

Csaba Sára Borbála

Erasmus Report

Deltebre Dansa Festival 2025

During the week of July 14 to 18, 2025, I participated in the Deltebre Dansa Festival as part of the Red Group, held in Deltebre, Spain. The festival provided an intense and immersive environment for contemporary dance, somatic practice, and movement exploration. Throughout the week, I took part in daily workshops with international teachers including Lucija Romanova, Horacio Macuacua, Rakesh Sukesh, and Yasser D'Oquendo. These classes allowed me to experience a different dimension of physicality than I had known before.

A key personal insight from this experience was discovering new layers of physical engagement that I had not previously explored. This raised important questions for me: while I enjoyed pushing my body beyond its usual limits, I also wondered what truly motivates me in movement. Is it the physical challenge itself, or is there something deeper?

In Rakesh Sukesh's class, the focus was explicitly on transformation—working through and transforming traumatic life experiences into new energy and strength through movement. This concept of transformation deeply resonated with me. It is this process of change, the transmutation of personal experience into movement, that truly drives me. The wide spectrum of movement practices offered at the festival opened many doors, but what captivates me most is the authenticity behind the movement—the invitation to bring my true self into the motion.

During the workshops led by Horacio Macuacua, Lucija Romanova, and Yasser D'Oquendo, I was exposed to a vast amount of physical and artistic information. Each teacher brought a distinct movement language and methodology, offering rich and diverse input for my body and mind. The experience required me to actively filter and reflect on what truly resonated with me, helping me discern which approaches align with my own artistic path.

I feel that I was able to engage deeply with all four teachers' teachings, and from each of them I took away elements that sparked my interest and with which I truly resonate. This process of exploration and selection is invaluable for my continued growth, as it allows me to shape my own authentic movement vocabulary while integrating diverse influences.

Overall, the week encouraged me to reflect deeply on what it means to move authentically and how transformation through movement can be a powerful artistic and personal process. This experience enriched my practice by expanding not only my technical skills but also my conceptual understanding of dance as a space for healing and personal growth.





