

## Biography of Dance

From early childhood on, dance and music have been a source of joy of life, grace and strength to me - as for so many other human beings too.

As a schoolgirl, I remember spontaneously occurring dance lessons among us children during playtime.

As a teenager I found an inspiring dance teacher, who perceived my longing for dancing and who furthered my development. Thanks to him, very young and shy as I was, I could explore pure dance beyond all vanities. He taught jazz ballet, the Luigi Technique, whose characteristics are calmness and clarity in the movements.

I also learned African-dance and tap dance at that time.

For the first time I came in touch with the art of Oriental Dance in Egypt, as a young woman, in the course of my years of travel. There, during a wedding, I experienced a kind of initiation through the performance of a wonderful dancer, which impressed me forever. Dancing, she made visible the inexhaustible source of joy of life and blessed us all with it in a natural way, in abundance. The climax was her dancing on the small table I was sitting at with my friend, to honour us. Strangers were very welcome at oriental weddings in those days and were assumed to be mascots.

This was the beginning of an adventurous journey, which led me through India and Nepal. It lasted more than a year and during this trip I was very consciously allowing the development of my understanding of dance to lead me.

In South-India, during several weeks I was taught Kathakali-Dance intensively, practically and philosophically by a teacher and brilliant dancer.

Back in Switzerland, my interest for foreign peoples was deepened by the study of ethnology. At the beginning of the nineties, I participated in the very first training for teachers of Oriental Dance in Switzerland. We were pioneers, mainly Sibylla Spiess, our teacher and also founder of the Oriental Dance School Zurich. Her enthusiasm for dance and her heartfelt engagement for solidarity among women and dancers, enriched very much the dance scene in Zurich and beyond.

I have been teaching this wonderful kind of dancing mainly for women and girls in Richterswil, Einsiedeln, Zurich and elsewhere, since spring 1991.

For many years, I have also run a mixed group with women and men.

In Richterswil, between 1998 and 2011, I organized several times, public, 'fairy-tale' dance celebrations for my pupils, during which they could present their dances.

Examples of my varied further training:

With the legendary Nelly Mazloum (Greece/Egypt).

With Morocco (USA), who travelled widely in the Orient. During seminars, she told us many very interesting stories and she gave us a lot information about the Orient, which cannot be found in books.

With the highly-esteemed Egyptian choreographer and teacher Hassan Afifi and many others.

Travelling in Kirgistan, Xinjiang (Kashgar) und Tibet I explored folklore-dances.

2000 - Diploma in creative dance according to Laban. (In the heyday of Monte Veritè, near to Ascona, Switzerland, Rudolf von Laban taught his newly developed expressive dance there).

From 1996 onwards, I also learned the hula-dance during my training for the Hawaiian bodywork 'Lomi-Lomi'. This touching work with individual clients which can connect and thus reconcile the physical with that what seemingly exists beyond it, brought a delicate and fine note into the dynamic happenings of my working with groups. Together with spiritual research since my youth and meditation practice for many years, all these activities are very inspiring to each other and are woven into always new, wondrous designs to the 'flying carpet' of my life.