

Dancing for freedom

Three dancers show their talent dancing with everything and everybody in Ortisei.

Dance frees the body and the spirit

Foto: During the exhibition of the dancers on Saturday on the 22nd of July in Ortisei.

Dance - the three young dancers Sanne Clifford from the Netherlands, Hayley Adams from England and 'our' Anastasia Kostner from Val Gardena show us their art on Saturday the 22nd of July. The choreographies conceptualized by Sanne Clifford. She explains us her vision of dance being freedom and the junction between body, mind and soul. It was very interesting, how the performance was a mix between choreography and improvisation. Benches, fountains, walls, houses, even a person waling by: everything was used as part of the choreography.

It is for sure something the audience can take with them, when they see such kind of dance: the sensation of freedom, the joy of dancing, the wish to have fun and let go of the everyday routine. Many people stopped to watch the performance on the Plaza S. Antone in the afternoon and the Stetteneck Platz in the evening. A few even danced with the dancers, improvising for a few minutes. It was a good idea to do the performance outside. Also, very beautiful was the contact between the tourists and inhabitants, together to watch some beautiful art.