



ZOFIA
TOMCZYK

INTERDISCIPLINARY ARTIST

contemporary dancer, choreographer, sound artist, performer, educator

Since 2015, I have been **exploring dreams**, studying with PhD. Bonnie Buckner, PhD. Anna Nowicka, The Rite of Dreams project and the School of Images® founded by PhD. Catherine Shainberg in New York (USA). Currently, with the support and funding of the National Institute of Music and Dance (PL), I am continuing my training as a practitioner at the Institute for Dreaming and Imagery®. I am deeply engaged in developing a practice rooted in the belief that dreams subtly yet profoundly influence our waking lives. My focus lies in **amplifying quiet sensations**, images, and emotions that often go unnoticed in everyday life, looking at dreams as a continual source of inspiration and creative input.

I'm passionate about creating **participatory art**, where observers cross the boundary between spectator and creator, engaging directly with the work. My work reminds us that sometimes all it takes is to slow down and attentively notice what already surrounds us to experience transformation and deepen our connection with ourselves and reality. As an artist, I also focus on gathering and sharing practices that help navigate states of not knowing with ease and offer ways to reconnect with the senses, grounding ourselves in an ever-changing world. Since 2020, I have been developing scores that operate at the intersection of movement, sound, perception, space, and mindfulness.

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EDUCATION

2018 – 2019

MFA in Performing Arts

Iceland University of the Arts in Reykjavik

2012 – 2015

BA in Composition and Dance Techniques

Poznan School of Social Sciences in Poland

POSTGRADUATE

Since 2025

Practitioner in Dreaming and Imagery certification programme

The Institute for Dreaming and Imagery®

2025

Song Writing with Brian Eno

The School of Songs

2024

Music Production

Music Laboratory Poland

2024

Mix and Mastering in Music

Akademia Dźwięku Poland

2019 – 2021

The School of Images® PhD. Catherine Shainberg

New York City USA

2015 – 2018

Alternative Dance Academy Scholarship

Art Stations Foundation Grażyna Kulczyk

MICROPRACTICES

**a collection of small tasks
one can do every day
to address the necessity of
nurturing the connection
with oneself, others and nature**

practicing care, softness, empathy and awakening creativity
inspired by dreamwork, somatic practices and performing arts

BOOK

Micropractices will come in various forms, one of them is a book. It consist of 52 practices for 52 weeks in a year. The book was listed as one of Bookowski's 15 best-selling books in the first half of 2024. From July 2024 the book can be also purchased at Boekie Woekie store in Amsterdam, Netherlands.

POSTCARDS

A series of 12 different postcards were created as part of a project carried out thanks to a creative grant from the City of Poznan. They are free and available to the public. Copies have been printed and can be found in various corners of Poznań and Warsaw (Poland), New York (USA), Canary Islands (Spain), Reykjavik (Iceland), Amsterdam (Netherlands).

PERSONALIZED MICROPRACTICES

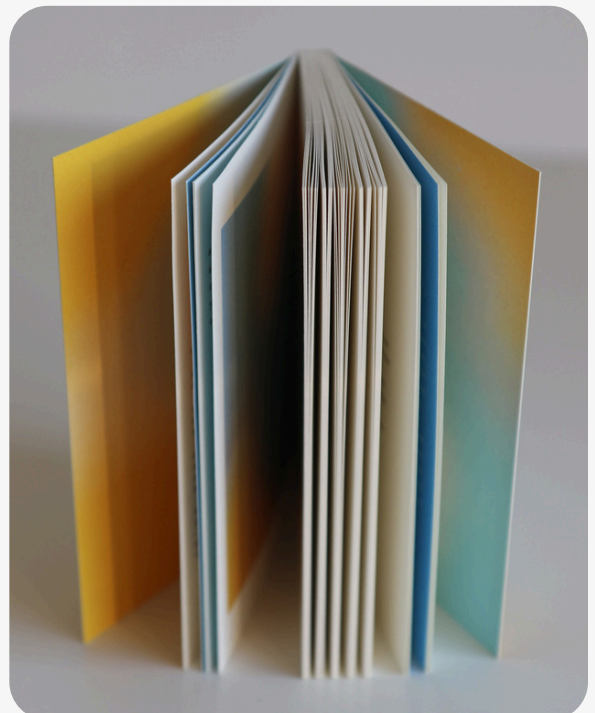
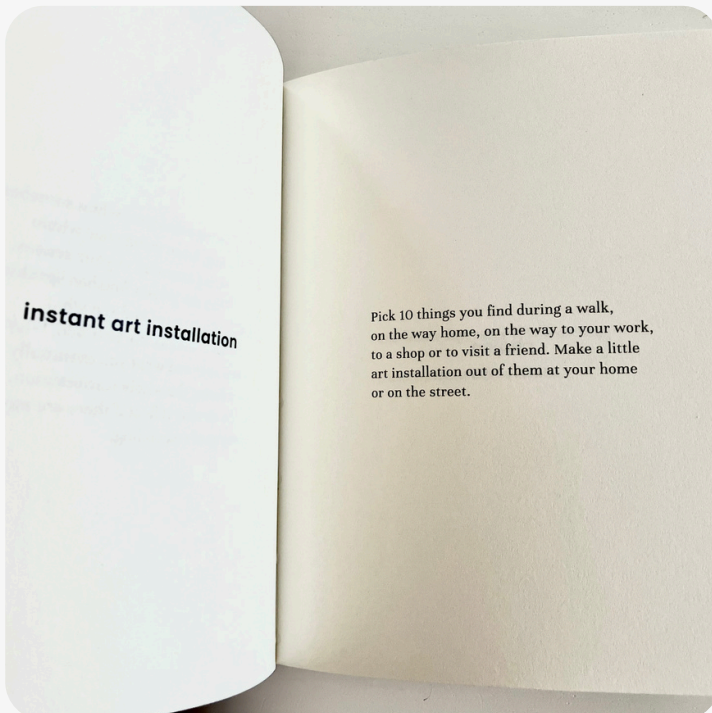
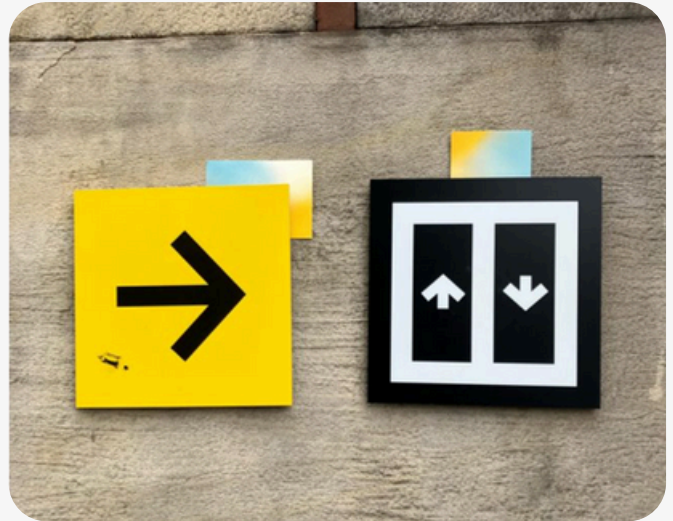
Personalized micropractices are short instructions adapted to individual needs, daily rhythms, and personal goals. Each practice is designed to gently support focus, balance, or creative flow in everyday life. A dedicated one-on-one session can be scheduled to create a custom micropractice tailored to specific intentions and experiences.



