

Throughout the course of my life, while adopting various alternating roles (those of the daughter, student, performer, partner, mother, citizen), I came to realise that the body is an instrument exploited by institutions such as family, school and the state that seek to impose their own desires and politics.

These imposed actions on the body are increasingly being sought, whether directly, such as through sexual harassment, especially on women, or indirectly through social taboos and expectations. Recently, we have also been experiencing and witnessing political decisions about our body.

All these actions on the body, whether social or political, create a kind of fear, an insecurity about our relationship with our own body. I have the feeling that we no longer remember its power and strength, that we no longer trust our body or personal judgement.

Having as a starting point my own personal point of view on the contradictions between my own desires and needs, and what others expect from me, while also reflecting on how the personal becomes collective, I initiated the artistic research of this performance in collaboration with Belgian dramaturg Guy Cools.

In the context of my artistic research, a number of open rehearsals took place, which were attended by members of the dance community who provided feedback. This exchange of views with choreographers and dancers played a significant role in the making of this project. For this reason, I would like to thank Rania Glymitsa, Eleftheria Sokratous, Milena Ugren Koulas, Emily Papaloizou and Louiza Papaloizou.

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