

Erasmus+ Mobility Report: Workshop at Duncan Dance Research Center, Athens

1. Introduction and Objectives

From April 27 to May 9, 2026, I had the incredible opportunity to participate in a two-week intensive dance workshop at the **Duncan Dance Research Center** in Athens, Greece. The workshop was led by the **Dances We Dance** company, under the exceptional leadership of **Francesca Todesco**. My main objectives were to deepen my understanding of the Isadora Duncan technique, immerse myself in a professional international dance environment, and expand my choreographic skills.

2. Professional and Artistic Development

The program was intensely structured and highly inspiring. A significant portion of the training focused on **Isadora Duncan's technique and philosophy**, and I could participate in Delsart classes as well. Through daily technique classes, I gained a profound understanding of natural movement, musicality, and the initiation of movement from the solar plexus.

In addition to technique, we had **repertoire classes** where we learned several original Duncan choreographies. Francesca's leadership was truly exemplary throughout the process; she guided the intensive two-week program with immense professionalism, clarity, and inspiring energy, acting as a true mentor to all of us.



3. Creative Work and Performance

One of the most rewarding aspects of the mobility was the creative freedom we were given. Over the two weeks, I created my own **original choreography**, integrating the newly acquired Duncan principles.

At the end of the workshop, we showcased our work in a final performance.

- **Repertoire Presentation:** We had an open performance, and we performed the learned choreographies using authentic, beautiful costumes provided by the organizers, which elevated the entire experience.
- **Solo/Own Piece:** I had the chance to perform my own choreography in front of our group. The feedback from the instructors and peers was incredibly positive and constructive, which gave me a huge confidence boost.

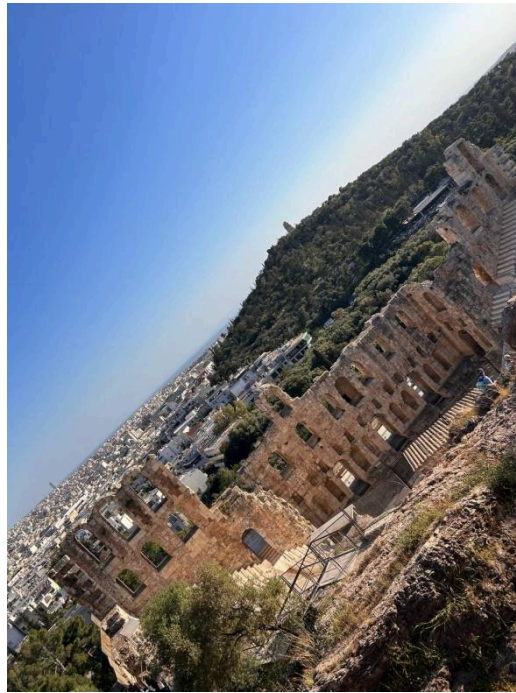
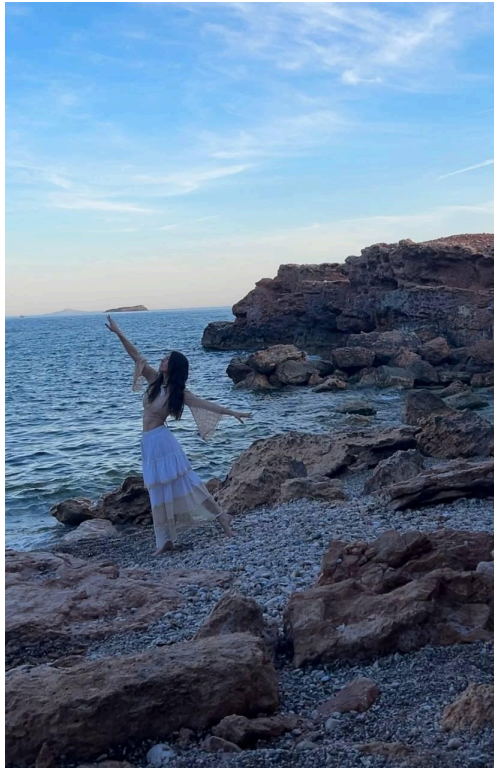


Furthermore, we had the privilege of watching a performance by the **Dances We Dance** company. Seeing how they beautifully merge traditional Duncan technique with contemporary elements was deeply inspiring and eye-opening.

4. Cultural Experience and Personal Growth

Beyond the studio, Athens provided a magical backdrop for this experience. The atmosphere among the international participants was fantastic; we formed a supportive, cohesive community.

I also took the opportunity to practice outside the studio. Visiting the beach allowed me to experiment with the Duncan technique in a natural environment—dancing on the sand and connecting with the elements, which is core to this philosophy. It was a deeply educational and liberating experience.



5. Future Impact and Conclusion

This Erasmus+ mobility has been a turning point in my artistic journey. I have not only expanded my technical skill set but also found a new passion. I am highly motivated to continue studying and developing myself in the Isadora Duncan technique in the future. I am deeply grateful for this opportunity, as it has profoundly enriched both my professional career and my personal growth.