

## **Practice-led teaching manifesto**

My practice-led teaching emerges from my current Practice as Research PhD, my dance performances, and more than a decade of somatic dance training across European institutions including Salzburg Experimental Academy of Dance, Budapest Contemporary Dance Academy, and Trinity Laban Conservatoire.

I focus primarily on cultivating the agile creative body. Through varied scores, tasks, and perceptive frameworks, I foster sustainable, autonomous learning processes and personal discoveries.

At the core of my teaching is an exploration of how abstract rhythm patterns help dancers access creative resources, revealing the body's natural movement organization to create meaningful somaesthetic experiences. These embodied experiences form the foundation for authentic choreographic and performance practice.

My interest in felt rhythm patterns draws from folk and commercial dance traditions. While these traditions often employ strict rhythm patterns and counting in movement phrases—sometimes creating competitive, non-inclusive training environments—I use these influences to develop more accessible approaches.