



What Moves Me

Theatre/Dance Seminar led by Sanja Krsmanović Tasić

6th-13th of September 2026.

Horto, Greece

What Moves Me is a dance theatre seminar for people aged 50+ that invites curiosity, reflection, and creative expression through movement.

It is a poetic inquiry into what continues to stir us, emotionally, socially, sensorially and humanly. What moves us as humans but also what makes our bodies want to move, explore, dance, gaining strength, beauty and versatility on the way.

Movement emerges not from from attention, memory, curiosity, and care, from memory embodied in us. Life experience dominates over technique, allowing poetic expression without pressure. Our bodies get expressive by time, full of stories to tell.

Rather than focusing on technique or performance, we work with lived experience, everyday gestures, breath, voice, memory, and imagination. Gentle excercises stir the spine and muscles, we find grace in movement and also explore words, spoken, written through creative writing exercises as well as sung. Movement arises from attention and intention, not from how the body “should” move.

The space we will create is gentle, inclusive, and non-judgmental. Participants are encouraged to listen to their bodies as they are today, to choose the level of physicality that feels right, and to explore both movement and stillness.

Through individual exploration and collective composition, the workshop creates space to share what matters now, what stirs us, concerns us, delights us, or keeps us engaged with the world. No previous dance or theatre experience is needed, only openness, presence, and a willingness to explore what still moves you, as a person and also what moves our bodies to action and dance.

Starting with different exercises that warm up the body and develop the physical vocabulary of each individual, the seminar will focus on developing different materials from which a devised performance art piece can be created. The participants will together pass the process of creating physical scores based on personal inner stories, that will be later edited into scenes.

Based on techniques of Eastern European laboratory theatre, and the 20 th Century masters of contemporary theatre and dance (Grotowski, Barba, Biomechanics, physical theatre, Yoshi Oida, Carolyn Carson), different martial art techniques, and also unique theatre/dance techniques developed by Sanja Krsmanovic Tasic after 40 years of dedicated work in the realm of performing art and dance

The result of this one week intensive seminar will be in a presentation held in Hadjinikos Hall.

The four to five hour daily workshop schedule will allow you enough time to explore and enjoy the beautiful beaches of Horto and Pelion, and the natural wonders of the area.

It is necessary to have comfortable clothes that allow movement, socks or soft shoes for indoor activities, sneakers or hiking shoes for outdoor activities, a big towel or shawl for lying down on the ground. Please bring a song or music that inspire you.

If you want to join the seminar, please fill in this form:

<https://forms.gle/1mWu9GbW7W6nDENs5>

For more details and information please write to: sanja.k.tasic@gmail.com

More information about Horto and the Festival: www.horto.net

Seminar price: 200 euros per person, tuition, plus welcome dinner.

The distance from Volos (nearest airport) to Horto is about 50 km, and you can also use the inter-city bus. Participants will provide food for themselves in the numerous Greek taverns with affordable prices, or can cook in the apartments. Horto, Milina (3 km away) and Argalasti (6 km) have a number of food shops and bakeries.

TIMETABLE: Saturday, 5.9.2026. arrival of participants

20 h Welcome dinner (Location to be announced)

Sunday 6.9.- Friday 11.9.

9- 13/14 h workshop with coffee or light lunch break George Hadjinikos Hall

Saturday 12.9. 14-19 h General rehearsal Horto Theatre

21h Performance/presentation

Sunday 13.9.

10-12h evaluation and wrap up

About Art of Devising

The Art of Devising seminars are for actors and dancers with experience, and/or for students, teachers and creative drama pedagogues, also for anyone interested to embark with us on this journey of personal revelations and development. Through researching, creating and developing physical and vocal scores we will generate material that will be shaped into the performance itself, using creative dramaturgy of montage. There are two forms of the Seminars: the intensive one, and the one that is open for all. The intensive seminar requires a certain level of skill and knowledge, as it also gives a space for challenging personal boundaries and restraints. The one targeted for the 50 + participants has shorter daily work hours and is more gentle in approach, respecting the rhythm and ability of all participants. The seminars also include work on creative writing of texts for the performance, site-specific work and also work with rhythm, music and song, all together to create the body of the final presentation/performance.

The seminars are dedicated to the search of the „dance of the soul“, the harmonization of the inner world and listening to the whispers of nature, in search for the clear, true and wondrous expression of each individual.

Sanja Krsmanović Tasić (Sanja K.Tasic)

Theatre director, choreographer, actress, drama and dance pedagogue, producer. She has been formed as an artist by masters of contemporary theatre and dance Torgeir Wethal (Odin Teatret, Denmark), Yoshi Oida (Peter Brook, Japan/France), Gennady Bogdanov (Meyerhold's Biomechanics, Russia), Rena Mirecka and Zigmunt Molik (Grotowski, Poland), Carolyn Carson (USA), Steven Iannacone (USA), Shiro Daimond (France/Japan), Smiljana Mandukić (Serbia), Mira Sanjina (Serbia) and many others. As an acclaimed international expert in the realm of drama/theatre education, devised theatre and dance, Sanja is the author of an original methodology called "ecology of the soul", based on developing creative potentials of each individual through an artistic process. Together with her theatre group and individually, she tours performances and conducts workshops around the globe, also giving lectures and keynotes. A core member, actress and choreographer of the first Serbian theatre laboratory DAH Teatar for more than two decades, and the Program Director of Dah Theatre Research Centre (now DAH Theatre Centre for Culture and Social Change) she was one of the leaders of the International School for Actors and Directors in Belgrade, for more than ten years. She is one of the founders and artistic director of Hleb teatar, and the umbrella association for performing arts Artistic Utopia as well as founder and director of the Children and Youth Theatre Festival Mater Terra and a dance Festival Days of Smiljana Mandukić, dedicated to one of the pioneers of contemporary dance in Yugoslavia. She is the initiator and author of various artistic and education projects, and is developing new forms in theatre, such as an "essay in movement", and documentary dance performance. President of Centre for Drama in Education and Art-CEDEUM, and president of the International Association of Drama/Theatre and Education-IDEA.

www.hlebteatar.com

www.ideadrama.org

www.cedeum.org