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Erasmus Report from SEAD, August 2026

Movementors SEAD

From August 3 to August 8, I participated in the Movementors workshop at SEAD in Salzburg, my hometown. I had already participated in this workshop some time ago, so I had a general idea of what to expect. However, returning to SEAD was still a very special experience for me.

SEAD has a very special place in my heart, as it is where I first discovered dance. After taking my first dance class there, I knew that dance was what I wanted to pursue for the rest of my life. I made some of my best memories there, so it is always beautiful to return to where everything started and to see how much has changed since then. At the same time, it was interesting to experience the place again from my current perspective and with everything I have learned and experienced since I first started dancing.

The course was led by Giulia Di Stefano in Pilates, Luana Rossetti in contemporary dance, and Yaghvali Falzari in ballet. We started each morning with Pilates, followed by ballet and then contemporary. After the morning classes, we had a lunch break with a home-cooked meal before continuing in the afternoon with a creative class. These classes mainly focused on improvisation, creative tasks, partnering, and composition.

Unfortunately, during the week I injured my Achilles tendon. I had it scanned, and thankfully, it was not torn. However, it was very swollen, and I could barely walk. The doctor advised me not to move for some time, which meant that I had to significantly adjust my participation in the workshop. Ballet was not possible for me, and in contemporary I could mostly only work on the floor or mark the heavier sequences. In the afternoon creative classes, I had more possibilities to adapt the exercises to my situation and participate in different ways.

Although I was very sad and frustrated about the injury, I still wanted to make the most out of the experience. I was able to learn a lot by observing the teachers and the other participants, feeling inspired by their movement and commitment to the work, and paying attention to details that I might normally overlook when I am focused on myself. Being forced to slow down also gave me the opportunity to reflect on my own dancing and to approach the classes from a different perspective.

Of course, it was unfortunate that I could not participate physically as much as I had hoped. Nevertheless, I am grateful that I was still able to be present, learn, connect with the other participants, connect with myself in different ways, and take as much as possible from the experience. I also learned to slow down and listen to the body, especially after having participated

in a workshop or intensive every week since the beginning of summer. Perhaps my body needed the rest more than I realized, and there is never a good time to get injured. I am learning to practice acceptance. Most importantly, I left the workshop feeling grateful for my body and inspired and excited to dance again. Returning to SEAD, the place where my journey with dance began, made the experience especially meaningful to me, even though the week did not go exactly as planned.