Project supported by The International Institute for Dreaming and Imagery® and Poznan City Hall (PL).

MICROPRACTICES

practicing care, softness, empathy and awakening creativity
inspired by dreamwork, somatic practices and performing arts



Project supported by The International Institute for Dreaming and Imagery® and Poznan City Hall (PL).

DREAMWORK

teaching and creating

THE INTERNATIONAL INSTITUTE FOR DREAMING AND IMAGERY®
SINCE 2020

Role: Dream Group Leader, Practitioner in Training

IIDI® works with dreaming, imagery, and the spontaneous imagination as tools for transformation, leadership and creativity, personal development, and for finding solutions to social and global challenges.

Rooted in the lineage of Colette Aboulker-Muscat and grounded in neurobiology, somatics, and cognitive psychology, the institute's work supports access to deeper layers of knowing, reconnection with embodied wisdom, and the transformation of creative blocks. We develop and share this approach through international teaching, creation, and mentorship in collaboration with performing arts foundations, academic institutions, and individuals seeking both artistic and personal growth.



THE DANCE OF THE OBSERVER CHOREOGRAPHIC RESEARCH

2015 – 2020

My work explores dreams as continuous processes that extend into waking life, surfacing in subtle sensations, tremors, fleeting images, and micro-movements. I approach these as forms of knowledge, using performing arts to listen to and amplify overlooked signals in the body and environment, cultivating deeper attention to what is usually too soft or too quiet to notice. Grounded in tools of Process-Oriented Psychology developed by Arnold Mindell, my research involves archiving and improvising with waking and sleeping experiences, creating dialogues that heighten their presence. Between 2018 and 2019, this work was developed as part of my master's studies under the mentorship of Dr. Bonnie Buckner at the Iceland University of the Arts in Reykjavik, supported by the "Young Poland" scholarship funded by the Ministry of Culture and National Heritage in Poland.



SELECTED WORKS:

3x20 (2019) Role: Dancer, Choreographer. Structured **group improvisation performance with active participation of the audience**. The concept was created in collaboration with Aleksandra Bożek-Muszyńska
Duration: 60 minutes



REGENERATE / wystawa grupowa

2020

Gallery Port Reykjavik, Iceland. Six performances and an ongoing video “Crux”. Regenerate is a word with many definitions and ideas. Various meanings will be explored through each exhibition. The specific focus of “Regeneration” for this upcoming exhibition is loss. This can manifest itself in physical, mental, or spiritual loss. From a missing limb to the death of a loved one, the physical loss after giving birth or a removal of an organ. Perhaps it is the feeling of being an incomplete human according to social norms. And with this ‘loss’, how do we renew, recreate oneself? What to do with this missing part of us?”



IT'S ALREADY THERE

2019

Role: Dancer, choreographer, composer. A listening practice framed into a performance. It takes us into subtleties, tremors, micro-gestures, tiny noises, silence, shifts and stillness. Mentorship: Bonnie Buckner. Artistic advice: Michikazu Matsune, Satu Herrala, Alexander Roberts, Kate McIntosh, Steinunn Ketilsdóttir.



