

## Artistic Statement

Two windows for the new dance studio at Eastbourne College  
Commissioned through the Stevens Competition 2018

### “Dance into the light ”

A synonym for personal improvement and self-development, I highlighted skills instilled in dancing as well as the internal feelings of freedom that it provides.

Dance moves and body tension are ways of expressing oneself in dance just as words and punctuations are in writing. Extending the body is like showing its willingness to surpass and stretch the limits of a comfort zone, with the aim of being aware of itself and to ascend.

It's also a means to seek balance through experimentation, exploring and discovering its own physical limits as well as mental and expressive ones. Like the Vitruvian Man, by Leonardo Da Vinci, it's about looking for harmony of the body with its perfect measures and its designs.

Mirrors contribute to this as a tool. They enable dancers to project themselves visually into their dance. To be observer and actor. Reflecting the picture of ourselves, mirrors confront us with our own imperfections. They help to shape ourselves as much as they constitute an obstacle. Sometimes, you have to go through the looking glass, make transparent the appearances, to live the dancing experience completely and free internal emotions. It's the same as we are “dancing” our life.