

The Nature of Dance

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Dance as an artistic expression and science both possess the ability to transform, to materialise the invisible, to lend form to an idea. Dance and science share a common nucleus – the act of creation.

Dance is born with the human being, grows with the human being and develops with human development. To know and understand dance and its history is to understand and accompany the course of human evolution, to enter a universe where the essences of humanity have left traces and speak to us across time and space. To know how to use the history of dance to read and comprehend is like being able to leaf through a book that contains thousands of fingerprints left by all the different human forces and natures.

The creative process involved in dance offers us the ability to develop in accordance with our own talents and our own nature. Within this creative process we become aware of our true being, thanks to the subtle revelation of the deepest and most unattainable of our invisible contents – the essence of the human spirit. Human nature becomes the living expression of culture, seen as a living act that is in constant transformation and is the result of true human development.

It is through dance as a vehicle for inner human expression that we free ourselves from our many tensions, our innumerable repressed and unconfessable universes, thereby becoming beings who are more sensitive, more attentive, more capable of creating, seeing, feeling, interacting and understanding the other and the world around us.

Through dance we become more aware of our universe and open ourselves up to the connection with, the understanding of, and the respect for the other and the world about us, enriching our own humanity in the process.

Leonor Beltrán earned her Master's Degree in Theatre Studies (except final thesis), Lisbon University Faculty of Literature (FCUL, 2002). Degree (Licenciatura) in Dance, Lisbon Superior School of Dance (ESDL, 1999). Degree (Licenciatura) in Theatre and Education, Lisbon Superior School of Theatre and Cinema (ESTCL, 2000). Trained in Dance, Piano and Voice at the Lisbon National Conservatory (CNL). Has taken part in Workshops on Historical and Traditional Dances since 1984. Has taught Creative and Educational Dance, and Dramatic Expression and Historical and Traditional Dances at João de Deus Teacher Training College in Lisbon since 1980. Registered Trainer in the arts with FOCO since 2001. Has participated in numerous performances as a ballerina, dancer, actress, singer and puppeteer, and has been responsible for many more as a choreographer and director. Has undertaken artistic and pedagogical projects in the field of the globalisation of the arts for as long as she can remember. Has held workshops, training sessions and seminars in creative and educational dance, and in historical and traditional dances. Has published articles in specialist journals in the fields of dance, theatre, and art-based education. Has taken part in a number of colloquiums in her specialist area.