

PORTRAIT

Maité Guérin

Artistic coordinator of the
Kinesiphilia workshops

What's your life trajectory (or journey)?

I started dancing at the age of 6 and my desire to make it my profession was immediate. For me, **body language is more authentic than communication through words**. I studied at the National Conservatory of Music and Dance in Lyon and then I went in enhancement in Béjart Workshop in Switzerland. I then started my professional career at Maurice Béjart. Subsequently, we founded and managed with choreographer Joost Vrouenraets, the GOTRA company from 2005 to 2019 in the Netherlands. A total of 91 shows have since toured internationally. I have been active as a teacher of classical and contemporary dance for a very long time.

Education has always been an essential part of my profession. Sharing knowledge, finding new approaches, **mutual enrichment between teachers and students: all this brings personal and professional development of high value**.

Around the age of 30, I wanted to share my knowledge of the living and ephemeral art of dance with a broader audience. I wanted to find a direct relationship with people, breaking the distance between the dancer and the audience in the usual setting. Hearing about **Dance for Parkinson in New York** and by finding out about the needs of people with this disease, I decided to make it my new challenge.



Why is dance a therapeutic tool?

I am convinced that positive stimulation can be excellent in a society where the body does not always have the opportunity to express itself. Dance brings physical and mental well-being through:

- **muscle building and stretching**
- the use of rhythm and **musicality**
- the **imagination and creativity** that initiate the movement
- the **use of all the senses**
- **freedom of body expression** and acceptance of each individuality
- the **social aspect** of the dance class and the strong bonds that form between dancers

What were your key moments in 2019?

Our video *Birds* has been projected at the Parkinson's World Congress « the PD Crane Dance Project » Kyoto, Japan. I also attended a conference in London co-hosted by *People Dancing and Dance for PD* in New York.

And what are the plans for 2020?

We want to produce a dance-themed film. We are actively seeking subsidies to show the world the therapeutic benefits of this art of dance. Besides, we applied for **certification of the Dance for PD method** founded in New York in the 2000s.

Today, my role in fit your mind's non-profit organization is to coordinate the Kinesiphilia workshops in Belgium in close collaboration with the teachers.

We are waiting for you in Brussels, Turnhout, Liège, Antwerp, Arlon, Charleroi and Zaventem.

Join us; you will be surprised at the pleasure that dance can provide!