

Leader´s evaluation report of master thesis of Bc. Polona Golob

„Movement and Creativity“

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In the introduction the advocate of the title simply and clearly explains the main theme of her master thesis- a process of a self-transformation. She starts with paraphrases of thoughts of Moshé Feldenkrais from his book Awareness Through Movement on topics of „a self-image“ of individuality and a natural desire of each human being- to self- improve. From this short introduction

Polona is opening up her own reasons, desires and needs why she started to study at KATaP- primarily to transform her body and movement, so she could improve her self-image.

To describe an awareness printed in her own process and in possibilities of transformation through movement in general Polona uses examples of chosen exercises from all three movement approaches being taught at KATaP she went through (Lössl, Oswaldová, Raisová). She is working with subthemes according to a background of praxis and theory of body and movement: a posture, a space and an imagination leading to a creation. As she points out in the introduction of her thesis- she is not giving a summary of exercises and approaches she went through studies at KATaP, but she is opening up to a reader an opportunity to follow her individual transformation, practically experienced and theoretically grounded.

I appreciate very much the way how Polona works with the main theme of „movement and creativity“- actually her own approach rests in a description what she has experienced, step by step, through how exactly and concretely she felt the change in the whole body tension and its functions and how her attitude to the self-image was changing within her studies. Polona is trying honestly to catch, collect and reflect „view points“ of how to gain a greater sensitivity in a movement, in an authorship and being on the stage so far as in a daily-life

moving, experiencing, thinking, behaving and changing daily qualities in all mentioned layers in general.

The only question I do have comes out from the chapter 2.3. „Finding Your Center“. Even though Polona is writing there through an open self-reflection about her relationship to the topic, giving us her opinion about the subthemes- „Working with the Floor Exercise“, „The Walking Exercise“ and „The Impulse Exercise“, it is not readable for me, why she chose exactly those themes. Nevertheless according to our discussion we had, this part of Polona's thesis stays „foggy“ for me..

In few words in a final: Polona's thesis is filling up my idea of how a student- a human being- a professional- an author could start to be aware of what is happening with a self-image, reflect and use with awareness what she has experienced and learned- according to her professional ambitions, as a lawyer- an author- a human being. Simply, clearly, unambiguously and concretely.

I recommend absolutely the thesis of Polona Golog to defense.

Prague, 22nd September 2018,

MgA. Petra Oswaldová, Ph.D.