CONNECTION

2019

Role: Dancer, choreographer. The solo was created by following the movement emerging under the influence of three sentences: “This is it. It is what it is. This is enough.” It is a practice of observing and amplifying what is noticed and letting it flow.



TE ECHO DE MENOS. MANO

2017

Role: Dancer, choreographer. The practice of movement that begins in the place of ‘strange feelings’. Awarded by Maria Stokłosa: “For trusting yourself. For a soft presence that allows for a rare closeness between the performer and the viewer.”

DANCER

contemporary dance, improvisation, dance theatre - performing and teaching

POLISH DANCE THEATRE (PL)

2021 – 2025

The Polish Dance Theatre (Polski Teatr Tańca) is a renowned contemporary dance company based in Poznań, known for its innovative performances blending modern choreography with cultural elements. I performed in 19 productions by choreographers from Poland, Germany, and Norway, with a total of around 200 shows in Poland, Germany, Romania, Cyprus, and Norway.

DANCED IN:

Nurt Organica- chor: Katarzyna Kulmińska, Daniel Michna, Zofia Tomczyk, Evelyn Blue, Jerzy Kaźmierczak, Emily Wong-Adryńczyk, Momoko Den, Jinwoo Namkung

24/7 New Sins — chor: Yoshiko Waki

Wesele Poprawiny — chor: Iwona Pasińska, dir: Marcin Liber

Republic of Dreams — chor: Iwona Pasińska

Fabula Rasa — chor: Maciej Kuźmiński

The Hat — chor: Jo Strømngren

Polka — chor: Iwona Pasińska

Instincts — chor: Monika Kiwak, dir: Alicja Rubczak

Obiecana Ziemia Obiecana — chor: Artur Bieńkowski

Koczkodanse — chor: Iwona Pasińska

Harvest — chor: Iwona Pasińska

Romeos and Julias Unplagued Traumstadt — chor: Yoshiko Waki

45 — chor: Jacek Przybyłowicz

40 — chor: Jo Strømngren

Walka o ogień i wzrost gospodarczy — chor: Mikołaj Karczewski

Niech Żywi Grzebią Umarłych — chor: Aleksandra Dziurosz

Kurka Wodna albo Urojenie — chor: Iwona Pasińska

No More Tears — chor: Krystyna Szydłowska

Trucizna — chor: Marta Ziótek



ART FRACTION FOUNDATION / ANIMATION THEATRE (PL)

2025

DANCER IN “WE LIVE HERE” PERFORMANCE

Dir: Alicja Morawska-Rubczak. Concept and Set Design: Barbara Małecka. An **interactive performance for children** aged 2 to 5 and their close adults, based on dance, movement, and objects, exploring the essence of community. The performance reflects a deep care for giving voice to the youngest in the relationships we build with the people around us.





FIELDS OF EMPATHY

2025

DOX / Theatre Kikker, Utrecht, Netherlands

Role: Dancer. Choreography: Quincy Otgaar. The performance explores identity as a fluid journey rather than a fixed destination. Through dance, music, and immersive storytelling, the performers embody the tension between belonging and alienation.



SIGNIFICANT ENCOUNTERS

2019

LHI, Sundholl, Reykjavik, Iceland

Role: Dancer. The work looks at how meaning can be constructed based on the coming-together of things. It considers how these things can be situated, put into dialogue with one another and disrupted through mutual encounter. These encounters create situations where obstacles are posed – either ethical, physical or material. Concept: Tim Darbyshire



I WILL NOT BURY MY ROMANTIC SOUL

2019

LHI, Reykjavik, Iceland

I Will Not Bury My Romantic Soul is an artistic experiment inspired by the work of Brazilian artist Lygia Clark. The performance is the result of a desire to open up research in collective experience. Concept: Ellen Vanderstraeten



KSENOFONIA. SYMPHONY FOR THE OTHER

2016

Malta Festival, Poland

Role: Dancer. A multimedia spectacle commemorating the 60th anniversary of June '56 - the story of the first uprising against the communist regime — brutally suppressed by the military — in a language that resonates with today's audience. The artistic concept and script were created by Jan Komasa, a film director.

DANCER IN DANCE SHORT MOVIES:

ISOLDE TRILOGY by Yana Couto (2025)

Three chapter story of Isolde going through symbolic journey of self-discovery. She faces the challenge of understanding her own identity, navigating the delicate balance between softness and strength, sensuality and independence.



HISTORIAE VIVAE — chor: Iwona Pasińska (2023)

Selected Awards:

- SHORT to the Point, Bucharest, Romania 2024 Grand Prize in the category "best dance film / musical"
- Art Film Awards, Skopje, Macedonia 2024 - honorable mention
- Exeter Dance International Film Festival 2024 - honorable mention in the "costume" category



BESTIA — chor: Iwona Pasińska (2022)

Selected Awards:

- Dare to Dance in Public Film Festival 2023, Los Angeles, USA, - honorable mention;
- Mignolo International Screendance Festival, Metuchen, USA 2023 - finalist.
- Play Short, International Film Awards, CBB - Film Society - grand prize of "best dance film" category
- New Renaissance Film Award, Amsterdam, Netherlands 2024 - grand prize
- ReelHeART International Film and Screenplay Festival, Toronto, Canada, 2024 - grand prize in the "best dance film" category
- On Art Festival of Cinema and Art, Warsaw, Poland 2024 - main award in the "short film" category



