

Erasmus report Lázár Anna ImPulsTanz 2026

As part of my short-term Erasmus mobility, I participated in ImPulsTanz 2026 in Vienna.

I chose this programme based on an intuitive feeling that, after the intense end of the academic year, I was not looking for physically demanding or highly technical classes. Instead, I wanted to deepen my development as both a person and a mover. Looking back, ImPulsTanz and the classes I attended were exactly what I needed.

Every morning, together with Lili and Niki, I attended Kira Kirsch's class. I really appreciated the slow pace of the work. We repeated the same material throughout the week, but each day we approached it through different somatic sensations. Because of this, the repetition never felt repetitive; instead, it allowed me to discover new ways of moving each day. It also reminded me that, although I often feel ready to move on to something new, returning to the same material can lead to a more authentic and organic embodiment of movement. These two words - *organic* and *authentic* - best describe what I learned during this class. I also gained a deeper understanding of anatomy and found that I could integrate this knowledge naturally into my movement.

After the morning class, everyone followed a different schedule. I had a long break before my afternoon workshop, which gave me time to explore Vienna. I visited museums, spent time at Tanzquartier, and met friends who introduced me to other parts of the city where they had their classes.

In the afternoon, I attended Defne Erdur's *Embodying Consent* workshop. This was one of the highlights of my week. We explored the experience of recognising and expressing personal boundaries, particularly the ability to say or feel "no." I realised that, since becoming deeply involved in dance, I rarely experience a strong feeling of crossed boundaries while moving. I see this as a result of becoming more open and curious, but the workshop also encouraged me to trust my own feelings and make conscious choices whenever they arise. This felt especially valuable as I am about to begin my final year of studies.

Another aspect that made this workshop so meaningful was the openness of the group. Participants came from many different backgrounds, ages, and genders, creating an accepting and inspiring atmosphere. The experience reminded me of the 5Rhythms classes I attended before studying at BCDC. Those classes taught me different ways of connecting through movement and helped me discover a joyful and expressive relationship with dance. After two years without this kind of practice, it was refreshing to experience something similar again. It reminded me that, for me, dancing is ultimately about self-expression and communication.

During the weekend, I also attended Public Moves classes together with friends who are not dancers. This was an experience I rarely have in Budapest nowadays, and it motivated me to reconnect with forms of movement that had gradually moved out of focus.

In the evenings, we attended several performances. Seeing the Trisha Brown Company x Cunningham Trust performance live was especially inspiring, as it offered the opportunity to experience work that I had previously only encountered through books and recordings. I was also surprised by how much I enjoyed the movement material itself. We also watched *What the Body Does Not Remember* by Ultima Vez, *Lemonism*, and *Welcome to My Jungle*. Together,

these performances offered a diverse perspective on contemporary dance and broadened my understanding of the current international dance scene.

Overall, the experience was deeply memorable and enriching. I returned with new knowledge, greater self-awareness, renewed motivation, and many inspiring experiences that I hope to carry into my final year of studies. I also hope to have the opportunity to return to ImPulsTanz in the future.









