

Blanka Flora Csaszyi Erasmus+ Project Report – Shifting Roots AML

Location: Vienna, Austria

Dates: 12–21 August

Duration: 9 days

Project: Shifting Roots AML

Participants: Blanka Csaszyi, Joe Alegado

Space, time and tranquillity characterised the nine-day creative process that I had the opportunity to be part of, thanks to the support of the Erasmus+ programme and the Budapest Circus Arts and Contemporary Dance College.

The aim of our mobility was to further research and develop the Shifting Roots Alegado Movement Language. I have been working with Joe Alegado - American dancer and choreographer - for 15 years, and during this time I have not only learned an incredible amount from him, but our communication has also become much more refined. By now, we speak the same language through movement. However, this creative partnership, which has been working so beautifully for so many years, could not exist in this form without occasional external support that allows us to create, develop, and do what we love. Creative work requires an ideal space and sufficient time. During the nine days we spent in Vienna, we had plenty of both, and we almost found ourselves in a parallel reality where the noise of everyday life did not exist — only the world we were creating together.

The first few days were filled with the joy of this exceptional situation and the positive energy that came with it. Although we had set ourselves quite an ambitious task — we wanted to bring three different concepts, each inspired by different music, to life through movement within just a few days — our momentum kept carrying us forward.

Then, around the fourth or fifth day, we reached a point of difficulty. We had thrown ourselves into the process with so much energy that, at one point, we became exhausted. No new ideas were coming, or the ideas that did emerge did not feel workable, and this began to diminish our enthusiasm. Perhaps this is the greatest teacher in a creative process. What can we do at such a moment? There are, of course, two extremes: either we push ourselves to continue — and in a less-than-ideal situation, perhaps there is no other option — or we give up and wait until inspiration returns. For me, the answer lies somewhere in between. There is a well-tested tactic: “When nothing new comes, take out the old for a little rest.”

At this point, we returned to movement material we had created previously and explored how it could inspire us to discover new directions. The familiarity and tranquillity of the movement allowed our creative energy to come alive again, and we discovered new possibilities.

Perhaps this is where the truly meaningful and profound creative process begins — a process that, due to a lack of time, we are usually given very few opportunities to experience. This is precisely why these nine days were such an extraordinary gift to us.