ZIELNIK— chor: Iwona Pasińska (2021)

Selected Awards:

- Blois International Choreographic Festival 2022 - Blois, France - Audience Award
- RIFF International Film Festival 2022: R.E.D - Eina, Norway - Grand Prize in the category "Short Film - Work of Art"
- Door Kinetic Arts Festival 2022 - Baileys Harbor, USA - Best Dance Film Award
- Portland Dance Film Fest 2022 - Portland, USA 2022 - Audience Award
- Classical Arts Film Festival 2022- Napa, USA, 2022 - Audience Award
- International Dance Film Festival 2022-Jakarta, Indonesia, 2022 - Grand Prize
- XII Encuentro Para Cinépagos 2022 (Festival de CineArte en la Frontera), San Cristóbal, Venezuela, 2022 - best director award for Iwona Pasinska
- XII Encuentro Para Cinépagos 2022 (Festival de CineArte en la Frontera), San Cristóbal, Venezuela, 2022-award for "Best Dance Film"
- Moving Body Festival 2022, Varna, Bulgaria, 2022-Audience Award
- Beirut International Women Film Festival 2023, Beirut, Lebanon 2023 - Grand Prize
- FASS Forward 2023, Quebec, Canada, 202
- 19th Annual ReelHeART International Film and Screenplay Festival, Toronto, Canada, July 9, 2023 - grand prize in the Best Dance Film category



ART STATIONS FOUNDATION GRAŻYNA KULCZYK (PL) 2015 – 2020

Since 2004 Art Stations Foundation by Grażyna Kulczyk (ASF) has been providing extensive support to the development of contemporary choreography through its performative programme based in Poznań, and recognized internationally under the name Stary Browar Nowy Taniec / Old Brewery New Dance. Conceived and curated by Joanna Leśniewska, the program provided Polish and international dance community with the unique meeting point in Central Eastern Europe – a platform for research, creation and choreographic (self)reflection bringing forward the art of choreography in dialogue with other disciplines, examining its history, theory and future, revisiting and interrogating its own artistic, but also political and social, content and contexts.

SELECTED WORKS:

BATAILLE AND DAWN OF NEW DAYS (2016)

Role: Dancer. Six dancers in the poignant world of Georges Bataille, a French writer, philosopher and critic of contemporary culture, one of the few thinkers of the past century who had the courage to ask uncompromising and unconditional questions about the sense and form of human existence.

Choreography, direction: Anna Godowska, Sławek Krawczyński.



Up Side Down (2017)

Role: Dancer. Interactive contemporary dance performance for children 3-5.

Choreography, direction: Dalija Acin Thelander, Keren Levi.



ZACZYN (2017)

Role: Dancer. Is an outcome of an artistic residency that in 2016 met 9 Brazilian and Polish artists that joined forces in shared choreographic practice.

Choreography, direction: Joanna Leśniewska, Janusz Orlik

HYGIENE OF IDENTITY (2018)

Role: Dancer. “Hygiene of Identity” is a performative practice framed as a collective ritual. Three performers question their own identities in order to uncover the unconscious “self” through a consistent practice of individual daily rituals. Choreography: Krystyna Lama Szydłowska

MUSIC

composing for dance theatre performances, playing
quiet concerts and creating soundscapes

CICHE NAGRANIA record label (PL) since 2017 dedicated to slow, calm music. Run by two friends – Józef and Zofia in collaboration with visual artist Agnieszka Nowacka.



ALBUMS:

V (2021)

Otulenie (2019)

Wracanie do siebie (2018)

Chłodna Pasywna Głowa (2017)

SELECTED LIVE PERFORMANCES:

05/2025- Zofia with Karolina Czarnecka / Galeria GaMA, Poznań (PL)

07/2024- Zofia / Czas Letni Festival, Poznań (PL)

10/2023- Zofia / Uroruro / CK Zamek, Poznań (PL)

08/2023- Zofia / DYM Festival, Gorzów Wielkopolski (PL)

09/2022- Aga, Zofia / Uroruro / CK Zamek, Poznań (PL)

06/2021- Aga, Zofia / Short Waves Festival, Poznań (PL)

12/2019- Zofia / K-wax, Poznań (PL)

09/2019- Józef, Zofia / Fru Festival, Łódź (PL)

09/2019- Zofia / Chłodna 25, Warsaw (PL)

07/2019- Józef, Zofia / Kraków (PL)

06/2019- Józef, Zofia / VVkurw, Wrocław (PL)

06/2019- Józef, Zofia / Sejf, Gorzów Wlkp (PL)

05/2019- Zofia / Młodsza Siostra, Warsaw (PL)

05/2019- Józef, Zofia / Kipisz, Łódź (PL)

11/2018- Zofia / Iceland Airwaves Festival Nordic House, Reykjavik (IS)

11/2018- Józef, Zofia / Farby, Poznań (PL)

10/2018- Zofia / Experimental music evening / Mengi, Reykjavik (IS)

08/2018- Zofia / LHI, Reykjavik (IS)

08/2018- Zofia / Menningarnótt 2018, Andrymi Reykjavik (IS)

04/2018- Józef, Zofia / SEJF, Gorzów Wielkopolski (PL)

