Katalin gave us. What helps me the most was feeling that contraction is in the direction back and up, that was different feeling for me, because before I was thinking just about direction back.

Tamás Bakó – *contemporary dance*

This contemporary class is a lot about coordination and connection with the ground. I enjoy very much every class. The energy of the dance and group was very high. I felt the constant energy, which is coming, when we should move longer time. I could see differences in my energy in the classes and I was observing how I can work with that. For me every class was discovering and I very much enjoy this style of dance. I find in myself improve of coordination, continues movement and I found the way of using necessary muscles for the type of movement.

Blanka Csasznyi - *creative children dance* – observation

I was watching Blanka's classes from beginning of the year, when she starts. She is doing wonderful job with the kids. She found natural approach for working with children. It was very different the class in the beginning, when I compare the class now. She has natural respect of the children and they enjoying following all the tools, which she is giving them. Her class is methodically very well constructed. Blanka works with the simple ideas, which she develops in different exercises and improvisation tools. This observation was for me beneficial, I would like to try some new tools, methods for me, which I saw in the classes. We was already discussing about it with Blanka after every class.

Working plan - feedback

I improve my physical possibilities. Feeling of connection in my body – I fixed different position of shoulders, know they are in the same level. I feel complex power in my body and I was also working with exercises for abdominal muscles, in this help me graham technique. I find new way of moving in ballet class, which I can apply also in other classes. I will still work on it. My ankles on relevé are working perfectly; I found thanks to Zsuzsa exercises, how to keep them strong and on the right place. I improve quick catching of dance phrases and feeling of the rhythm in the folk dance class. Thanks to observation of Blanca's classes I can improve my teaching skills. I still need to work on formulation and explanation of my ideas, but I had also possibility to work on that in BCDA.

I am very glad to know Hungary - Budapest. I am happy to meet this culture with deep roots of folk dance and music. All the teachers I had were open to give us as knowledge and share experiences. I like the approaches of the teachers and energy of our group. I felt our group works very well together and we were supporting each other, with energy, emotions. The people in the school are very close to me and I know that we will keep in touch.

Thank you for enabling me opportunity to study in BCDA. It was the best time.

Klára