



# Everybody Needs a Home

This solo is a transformative journey—an exploration of what it means to search for home and to evolve into one's true place in the world. Like the metamorphosis of a caterpillar becoming a butterfly, it embodies growth, change, and the struggle to find belonging in a constantly shifting landscape.

At its core, the work emphasizes that we are first bodies—before names, roles, or definitions. Through movement, the dancer sheds these external layers, stripping away imposed identities to uncover the deeper truth: that home is not something to be found outside, but discovered within.

The title *Budbringeren*—Norwegian for *The Messenger*—becomes a guiding thread. Here, the dancer is both receiver and deliverer: the body itself carries a message. It reminds us that before we are names, roles, or definitions, we are first and foremost bodies. Through shedding imposed identities, the movement uncovers a truth: that home is not something found outside, but discovered within.

In this way, the solo is both metamorphosis and message, a call to return to the body as the first and truest home.

Choreography & dance: Adi Hanan

Costume: Iliana Hayden

Music: *Budbringeren*, Arve Henriksen



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**Adi Hanan**

**Durchdacht. Achtsam. Sinnlich.**