

Hannah Mettler: Artist Statement

Being swept into the world of dance as a child, it was the mysterious intrigue of sensing a larger phenomenon beyond myself that captured my attention, and it has only grown as I have found movement to be the way I dive deeper into person self-reflection. Dancing unlocks a vibrant freedom and intangible joy in me that nothing else compares to, giving way to inspiration I channel into dancemaking. Coupled with genuine intrigue to explore its physical and communicative limits, I see dance as a vehicle that physicalizes human struggle and triumph, bringing what is unseen to the visible world by traveling to the corners of the mind, and using the dancer's body as the landscape to design from.

My dancemaking process is influenced by what makes individual dancers unique, building interpersonal relationships with them, and allowing their uniqueness to shape the dance itself. I am a deeply relational person, and caring for the dancers in the room by building a united, collective approach to the work at hand is important to me. As my creative research process is driven by that relationship-based approach, my intention is to translate it to lasting relationships with audiences, ultimately using dance works as a bridge to serve my community at large. Having a Bachelor of Science in psychology, my choreographic works predominantly focus on "connecting the dots" between the mental health fields, human emotions, and storytelling. I am fascinated by the overlap between the mind, body, and spirit, and use variations of ballet, contemporary, modern and tap dance to explore dance narrative.

While dancing, creating, and educating are significant to my work as an artist, my goal for the future is to go deeper into psychology and pursue training in dance therapy. I believe dance can be used as a healing and meditative tool, not only to be enjoyed as means to enter into a world of beautiful choreography, but to serve individuals and communities by hosting classes and performances that invite them into that same mysterious phenomenon that captured my heart as a child.