04/2018- Józef, Zofia / Mocando, Wrocław (PL)

04/2018- Józef, Zofia / Osobliwy Poniedziałek BAZA, Kraków (PL)

04/2018- Józef, Zofia / Przestrzeń Robocza, Łódź (PL)

04/2018- Józef, Zofia / Farby, Poznań (PL)

01/2018- Józef, Zofia / Kolonia Artystów, Gdańsk (PL)

12/2017- Józef, Zofia / Galeria TAK, Poznań (PL)

04/2017- Józef, Zofia / Centrala, Gorzów Wielkopolski (PL)

concert at
CK Zamek (PL)





CHŁODNA PASYWNA GŁOWA - INTERACTIVE TRAVELLING BOXES

since 2017

Interactive Traveling Boxes is a project that was initiated in 2017 with no set end date. Each box contains a letter with instructions and a CD album by Józef and Zofia titled "Cold Passive Head". The person who finds the box is tasked with listening to the CD and filling in one of the pages of the letter in any way they choose. Then, they must pass the box along with its contents to someone else. If they are the person filling in the last page of the letter, they are instructed to contact the authors via email for further instructions.

Created in the spirit of street art, so far, six boxes have been created and left in locations such as the Museum of Modern Art in New York, USA; Vinyl Kaffi in Reykjavik, Iceland; Fischersund in Reykjavik, Iceland; the Artists' Colony in Gdańsk; Pawilon in Poznań; and an undisclosed location in Toruń. All the boxes are still in circulation, and no feedback has been received yet.





AGALMA record label (IS)
2019 – 2020

AGALMA III

The third installment to the Agalma Improvisation Series, the album mixes cello by Ragnar Jónsson, found sounds and ambient stylings by Zofia Tomczyk and real time sound processing by Guðmundur Arnalds. Recorded at Mengi on the 9th of October 2019 released December 20, 2019 |

Credits: Ragnar Jónsson - Cello, Zofia Tomczyk - Electronics, Guðmundur Arnalds- Electronics, Recording engineer- Örlygur Steinar Arnalds, Mixing and Mastering- Örlygur Steinar Arnalds & Guðmundur Arnalds, Artwork- Ragnar Jónsson



MY HEART IS FINE- as a part of Isoliminal Quarantine Compilation

Isoliminal is Agalmas first compilation project. It consists of individual tracks produced in isolation over the past two months by the various artists involved with the Icelandic electronic and experimental scenes that are featured in the Agalma catalog. It features a wide spectrum of musical offerings ranging from freely improvised experimental one-takes and heart-wrenching ambient soundscapes to acid-marinated synth pop and near stadium-worthy electronic power ballads.



AGA I ZOFIA (PL)
SINCE 2020

It is an interdisciplinary duo (Zofia Tomczyk, Aga Nowacka) exploring the intersection of sound, light, and presence through immersive audiovisual experiences. Combining ambient music with analog visual techniques, their work creates contemplative spaces that blur the line between performer and audience.

SELECTED WORKS:

SWIMMING AT DUSK (2023) GaMA Gallery Poznań (PL)

Interactive art installation in collaboration with Aga Nowacka. Swimming at Dusk is an audiovisual space where the dreaminess of light forms mingles with the abstract narratives of ambient and field recordings, so that the tissues of the mind can distract and dream for a while.



AQUA LOOP (2021)

Aqua Loop is a track made in response to artworks made by Elsa Mencagli, shared together as part of her Open Studio visit in September 2021 in Italy.



PŁYWANIE O ZMIERZCHU

2020

Pływanie o Zmierzchu is a collage of found sounds and ambient graphics created in collaboration with Aga Nowacka and published by Czas Kultury magazine from Poland.



LIVE PERFORMANCE from URORURO
Festival in Poznań (PL)



COMPOSED MUSIC FOR DANCE THEATRE PERFORMANCES:

