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## Returning Waves: Embodied Journey

Valovi ponavljanja: Utjelovljeno putovanje

**Sanela Janković**

Drawing from Dance Movement Therapy frameworks of embodied awareness, movement symbolism, and authentic expression, this workshop explores the cyclical movement of embodied memory and transformation through the metaphor of returning waves. Repetition is approached as a ritual process – an embodied rhythm that holds both remembrance of experience and the potential for renewal. Participants are invited into a creative, experiential journey reflecting the interplay between movement, image, and inner landscape, evoking the theme of return as both a physical and symbolic act.

Delving into the body as an archive of personal history and collective unconscious through multilayered bodily felt sense, participants are guided to observe which patterns are revealed through embodied research and which are recurring. The anticipation and acknowledgment of repetition raise awareness of its ritual function that transforms embodied memory. Within a structured, guided improvisational process, participants attend to recurring gestures, sensations, or impulses arising through movement.

By revisiting these motifs, they may uncover layers of personal and collective memory inscribed in the body, allowing transformation to emerge through the rhythm of return. Repetitive movements can offer keys to unlocking fixed behavioral patterns into new movement possibilities. Discovering different responses may mark a moment of awareness in which one realizes there is a choice — to revisit, repeat, or not repeat a particular pattern.

The process unfolds as an artistic and therapeutic dialogue, where movement becomes both witness and storyteller. Through collective improvisation, attentive observation, and the cyclical rhythm of movement and stillness, Returning Waves invites participants to experience consciously embodied repetition, through which each returning wave opens a new layer of self-discovery and transformation.



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**Keywords:** Dance Movement Therapy, embodied memory, repetition, ritual, symbolic movement

## **Biography**

**Sanela Janković** is a dance artist, senior certified Dance Movement Psychotherapist (SRDMP), and Assistant Professor of Stage Movement in the MA studies at the Theatre Department, Academy of Arts and Culture in Osijek, Croatia. She graduated in Contemporary Dance from the London Contemporary Dance School, University of Kent, UK, and participated in developing the Postgraduate Specialist Study in Creative Therapies, where she coordinates and teaches the Dance Movement Therapy major. As a choreographer and performer, she has presented her work internationally and has promoted Dance Movement Therapy in Croatia through conferences, professional events, and clinical work.

## **Recent presentations**

Janković, S. (2025). **Dance Movement Workshop: *Identity in Movement and Dance*** Festival mladog teatra (*Young Theatre Festival*), Bale, Croatia.

Janković, S. (2024). **Dance Movement Workshop: *Roots***, Festival mladog teatra (*Young Theatre Festival*), Bale, Croatia.

**Janković, S. (2021). Potential and Application of Dance Movement Therapy in Neurorehabilitation.** *Mind & Brain: 60th International Neuropsychiatric Congress, Pula, Croatia.*

Janković, S. (2020). **Creative Movement as Resource: Creative Process in Dance Movement Therapy vs Performative Stage Movement.** International Professional Conference of Contemporary Dance, *Embodied Memory: Therapeutic Approaches with Art, Platforma sodobnega plesa, Maribor.*