

## Lázár Anna-Erasmus Report of my attendance at Deltebre Dansa 2025

Between the 7th and 11th of July, I was taking part in Deltebre Dansa first week, green group where we had the opportunity to meet five different teachers with various techniques, watch performances in the evening and stay in the camping provided by the organization.

Each day we started with a yoga class held by Egina Alcaide, this was the only class I haven't attended all five times of the week because it was a bit too intense and sudden for my body with all the muscle fever and pain I had from the other classes so some days I decided to warm up by myself, but when I was participating I learned and tried some new asanas.

The second class we had was with the Alleyene Dance company and for each day we had a different topic:

Monday - isolation

Tuesday - hands

Wednesday - spirals

Thursday - breathing

Friday - floorwork

The first two days were pretty difficult for me because I usually approach things from the inside, either from sensations, feelings or pictures. Here I had the feeling that we are doing something a bit more theatrical so there was a rather fixed physical appearance of what they wanted to see, and I felt the lack of space from creating those images from our own experiences and this thought bothered me for a while.

Luckily on Wednesday I was able to give up the resistance that this feeling created and suddenly I was okay with not resonating fully with the class. It also made me realise that for me to feel authentic while moving has become maybe one of the most important thing about my dance journey.

The next class was with Maura Morales Collaboration where Maura was teaching us a sequence while her husband was making live music. We spent the first two days learning and clearing out the choreography, then we had to do different things with it, like forming it into a duet or choosing different musicalities.

These classes were very useful for me, I could discover new qualities in my body and it was also a good practice of learning a fixed material at a faster tempo. It was also truly inspiring how they use music and the way that they are working together in a natural balance.

After lunch we had a double class with Anton Lachky who was the main reason why I chose this group. During the week we were trying the method of Puzzle Work in a fastened version. We started with an intense warmup, we had to cross the space while doing a fast combination of legwork and then in each round a different layer was added for the arms and head. It was not only making us sweat in two minutes but it was also good training for our brain.

When the warmup was over we started working on our solos, it had to be as precise as possible and then we started to add new layers and speed to it. The process was the hardest thing I've had to do in my life, it truly rewired my brain. By the end of the week this change of working was visible on everybody and when we had to teach it to eachother we discovered a new level of brain and body capacity.

We finished the day with a stretching led by Lu Gómez, these classes were always a good place to find yourself quiet again and letting all the impulses of the day settle down. There was no rush of any kind and it gave a nice closure for the days.

In the evenings there were several performances showed in the Circus tent which was not only a good opportunity to see artists for all around the world, but also we could experience some “spanish mentality” in which there’s no matter how long the day was or how late the show started it always had to give place for moments of joy and party together.

Sum up:

This week of Deltebre Dansa was both physically and mentally demanding. Traveling, camping, and maintaining the daily schedule were challenging, but the rewards were immense.

I experienced:

- New techniques and perspectives from five different teachers.
- A deeper understanding of authenticity in my movement.
- The inspiration of live music and international performances.
- Motivation to overcome tiredness and pain, and to break through personal limits.

Overall, this week gave me not only new skills but also renewed motivation and joy in my dance journey.