Nurt Organica (2024) chor. Polish Dance Theatre

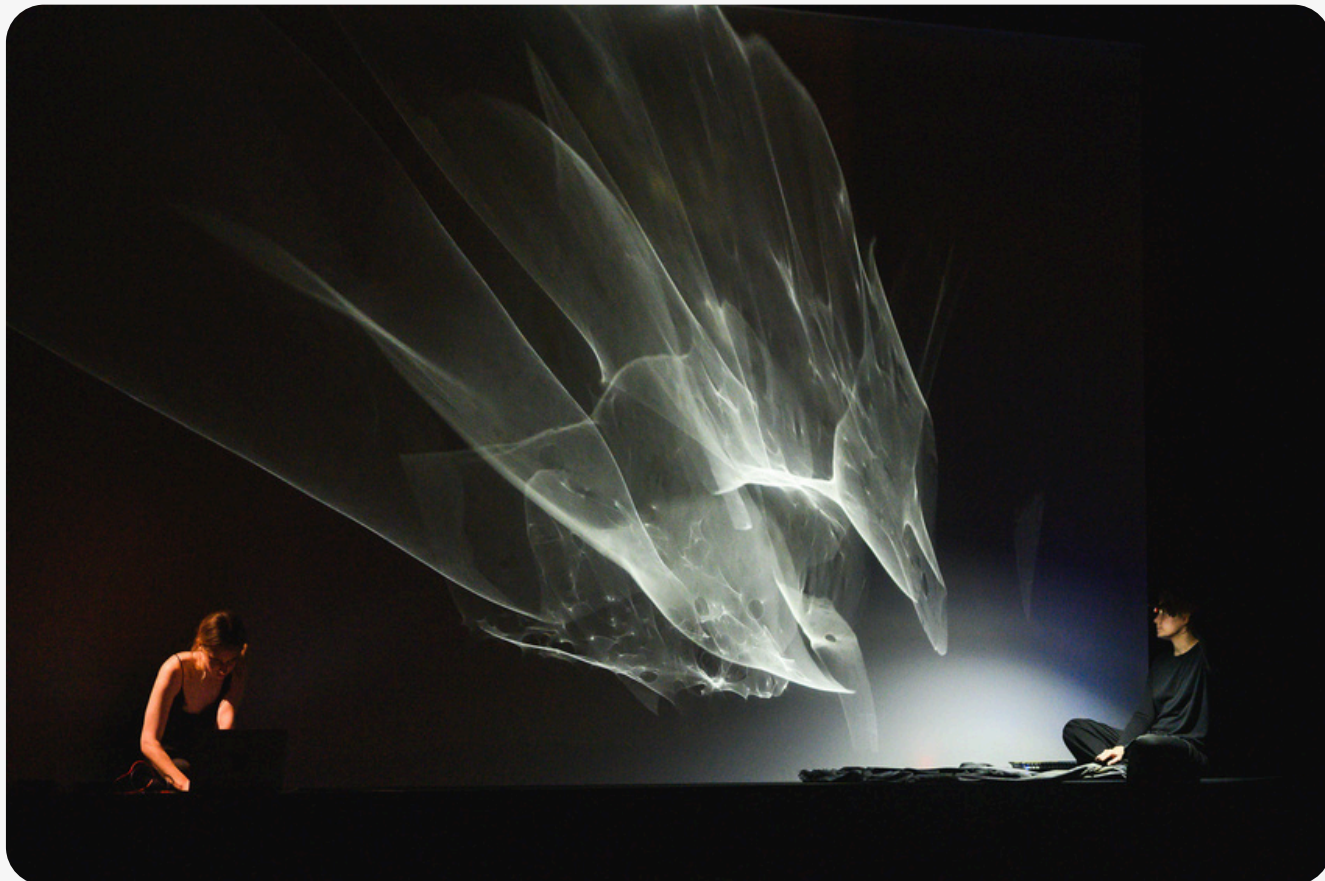
Let's Go Oldschool (2024) chor. Polish Dance Theatre

Q (2023) chor. Polish Dance Theatre

Tymczasowe Nośniki Krajobrazu (2022) chor. Ola Bożek-Muszyńska

Odwilż (2021) chor. Paweł Grała

AGA, ZOFIA _ CONCERT
SWIMMING AT DUSK _ INTERACTIVE INSTALLATION



SHORT
WAVES
FESTIVAL

GaMA

CENTRUM
KULTURY
ZAMEK



CELESTIAL BODIES

travelling art collective run by performing artists

Celestial Bodies founders and core group: María Arnardóttir, Paula Diogo, Elsa Mencagli, Íris Stefanía Skuladóttir, Zofia Tomczyk, Nora Tormann, Ellen Lili Vanderstraete

It is intended that the meeting takes place each year in different countries, with a focus on local artists invited to join the program. Celestial Bodies wants to create safer spaces to be able to grow and allow for experimentation, by slowing down to be able to be with oneself, each other and the environment. The trust that is created allows for deeper listening, experimentation and courage.

The collective was created in 2018 by artists who met while attending the Master in Performing Arts at the Icelandic Academy of Arts (LHI). The experience of being, for a long period, in a group exclusively composed of women-artists, sharing universes, procedures and perspectives, inevitably led to a reflection on the place of women in the performing arts and resulted in the joint organization of a first festival in August 2019 in Reykjavik. CELESTIAL BODIES is dedicated to cultivating connection despite geographic distance and finding ways to continually reconnect.

RESIDENCIES:

2025- Alcantara, Lisbon (PT)

2024- Centrum w Ruchu, Warsaw (PL) and LHI, Reykjavik (IS)

2023- Vera Stasi, Tuscany (IT)

