

**Friday, October 10, 2025**

**08.30-09.00**

**Registration:** Building B ifj. Nagy Zoltán Theatre Hall

**9.00**

**Opening**

**9.10-10.45**

9.10-09.55

**Plenary session** - Building B ifj. Nagy Zoltán Theatre Hall

**Csabai, Márta: Always Positive?**

**Rethinking Body Positivity Through Health,  
Wellbeing and Autonomy**

10.00-10.45

**Clifford, Amanda: The Intersection of Art and Health.**

**Can Dancing Improve Health and Wellbeing?**

Questions, comments

**10.50-11.10**

Coffee break

**11.15-12.45**

**Sections**

**Section 1**

**Social & Individual Aspects**

Venue: Building D, Room 2

**Chair person:** Szitt, Melinda

**Section 2**

**Historical-anthropological context  
of dance and health**

Venue: Building D, Room 3

**Chair person:** Asztalos, Réka

<b>Salmorbekova, Aidai:</b> Effect of Dance Pedagogy on Social Aesthetic Perception in Adult Learners: A Pilot Study on the Validation of the Social Aesthetics Perception Scale (Eng)	<b>Daru, Andrea:</b> Folk culture as a life reform (Lebensreform) in the life of Béla Bartók (Hun)
<b>Orovnická, Ľubica :</b> Benefits of Innovative Classical Dance Training (Eng)	<b>Bolvári-Takács, Gábor:</b> Regulation of sports medical examinations of ballet institute students in the 1950s (Hun)
<b>Adamovich, Ferenc:</b> The Role of the Neutral State in Maintaining Health and Improving Concentration (Eng)	<b>Kovács, Nóra:</b> How does tango dancing contribute to health and well-being? Results of a pilot study in Hungary (Hun)
<b>Almásy, Csilla - Rusinné Fedor, Anita - Soltész-Várhelyi, Klára:</b> The most common injuries among Hungarian professional folk dancers and their correlation with core stability (Eng)	<b>Molnár, Ákos - Prisztóka, Gyöngyvér:</b> Changing rhythm in school physical education (Hun)

**12.45-13.15**

Lunch break

**Friday, October 10, 2025**

**13.15-14.45**

**Sections**

**Section 3**

**Dance and Subjective Well-Being**

**Section 4**

**Dance and Co-Arts**

Venue: Building D, Room 2

**Chair person:** *Lőrinc, Katalin*

Venue: Building D, Room 3

**Chair person:** *Gara, Márk*

<b>Hansen, Cynthia - Miller, Celeste - Jarrett, Lucinda - Parkes, Jo:</b> Language Lost and Found Through Co-creative Dance (Eng)	<b>Kovács, Ilona:</b> Choreographic Resonances of Saint-Saëns' <i>Danse macabre</i> (Hun)
<b>Tongori, Ágota:</b> Soul in Motion: The Invisible, Intergenerational Thread of Dance Heritage, Dance Education and Well-Being (Eng)	<b>Retkes, Attila:</b> Filu - Martiny - Chappy - Hughes - Tabányi - Radics: jazz and dance in Budapest, in the light of the repertoire of six orchestras (1945-1948) (Hun)
<b>Liu, Feng:</b> Yin-Yang Complementarity in Flow: Hungarian Circle Dance as Embodied Healing Text (Eng)	<b>Varga, Nóra:</b> Auto-bio-choreo-graphy Autobiographical dance narratives (Hun)
<b>Polakova, Marta - Žitniakova Gurkova, Beata:</b> Towards Sustainable Dance Careers: The Role of Subjective Well-Being in Training (Eng)	<b>M. Nagy, Emese:</b> Dance and Soul Dance in Contemporary Hungarian Poetry (Hun)

**14.45-15.15**

Coffee break

**15.15-18.30**

**Practical Workshops**

**15.15-16.00**

Building D  
Room 6

**Emde, Andrea von der - Ohlsen, Simeon:**  
Experience Resonance - with the Franklin Method to More Self - Awareness in Dance (Eng)

**16.00-16.45**

Building D  
Room 6

**Omerzo, Irma:** From the Application of the Feldenkrais Method in Dance to the Choreographic Proposition in an Artistic and Social Context (Eng)

**16.45-17.45**

Building D  
Room 6

**Roy, Virginie:** Supporting Mental Health in Dance Pedagogy: Considerations on the Importance of the Student Dancer's and of the Teaching Team's Mental Health (Eng)

**17.45-18.30**

Building D  
Room 6

**Urban, Martin - Žitniakova Gurkova, Beata:** Play as a Support for Dancer Wellbeing: Between Performance and Playfulness (Eng)

