

TITLE AND DESCRIPTION OF THE PROJECT

“ANITA”

“Anita” is a short dance film where my poetry and my body meet each others. The video is about what we don't say, what we swallow and lock up in our stomachs, what makes our voices tremble and our hearts hide. Through six poems, this project is a celebration of fragility with all that living sensitively entails. There's anxiety on one side and acceptance on the other. Simultaneously, there are no sides: there is stillness in the anxiety and fear in the acceptance. This film is about how, after all, it is still worth it to feel it all.