

Summary of the first year in Dance Pedagogy MA

For me this year was very hard, I had to manage three studies at the same time. One an applied art study: I managed to create an artistic work on the topic of fascia anatomy, which I think I will not use in my pedagogy master thesis, I will use it in my choreography works. The other one was a fascia therapy school where I gained most of the knowledge I will write about in my pedagogy thesis. The third is the pedagogy master study:

For me writing essays about other topics than my real interest was an obligation that needed to be done. Sometimes I was thinking I am too old for this. But then I set down and did it and then I was happy it was done. For me more personal topics would have fitted better. Topics that directly relates to my study subject. I know the topics were important for the curriculum so please don't take it as a negative opinion about the master program! I wished I could have done essays that could have help me to develop my master thesis, topics that I need for the master thesis to research so when I start to write my thesis the research would have been completed. I felt held back with the extra work on topics that I will not use in my master thesis. The little papers we created helped me a lot to focus, to work on myself and I am planning to include them in my master thesis. I do think all the other topics are very interesting and this is exactly the problem in my personality. I can not focus my interests. Everything interests me and because of this I have difficulty to focus on one thing alone and save time to be as productive as possible. I would like to stop procrastinating. I am waisting precious time with wanting to know everything. I have to realise I can not know everything. It eats me up, it eats my time, it eats my nerves and I get fat from the stress. So I have to stop it and focus and manage my time schedule. I have to except that I can be productive only 8 hours a day, I need to sleep 8 hours and I need to save time for my body because after all I am a person who teaches how to be a healthy dancer. Right now I am not a healthy dancer who can be a role model. I have lots of knowledge how to be a healthy dancer but this year was not about embody this knowledge but about getting lost in deadlines and collect a waste amount of information. Now I selected them out, I will use some and I will put some in the deep freeze.

If I look at my problem from the other point of view is that I know a lot about a lot of topics: creating choreography, composition, improvisation, anatomy, release technique, yoga, massage, bodywork, meditation, coaching, assistance... I am so all over everywhere that companies, schools and workshop organisers do not know what is my profile. I feel sometimes people with much less knowledge are much more successful because they identify with one topic and they do that. Easy for that particular community to include them as one of their member. I am not part of any community because I feel my knowledge is too wide spread. I did not find my place yet.

My wish for next year is to be more independent, more focused on my topic. I did all my research needed for the thesis, so I would like to start writing it immediately. I wish to share my research with the group and get feedbacks. I wish to teach it already next year in schools and workshops to share it with the dance community and take the next year as a preparation year for my pedagogy career: first to write the master thesis and create a website Soft Tissue Balancing, and when it is ready contact schools and workshop organisers after christmas, before they complete the 2019-2020 school year and build up to be part of the dance pedagogy community.