

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

Salmorbekova, Aidai: Effect of Dance Pedagogy on Social Aesthetic Perception in Adult Learners: A Pilot Study on the Validation of the Social Aesthetics Perception Scale (Eng)	Daru, Andrea: Folk culture as a life reform (Lebensreform) in the life of Béla Bartók (Hun)
Orovnická, Ľubica : Benefits of Innovative Classical Dance Training (Eng)	Bolvári-Takács, Gábor: Regulation of sports medical examinations of ballet institute students in the 1950s (Hun)
Adamovich, Ferenc: The Role of the Neutral State in Maintaining Health and Improving Concentration (Eng)	Kovács, Nóra: How does tango dancing contribute to health and well-being? Results of a pilot study in Hungary (Hun)
	Molnár, Ákos - Prisztóka, Gyöngyvér: 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*

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

Szászi, Beáta: "We just look great!" - positive body image exercises (Hun)	Dóka, Krisztina: 'Come on Couples, Let's Dance!' Thoughts and Theories about Dance and Movement Material in the Hungarian Dance Books (Hun)
Jávor, Lili - Őri, Dorottya - Szászi, Beáta: Examination of the prevalence of body dysmorphic disorder among professional dancers (Hun)	Karácsony, Zoltán: The use of the body in the couple and male dances of the Romanians of Felszeg in Kalotaszeg (Hun)
Nyisztorné Mikuli, Dorka: Introducing somatic practices to folk dance education (Hun)	Dudás, Dávid: Formal-structural analysis of Ferenc Kocsis' "sűrű tempó" (Hun)
Almásy, Csilla - Rusinné Fedor, Anita - Soltész-Várhelyi, Klára: The most common injuries among Hungarian professional folk dancers and their correlation with core stability (Eng)	Bagota, Mónika - Kulman, Katalin - Zámbó, Csilla: Folk dance and mathematics - from experience to knowledge (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

Pávics, Judit: The Role of Psychological Immune Competence in the Well-Being of Dance Students (Hun)	Szigeti, Oktávia: 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)
Benda-Szakszon, Flóra - Shenker-Horváth, Kinga: Low energy availability in dancers – findings from a case study (Hun)	Szabó, Bence: Rehearsal and season planning in the world of dance from the perspective of training theory (Hun)
Török, Enikő - Ujvári, Milán: Body awareness and prevention. A multidisciplinary approach to strength training in dance artist education (Hun)	Szente, Dorina Eszter: The Role of Drama-in-Education in Developing Dance Students' Self-Awareness and Mental Well-Being (Hun)
Gaál-Wéber, Ildikó - Salát, Magdolna: Stress management training for the well-being of performing artists and arts educators, and for the renewal of arts education (Hun)	Kézér, Gabriella: "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' ("Tánc ház") /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 – "tánc ház" method in the Classroom (workshop) (Hun)
Sándor, Ildikó - Bakonyi, Erika - Sáfrán, Balázs - Számfira, Máté: An Attempt to Reconstruct the Timár/"Tánc ház" Method (Hun)

15.00-15.15

Coffee break

15.15-16.00

Practical Workshop

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)

16.00-16.15

Conference Closure