SUNDAY 15 NOVEMBER 2026

The many versions of me: exploring identity through movement



Took part	8	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Devika Murali	Facilitated by	Devika Murali

Input

What went in

- A guided movement session on identity and self-expression
- Exploration of different walks and roles through the body
- Activities that use movement to give the body a voice
- Space to explore held-back movements and movements of choice

Time

1 hour

Activity

The adult session

Sunday's adult session explored identity and self-expression through the theme "The Many Versions of Me."

Participants tried different ways of walking and showing roles through the body. They also gave the body a voice. They explored movements they might usually hold back. They expressed the person they are becoming. An open movement activity gave each person space to choose and explore movements of their own.

The session offered a chance for self-exploration, freedom of movement, and awareness of how we express ourselves.

Outcome

Participants explored a range of movements connected to different aspects of identity and self-expression. The open movement activity allowed them to make their own choices and explore movement in a personal way.

(We observed it)

Learnings

Movement can help us explore identity and express parts of ourselves that may not come forward in everyday life. Having space to choose and experiment can support self-awareness and freedom of expression.

Run this activity yourself. You are free to copy, change and share this write-up, as long as you credit aikyam space. Photos are not included. (Creative Commons licence CC BY 4.0: https://creativecommons.org/licenses/by/4.0/)