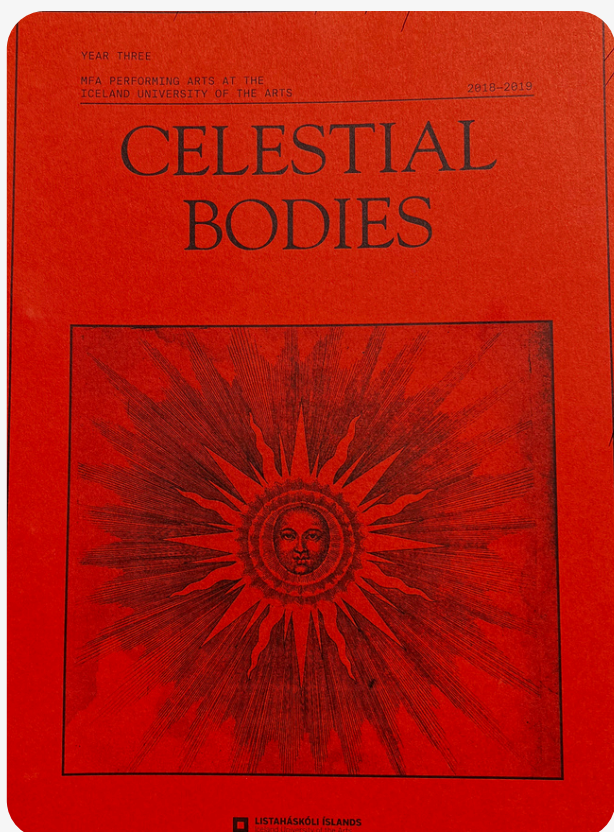
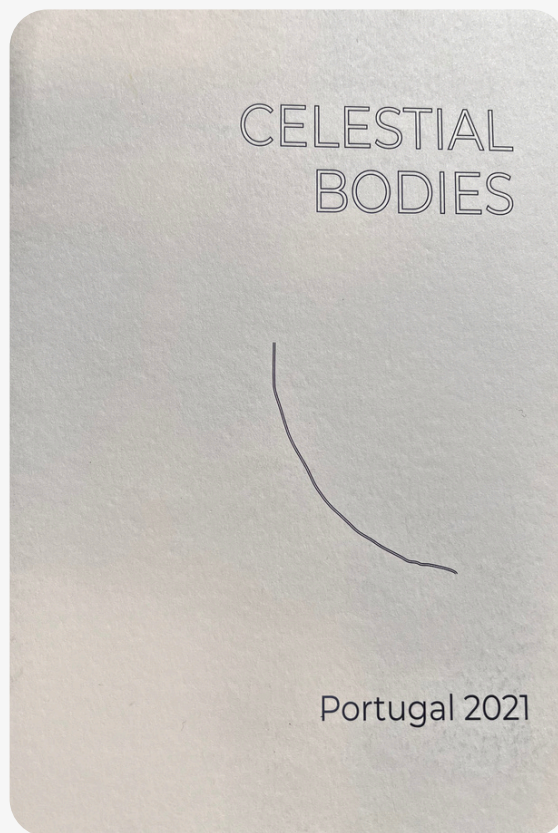
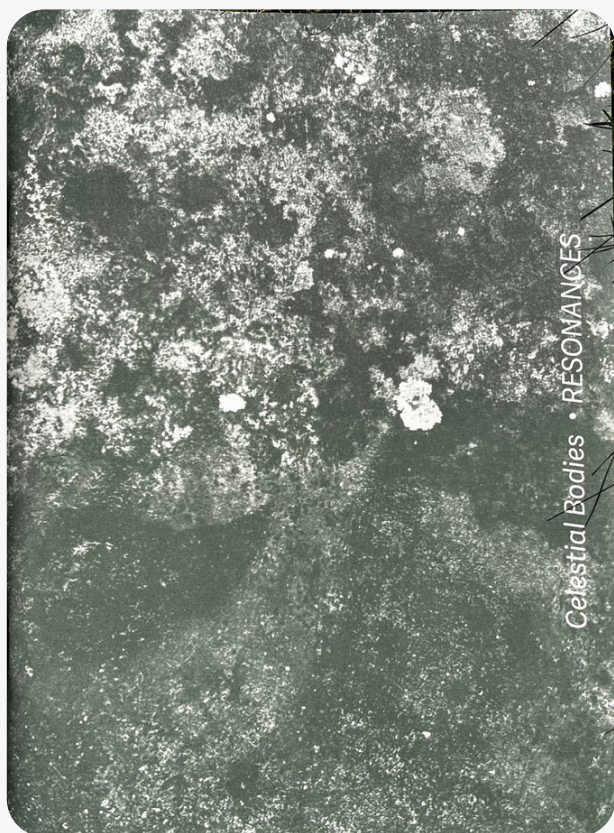
2021- Má-Criação, Lisbon (PT)

2019- LHI, Reykjavik (IS)



CELESTIAL BODIES

book publications



The publications feature texts written by artists who have taken part in Celestial Bodies meetings, offering unique insights into their experiences and reflections—function as both documentation and dialogue, capturing personal perspectives, and creative processes. By presenting these voices, the publications aim to encourage a deeper understanding of contemporary artistic engagement and the significance of collective exploration.



KINESTREFA

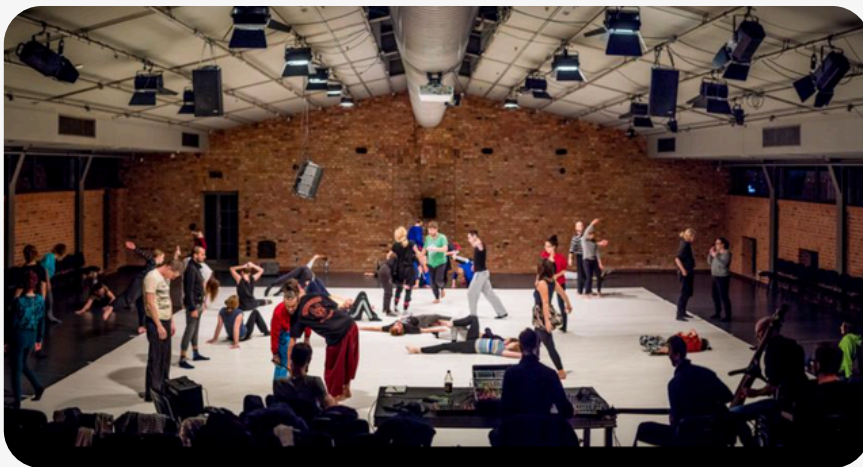
art foundation in Poznan (PL)

