

Nova Arts Foundation & IONA Contemporary Dance Theatre

CREDO

Dance is Life. Life is Dance.

*Five principles to live, work, and dance by.*

1. Honesty. Being honest with yourself and everyone that you come into contact with. Taking the courage to move and speak from your heart and trust that you will be supported by others and the universe. In being honest you are rewarded for your mistakes as they are opportunities to learn and grow.
2. Integrity. Being in alignment with your heart, your word, and your physicality. Keep your word as best you can given each unique situation. In this, be sure not to over promise results you cannot produce; have foresight to know what is possible for you to achieve. By practicing integrity, you will be in harmony with your self, your goals, and the outer world.
3. Compassion. Support your growth, your work, and your life by being compassionate with yourself first. Be also compassionate with others around you in thought, word, and deed and support their growth. When you are compassionate, you are able to practice non judgment with yourself and the people you dance with. Through this practice, you are supporting a peaceful, nonviolent existence.
4. Commitment. Be committed to your work, your success, and the success of the company. As you strive for perfection, realize it is your perfection, not another's. Use your time wisely. Plan well. Rehearse well. Work to support the company's success through your efficiency.
5. Presence. Being in the present moment enables you to be fully aligned with your whole self, your goals, your work, the company, and the universe of possibilities. It keeps you engaged in everything you do, vibrantly creative, and in honest relationship to everyone you dance with. Practice presence. Realize that you are connected to all people and things through the present moment. You receive and express energy through your body and your physical surroundings, so take care of them in order to be the best possible you.