

A Yes Manifesto*

- Yes to making and performing one's own work
- Yes to inventing one's own forms within the process of making
- Yes to discovering what feels 'real'
- Yes to being engaged with the world in all its complexity
- Yes to experiencing the present moment within and around us
- Yes to using anything as material for a dance
- Yes to the everyday – the extraordinary within the ordinary
- Yes to the personal being political
- Yes to the body as portal to memories, histories and worlds of imagination
- Yes to curiosity and research into the matter, mystery and meaning of the body
- Yes to bodily knowing
- Yes to improvisation, risk, play and freeing the creative impulse
- Yes to affirming the multitudinous and changing nature of ourselves, and all things around us
- Yes to new sites, audiences and contexts
- Yes to letting form emerge unpredictably out of process
- Yes to training in skills of attention and responsiveness – a listening approach
- Yes to a lightness of being, to humour, wit and laughter, resistance and rebellion
- Yes to particularity
- Yes to refreshing 'language' and working across art forms
- Yes to engaging with metaphor and the poetics of experience
- Yes to kinaesthetic imagination and delight
- Yes to a dancer as independent artist, who asks questions and explores choices

*Acknowledging the inspiration of Yvonne Rainer's 'No Manifesto' (1965) and Eduardo Galeano's speech 'We Say No', delivered in 1988 in support of democracy in Chile