

IN SEARCH OF SANCTUARY

Short Film Transcript



RHYS

0:13

Yeah sanctuary for me, is always movement, whether it's dancing or actually moving. Urm, it's that release that really makes me feel at home no matter where I am. I really like the pleasure of moving because it's, yeah, its just therapy

0:33

My relationship to dance didn't change, but my relationship to working in dance changed, if that makes sense. So I started writing without expectation and started journaling, how I was feeling and I started focusing on myself and healing myself.

Because I had the time to.

0:55

Obviously with the whole George Floyd situation and the uprising of Black Lives Matter. It was, yeah, a very fragile and emotional time for myself and a lot of Black people. With that emotional awakening, I needed to take care of myself.

1:14

What did change, I would say, in relationship to dance is the fact that I wasn't moving with people, and I really responded to people, when I, when I move. It's not the same as moving by myself. That's also why I enjoy the collective relationship in dance, which is in relation to like my working relationship now, because I'm moving with people. Yeah, and it's a tie in with that thing that I grew up with, which is moving with my family. And that has grown into also a dance family that I have.



JEMIMA

2:12

It's felt strange, because I've had to find it in a way that it didn't exist before. And what I sort of known, has been stripped away and has been taken away. So I've found, I've found a new relationship with movement and why I use dance and I find that I'm not moving for someone else, but very much really, for myself. And I'm finding it as a moment to, to find peace, to find my emotions to explore, to express. For none other than just wanting to feel that. It's been strange, and difficult and challenging, and upsetting. But it's also been the point where I'm uplifted as well... yeah.

3:02

I don't think dance can never be taken away. Like I think that it, it exists everywhere. It exists in your breath, its exists in how you're sitting. When music's on and you have a little groove it's there. And it maybe doesn't exist in the same way that we know or it had been. And yes, we can't be in the studio, we can't be touring, we can't be, you know, doing workshops and stuff. But, doesn't mean that dance has left. It will always be there no matter what. It's just a different way to try and find it for yourself.



ANNA-KAY

3:57

Movement to me is life. I'll also say that to people. Nothing living is still.

4:06

I realised how important it was to connect. How dance was communitive for me. And it was about a connection with other people and it wasn't about 'how great I looked'. You know? It was then liberating. Because I reconnected with my culture. I reconnected with what brought me joy. What made me even want to have dance as a career. And a lot of the times for me that liberation and that freedom comes from moving my hips, moving my torso area. It's not about the lines that I learned from learning contemporary dance or formal things like classical ballet, it wasn't about that it was literally just about celebration and moving and spirit. Like, and it was great to reconnect with that side of myself and be proud of that side of myself. Because I spent so much time working on perfecting the things we worked on when we were training them that I think I slowly lost a part of who I really was. And it was nice, it was liberating to really get back. It's almost like a full circle.



JULIE

5:09

I think it's a lot about framing. Framing of the mind. Framing the mind, in a sense that there's moments when you feel trapped, but you're not maybe physically trapped. Or moments when you feel free. I think it's a lot of how you see things. And how you frame it. It could be, it could be in the exact same place, but feel trapped one day and the next day, you feel free, and it's literally like, how you frame it, how you see it, how you shift that perspective.

Yeah

CONCEIVED BY JAMES COUSINS & CAMILLA GREENWELL

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