

[2] Interview with Johanne Timm by Ana Maria Michel for *Kulturvollzug* on November, 16th, 2013:

*How was it not for you, the dancing of the marathon?* - After the preparation spending much time alone it was a pleasure to me to meet all the participants and to share the practice. This coming together of the group with different backgrounds changed the experience of doing the dancing steps. It was very rich for my perception; doing the counting in my head, hearing the beat, perceiving the space, to interact with the others, to connect with the audience and to get the feedback of my own body how it feels to be there.

*How have you brought yourself through the marathon?* - During the marathon I was letting go more and more of compositional ideas as i have them normally in an improvisation. The less I had to decide the more my body took over in just doing it. I became more focused on connecting with the other dancers finding stability in the rhythm and steps. It felt empowering when we were into the same beat together for a long time and then a change happened. So there was this repetition which created this trance like state and then there was the slow developement out of the repetition and there was the possibility to break it. Sometimes breaking what was established brought also new energy to continue. And the emerging singing was very beautiful and energetic to do. Another thing emerging beside the stable walking the beat was that I had some nice duo dancing situations going into contact dance. Even though the movements were much more challenging then pure walking it relaxed my body and mind to then return to repeat the same steps over and over again.

Concerning the Sleeping I made 2 pauses for sleeping around midnight and in the early morning and less little pauses. It was important to get into the flow what means not to make to many small breaks. And of course the sleeping helped me to cope with my cold which i got just the day before the marathon started.

*What has been your body and mental experience?* - The most striking experience was to go through phases of boredom. I sometimes made myself the task to persist to produce some kind of change or excitement whether for me or the audience. And that were very interesting moments. Something happened there without me controlling it cause actually If you really look at the thing there is no repetition. It is always changing even if you try to do the same thing.

*How do you feel today?* - I feel that I made a very precious experience, I feel thankfull. And that my body was actually happy to be given such an extended time of awareness. I felt my calves hurting the next day and i was very hungry (I couldn't eat so much during and directly after the marathon) but beside this i felt in a pleasent way cleaned.