

My name is Bernadett Hamar-Sári. I'm working on the Erasmus+ project “The Artist Within – Applied eMOTION” on behalf of Comparative Research Network e.V. I decided to take part in the *Reviving the Hidden Artist Within* training because it's exactly the method (Integral Expression and Dance Therapy) I've learnt and decided to use this opportunity to reconnect and tune into its wonderful philosophy again.

The first thing I realized back then (during my studies 2005 – 2009 in Budapest) and during this training in Cserkeszölő as well is the safe atmosphere that the leaders created. They gave us clear frames and instructions, letting us decide how deep and far we want to go on our journey of self-discovery. Non-judgemental attitude and “I-messages” are also essential in order to feel safe and open up. The leaders (Kriszta, Gábor, Cece) and their assistant (Andrea) were authentic, respectful, flexible and patient, which made it possible to explore, express and grow in our own pace.

My favourite exercise was the experimentation with our core power in pairs of similar height and weight. First we tried pushing each other away by grabbing the other by the shoulders. The other person giving his/her weight to counterhold. In the next exercise one person was holding the other one back by the pelvis, while the partner is trying to walk, run, jump. In both cases I could scrutinize my own behaviour, reactions, my inner and physical power and how inner strength can take over and extend in need.

As integration of these processes we came together in a circle and one by one we went into the middle and showed something we have discovered within – using our body and voice to express. I met the warrior within me – again. But it grew stronger and more focused.

Learning myself has always been important for me. Integral Expression and Dance Therapy is the method that has helped me the most. Having this opportunity to indulge into it again, to test myself, to grow and to reconnect was unique and invaluable as I'm planning to start my career as a dance therapist here in Berlin.

I'd like to say a big THANK YOU for everybody who contributed to this project to come true!