**Saturday, October 11, 2025**

**09.00-10.45**

**Sections**

**Section 5**

**Dancer's body awareness**

Venue: Building D, Room 2

**Chair person:** Gaál-Wéber, Ildikó

**Section 6**

**Historical and ethnochoreological correlations of folk dance art**

Venue: Building D, Room 3

**Chair person:** Hortobágyi, Gyöngyvér

<b>Szászi, Beáta:</b> "We just look great!" - positive body image exercises (Hun)	<b>Dóka, Krisztina:</b> 'Come on Couples, Let's Dance!' Thoughts and Theories about Dance and Movement Material in the Hungarian Dance Books (Hun)
<b>Jávör, Lili - Őri, Dorottya - Szászi, Beáta:</b> Examination of the prevalence of body dysmorphic disorder among professional dancers (Hun)	<b>Karácsony, Zoltán:</b> The use of the body in the couple and male dances of the Romanians of Felszeg in Kalotaszeg (Hun)
<b>Kis-Luca, Kinga:</b> Efficiency of Respiratory Functions in a Dancer's Performance (Hun)	<b>Dudás, Dávid:</b> Formal-structural analysis of Ferenc Kocsis' "sűrű tempó" (Hun)
<b>Nyisztorné Mikuli, Dorka:</b> Introducing somatic practices to folk dance education (Hun)	<b>Bagota, Mónika - Kulman, Katalin - Zámbo, Csilla:</b> Folk dance and mathematics - from experience to knowledge (Hun)
	<b>Németh, Nóra:</b> "I think it's a Fábán Éva-style táncház!" – The legendary "Molnár Street" children's táncház (Hun)

**10.50-11.10**

Coffee break

**11.15-12.45**

**Sections**

**Section 7**

**The physical and mental well-being of professional dancers**

Venue: Building D, Room 2

**Chair person:** Szászi, Beáta

**Section 8**

**Mental well-being and self-awareness in dance education: psychological and movement-based approaches**

Venue: Building D, Room 3

**Chair person:** Tongori, Ágota

<b>Pávics, Judit:</b> The Role of Psychological Immune Competence in the Well-Being of Dance Students (Hun)	<b>Szigeti, Oktávia:</b> The positive effects of children's dance education on children's personality development, sharing practical pedagogical experiences from the past 15 years through the eyes of the founder and teacher of a rural private school (Hun)
<b>Benda-Szakszon, Flóra - Shenker-Horváth, Kinga:</b> Low energy availability in dancers – findings from a case study (Hun)	<b>Szabó, Bence:</b> Rehearsal and season planning in the world of dance from the perspective of training theory (Hun)
<b>Török, Enikő - Ujvári, Milán:</b> Body awareness and prevention. A multidisciplinary approach to strength training in dance artist education (Hun)	<b>Szente, Dorina Eszter:</b> The Role of Drama-in-Education in Developing Dance Students' Self-Awareness and Mental Well-Being (Hun)
<b>Gaál-Wéber, Ildikó - Salát, Magdolna:</b> Stress management training for the well-being of performing artists and arts educators, and for the renewal of arts education (Hun)	<b>Kézér, Gabriella:</b> "Developing new emotional patterns through movement" (Hun)

**12.45-13.30**

Lunch break

**Saturday, October 11, 2025**

**13.30-15.00**

**Sections**

**Section 9**

**The reconstruction of the  
'Dance House' ("Táncház") /Timár Method  
panel**

Venue: Building D, Room 3

**Chair person:** *Sándor, Ildikó*

**Honbolygó, Ferenc - Sándor, Ildikó:** The ÚTON  
Research: Plans, Methods, Results (Hun)

**Hudákné Farkas, Sára - Berta, Alexandra:** The  
Curriculum Content, Methodology and  
Pedagogical experiences of the "ÚTON" Generic  
Folk Dance Training (Hun)

**Hudákné Farkas, Sára - Babinecz, Sándor - Berta,  
Alexandra:** Generic Folk Dance Training –  
"táncház" method in the Classroom (workshop)  
(Hun)

**Sándor, Ildikó - Bakonyi, Erika - Sáfrán, Balázs -  
Számfira, Máté:** An Attempt to Reconstruct the  
Timár/"Táncház" Method (Hun)

**15.00-15.15**

Coffee break

**15.15-16.45**

***Practical Workshops***

**15.15-16.00**  
Building D  
Room 6

**Tyukász, Brigitta:** Presentation of the Senior Joy Dance  
Method and the Bio-Psycho-Social Benefits of Regular  
Dancing in Older Age (Hun)

**16.00-16.45**  
Building D  
Room 6

**Vécsey, Boglárka - Horváth, Milla - Horváth-Varga,  
Fanni - Zuber, Frida:** „Lélekpihenő": Applying  
Movement Improvisation in Practice (Hun)

**16.45-17.00**

**Conference Closure**