Dear dancers,

It has been exactly one year since I moved to the Netherlands.

This past year, which has flown by, is now drawing to a close. It is time to pause, look back, and begin preparations for the Advent and Christmas season. We have enjoyed many wonderful encounters and shared experiences—including the international summer week, numerous workshops, a dance symposium, and my most recent training program, which I lead together with Saskia and Marielle. Each of these events has enriched our lives, offering us the chance to discover new things and share beautiful moments together.

I wish you an Advent and Christmas season filled with light and quiet, stirring moments—time for wonder, and time to feel grateful for every hour as a true blessing. May dance and music continue to nourish your soul and give you wings in the year to come.

Loght, love and blessings

Friedel