

Report:

Residency in the Choreographic Center Heidelberg, January 2024

During this period, I had in CC I've started creating my first solo creation titled: "Notes for Future"

With my team:

Shahar Hanin as my second eye.

Oded Geizhals who composed the music and accompanied the solo.

And my props: 28 carton boxes- Visual element

The ideas and the concept for this solo have been cooking in my mind since the summer of 2023. Creating a solo, speaking out about introspection journey.

The solo is a story of a solitary, Isolated individual.

Exploring the relationship of the individual to the self.

Collecting all the different inner voices.

Intrigue and drama are lying between them.

revealing the naked existential.

Dealing with some questions about identity and belonging:

What does HOME truly signify?

Do you find yourself seeking answers to where you truly belong amidst a world swirling with traditions, the weight of authority, and the relentless expectations controlled from the outside?

Where and when do we taste the sweet nectar of pure freedom, untamed and unrestrained?

From this point, I was entering the studio myself and 28 carton boxes.

Exploring and trying to find my way to give answers to my questions or just add remarkable question marks.

When I create, I am trying to find a connection between the sensation I want to express to the movement. Normally first I find the sensation through improvisation, randomly moving in space paying attention to what I feel in those moments, and remembering it. After I feel I already that I sense the atmosphere I am looking to find out, then I can dive into more accurate choreography work.

Transform the atmosphere I've created into movements, qualities, and choreography.

During the 2nd and the 3rd week of the residency Shahar my college entered with me to the studio as my second eye, assistant, and organize my thoughts and imagination. Together we dig into more details and clarity.

The solo unfolds in three distinct parts, each unraveling a different layer of time, memories, and desires.

In the first part, I reshape a symbolic wall using carton boxes, layer upon layer, they tower, hiding her behind a veil of mystery, much like the layers we put on ourselves to mask our vulnerabilities. Reflecting the inner voices through external observations. What you see is not the whole picture.

The movement language and the elements in this part come as well from outside observation by the individual meanwhile listening to the inner voices which are pulling to different directions and creating contrast and a tense atmosphere.

The second part is an intimate revelation that starts with an undressing action in which the audience is transported on a journey of profound emotions, revealing vulnerability and authenticity. A moment of pure connection, where the inner voices, the surroundings, and the body language are working cooperatively with harmony.

In the third part, the dancer starts reading letters from the past. Collecting memories, listening to her different characters from different episodes, and finding a deeper connection to herself that brings her into a clearer future image.

Rhythm has been entered, rhythmical movement language that strengthens the idea of keeping on going\ moving. As the dancer bares her soul in the shedding layers, there is always a delicate thread that connects all the puzzle parts, a thread that creates a balance between holding on and letting go.

Jumping, Releasing the body weight, and running in her journey, with each step creating the path for an unknown future.

The dance solo is accompanied by Percussion music. The percussion music, ranging from drums to cymbals and vibraphone, creates a rhythmic dialogue within this inner world.

During the 3rd week, Oded a percussionist musician entered as well to the studio with us. At this part of the residency, I already have the structure and most of the choreography. The music for me came as the last part of the puzzle and in a way helped me to emphasize the point of view, the source of the character's

existence in each part, and the surroundings- if it is more a concrete place or a metaphor to where is the soul.

The decision to collaborate with Oded and create a soundtrack\ or live music based on percussion instruments adds another layer to this piece. Emphasize the idea of many different inner voices in ourselves and the feeling of circulation and the ongoing pacing.

In this creation I invite the audience to witness the raw beauty of human existence, where solitude becomes a cherished companion, guiding us toward a deeper understanding of self and the world that surrounds us.

Video link for the work in progress: <https://youtu.be/t6qneNqbl0w>

Some moments during the research:



