**DANCER**

Dance has been an inspiration in my life. I have also followed it down some uncomfortable paths. Ultimately, I am proud to call myself a dancer and understand that my movement work, powered by dance, has been my guide for my whole career. Trained in classical ballet, although my body - my physical, mental and emotional capacity - was one perhaps more suited to contemporary dance, I have been in the privileged position to experience other dance and movement forms. I felt as though I was coming home into my body when I learnt Odissi with Sanjeevini Dutta (Pulse Connects, London) and at the Odissi Research Centre in Bhubaneswar, Orissa, after many years of working ‘en pointe’. I began to choreograph for theatre and commercials. I continued with my explorations of dance and movement with Sue Weston (Relaxing the Mind) and I gained my MA in Movement Studies at Laban.

By acknowledging that I possess a spirit of dance, I do so in recognition that also technique and self-awareness are pre-requisite. The latter, I need to maintain appropriately as my body ages. I can look to the younger generation of dance artists, and continue that love for dance, as well as offer my own experience and inner connection to it.