2015 – 2019

Role: Co-founder, Director, Teacher, Creator. KINESTREFA is an art foundation focused primarily on improvisation, contact improvisation, and dance in the broadest sense. Its mission has been to connect generations, creative communities, and social groups. Diversity and the exchange of experiences are recognized as great strengths, which drives a strong commitment to bringing people together through art. The foundation has regularly collaborated with initiatives such as Centrum Amarant, Fundacja Malta, Scena Robocza, Art Stations Foundation, CK Zamek, and Stowarzyszenie Połczyńskie Innowacje Kulturalne.

DANCE THEATRE PRODUCTIONS BY KINESTREFA:

2018 - Ostatni raz na jakiś czas / Kołorking Muzyczny, Poznań
2018 - Miała być premiera będzie pogrzeb / Centrum Amarant, Poznań
2018 - Stan Zamętu / Akademia Muzyczna, Łódź
2017 - It is enough / Scena Robocza, Poznań
2016 - Appalachian Spring / CK Zamek, Poznań
2015 - Syrenada / NCK, Kraków
2015 - Banalnie Łatwy Trik / Połczyńskie Innowacje Kulturalne, Połczyn



TEACHING

03.2025- RCK, Kołobrzeg- dance improvisation workshops
03.2025- STW, Poznan- dance improvisation workshops
2021- 2024- Polish Dance Theatre – dance improvisation classes
Since 2023- The IIDI® – Dream Group Leader
2020- 2023- Let's Dream Together Group – Dream Group Leader
2018- Point Dance Studio – dance improvisation classes
05.2018- Pendulum Dance – dance improvisation classes
09.2018- Fru Festival – dance improvisation workshop
06.2018- Malta Festival – dance improvisation workshop
06.2018- Art Stations Foundation – dance improvisation workshop
12.2016- Escola Superior de Dança de Lisboa – improvisation workshops
2015- 2019- Kinestrefa Collective – dance improvisation workshops

EVENTS

dedicated to movement and sound improvisations

INTERNATIONAL CONTACT IMPROVISATION GATHERING (IS)

2020

Role: **co-organizer** with Natalia Oniśk The program consisted of 5 days of intensive workshops with Anya Cloud, jams, lectures and the Underscore practice. This event was organized in collaboration with Dance Atelier Reykjavik, connecting people from: China, Sweden, Italy, Czech, Iceland and Poland.

CYKLA SPOTKAŃ IMPROWIZOWANYCH (PL)

2015 – 2020

Role: **co-organizer**. Monthly meetings focused on both movement and music improvisation. Since 2015, regular dance jams have been organized mainly in cooperation with Centrum Amarant and Zamek Culture Center in Poznań. From 2018 the event has been organized thanks to the Art Station Foundation by Grażyn Kulczyk in Poznań.

AMBIENT SUNDAYS, Reykjavik (IS)

2018 – 2019

A space where to relax together with improvised live music and visuals in Reykjavik, Iceland. **Curated by Zofia Tomczyk** and Dominika Ożarowska. There have been 7 editions of the event. Artists involved: Kjartan Holm, Francesco Fabris, Diego Manatrizio, Ingibjorg Elsa Turchi, Szymon Keller, Guðmundur Ari Arnalds, IDK IDA, Daníel Friðrik Böðvarsson, Arnljótur Sigurðsson, Andartak. Venues we collaborated with: **Mengi, Nordic House, IDNO.**

IDNO

MENGI
creative & experimental
music & art



SCHOLARSHIPS

2025

Grant from the National Institute for Music and Dance (PL)

2024

Study Grant from the National Institute for Music and Dance (PL)

2023

Art Scholarship from the City of Poznań (PL)

2019–2020

Erasmus+ for Internship with PhD Anna Nowicka and PhD Bonnie Buckner (IS)

2019

Młoda Polska Scholarship from the Ministry of Culture and National Heritage (PL)

2015–2017

Alternative Dance Academy Scholarship from the Art Stations Foundation Grażyna Kulczyk (PL)

AWARDS

2024

Winner of the open call to create the exhibition “swimming at dusk” / Municipal Gallery Arsenał GaMA, Poznań (PL)

2022

The Golden Yorick award for the best polish adaptation of Shakespeare’s works of the season for the Polish Dance Theater, Bodytalk in Münster for the performance “Romeos & Julias Unplugged. Traumstadt,” chor. Yoshiko Waki (PL)

2022

Award for the performance „Kurka Wodna Albo Urojenie” - 46. Opolskie Konfrontacje Teatralne

2021

Awarded a prize for Young Artists in the Poznań art community for mature artistic, curatorial and educational activities in the fields of dance, choreography and experimental music (PL)

2017

2nd prize for choreography “Connection” – international choreography competition Warsaw Zawierowania Dance (PL)

2017

1st prize for choreography “Te echo de menos” at “3...2...1...dance!” competition, Kraków

2016

Awarded for choreography “Connection” Międzynarodowy Konkurs Choreograficzny “Source Of Dance” Tarnów



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