

- My improvisation method

Stage art means space, time, object (body) and making energy visible. Improvisation is an important art form in its own right. It is also a tool for research, it raises awareness and refines artistic expression. Ultimately, improvisation is a deep engagement with oneself.

I have developed different techniques for the basis of my improvisation method:

it can be applied with pure movement (dance) or with all circus disciplines: The aim is to direct and perform at the same time. The method focuses on immersing oneself completely in the now, letting go and accepting everything. At the same time, one consciously perceives the moment and observes what is happening outside and inside.

The ingredients of body, acting and artistic skills are improvised and the menu is spiced up with the conscious use of space, time, movement, objects and energies. In this way, a lot of tension can be created with "little". The experience of how body and mind are connected can be used playfully. As soon as I mentally engage in sensual experience, it becomes visible on the outside. The use of sensations leads to a conscious body expression and can thus be regulated. Different mental feeds are experimented with so that everyone can find out what they respond to and react best to, be it images, music, emotions, movement qualities or other. Learning to intentionally and consciously steer oneself through a flow of creativity.

- Confrontation with oneself

Through my own experience, I have learned that one can work on oneself in a performative way and thus mature more and more into a self-reliant, independent person and artist. The more conscious one becomes of one's own actions and the more one understands what is going on in the background, the more one can control where one wants to go, break old patterns and find ways to see the strengths in one's weaknesses in order to transform them.

Part of the learning process is therefore continuous self-observation; what gets in the way of letting go? Why do I lose myself in letting go? Do I criticise myself? Or do I overestimate my sovereignty? Am I afraid of doing something wrong or looking embarrassing? Do I want to be the best...?

- Economic movement

Movement becomes magical when it seems effortless. This happens when no unnecessary effort is needed and an aplomb is radiated. As long as there is mental tension, there will also be tension in the body. That is why self-reflection is essential. Mainly through my intensive study of Taichi, I have found a way to an economical and free way of moving. It is about finding out what forces are at work in and around

us so that we can use them in a targeted way; these include gravity, supporting force, tension force, spring force, centrifugal force, centrifugal force. The ground is used as resistance, the centre of the body as the physical origin of movement and the mind as a controller, sending out information and picking up resonance - comparable to a puppet master. The puppet must function well and be handled consciously, clearly and inspired.

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