

DR ANNA DAKO

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Proactive and diligent professional in dance, therapeutic education, and interdisciplinary arts practices with hands-on experience in creative practice-based research. Possesses a breadth of academic experience, having successfully obtained a PhD in Creative Arts Practices in Therapeutic Education. Founder and artistic director of Dunami – Movement Arts Wellbeing CIC. Experienced in eco-somatic education, arts and health, contemporary dance dramaturgy, dance research, film making, site-specific and intercultural projects. Effective communicator, keen outdoorswoman, producer and author who works closely with colleagues to instil cultures of embodied inquiry within interdisciplinary and intercultural networks of collaboration as well as ecologically inclusive research on self-care, intercultural dialogue and wellbeing.

KEY SKILLS

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| ▪ Art Practice as Research | ▪ Eco-somatic Therapy | ▪ Culture and Cognition |
| ▪ Environmental Psychology | ▪ Experiential Education | ▪ Embodied Philosophy |
| ▪ Creative Arts & Wellbeing | ▪ Site-Specific Productions | ▪ Qualitative Research |

HIGHLIGHTS

- Author of [Dances with Sheep – On RePairing the Human-Nature Condition in Felt Thinking and Moving towards Wellbeing](#), Intellect Books, 2023, and [Walking to Wellbeing – A Guide to Practising Self-Care in Somatic Felt Thinking](#), self-published, 2023
- Scottish Landscape Awards Nominee 2023 for her latest dance film: [Forest Within](#) – a site-specific production
- Interdisciplinary researcher on cultural, psychological and environmental arts and sciences working with creative and somatic arts on ways of thinking about human - nature relationship throughout National Parks in Scotland
- Winner of Images of Research Competition 2019, University of Aberdeen
- Delivered workshops on Eco-Somatic Education at Universities of Oxford, Aberdeen, Edinburgh, Edge Hill and Bath
- Board Member of Somatic Movement Dance Therapies Association UK

EDUCATION & TRAINING

PhD in Art-Research in Therapeutic Education ARTE (2016 – 2020), [Academic Profile](#), University of Aberdeen, UK

PhD Thesis: *Dances with Sheep - On Somatic Ontologies of Human Nature and Wellbeing and Repairing Human Nature Condition with Felt Thinking in Movement* [Doctoral Project Abstract](#)

In Association with: Knowing From the Inside (KFI) Project, by Prof. Tim Ingold, University of Aberdeen and external supervision by Prof Vicky Karkou, Chair of Dance, Arts and Wellbeing, Edge Hill University

MA in Dance and Somatic Wellbeing (2013 – 2015), University of Central Lancashire, UK

Dissertation: *Nights and Days – On the Experience of Interconnectedness between Knowing and Not-Knowing* [Academic Works](#)

MA in Theatre Studies (2005 – 2010), University of Amsterdam, NL

Dissertation: *Dynamic Composing - On Choreographic Processes of Conceptualization as a Way to Artistic Knowing*

MA in Cultural Studies (one year participation), University of Amsterdam, NL

BA in English Studies (1999 – 2002), PWSZ Krosno, PL

Dissertation: *The Evolution of the Image of the Native Americans as Depicted in Films*

PROFESSIONAL EXPERIENCE

Artistic Director, Therapist, Researcher/Author, Educator – [DUNAMI, UK](#) 2012 – PRESENT

- Facilitating movement, therapeutic dance and eco-somatic arts education workshops
- Directing and collaborating on arts projects and events
- Facilitating individual therapy sessions with clients within private practice
- Authoring publications and online resources to support creative development and psycho-somatic health

- Producer, Movement Artist, Dance Film Maker** – [AENIMAE PRODUCTIONS, UK](#) 2008 – PRESENT
- Providing artistic direction and guidance, conducting conceptual development
 - Performing and managing dance productions
 - Leading post-production activities, editing and supervising technical aspects of productions
 - Collaborating with choreographers and individual dance artists
- Dramaturge, Workshops Facilitator** – [O.DE.LA THEATRE, PL](#) 2015- PRESENT
- Supporting conceptual development of the performances and studio work, facilitating workshops and performances: [Soma](#), [Trans Misje Festival 2018](#)
- Contemporary Dance Dramaturge, Assistant Researcher** – [DANSLAB, NL](#) 2009 – 2009
- Conducting conceptual development within research and studio work, arranged as a series of studio confrontations with multiple theoretical concepts related to the study of presence/non-presence, the real/the virtual, self/other/collective
- Supporting Researcher, Editor** – [C-SCOPE DANCE PRODUCTIONS, NL](#) 2006 – 2007
- Assisting with research and concept building for staged dance productions
 - Conducting editorial activities, alongside theoretical and critical consultancy
 - Gathering pre-performance data; analysing, interpreting and presenting data
 - Providing support with the production and rehearsal process, and writing project proposals
- English Language Teacher** – [SUCCESS SCHOOL OF ENGLISH, PL](#) 1999 – 2004
- Teaching English to students at all ages, ensuring healthy cultures of learning by monitoring student progress and identifying learning requirements

AFFILIATIONS

UKSMDT – Registered Somatic Moving and Dancing Therapies Practitioner and Board Member

ISMETA – Registered Somatic Movement Educator and Therapist (RSME/T)

UKAHPP – Association of Humanistic Psychology Practitioners (Associate Member)

ARTISTIC COLLABORATIONS

Commissioned Collaborations:

[O.De.La](#) Theatre Rzeszow, PL (2014-ongoing) [Internal Landscape](#), [Soma](#), [Trans Misje Festival 2018](#); Marie-Luise Oberem PhD on Authentic Movement Workshops, Krakow, PL (August 2016): [TaniecPolska](#); Joanna Sarnecka on Creative Workshops for Kids and Butoh Dance Workshops, Rzeszów, PL (October 2013-May 2017): [OpowiescizWalizki](#); Marta Berdel on Ethno Dances, Rzeszów, PL (October 2013-May 2017): [EtnoWirownia](#); Association of Drama Practitioners STOP-KLATKA, Rzeszów, PL (April-May 2016): [StopKlatka](#); Dance Studio Iskra, Rzeszów, PL (January 2014-February 2014): [IskraTaniec](#); Virtueel Platform Instituut, Amsterdam, NL (2008): [VirtueelPlatform](#); Walled Garden Conference 2008 & Prof Erin Manning (Concordia University CAN): [WalledGarden](#)

Collaborations with Individual Artists and Choreographers:

Cora Bos-Kroese NL ([C-Scope](#)), Kenzo Kusuda JP/NL ([kenzo.kusuda.com](#)), Edan Gorlicki IL ([RandomCollision](#)), Bruno Listopad NL, Milena Twiehaus NL (NDT), Genevieve Osborne AU (NDT), Marta Bury PL ([O.de.la](#)), Maximillian von Duerckheim USA, Paula Huolman FIN, Joanna Sarnecka PL, Mariusz Adameczyk PL, Ula Surowiec PL, Mieszko Nagaj PL, Adrian Szydełko PL, Katarzyna Krupa PL, Magda Wiślak PL, Sofia Kondylia GR, Laura Booth UK, Shayne Lillith-Moon UK, Dr Sarah Luczaj, Moussa Dembele UK ([Koroleko](#)), Francis Angol UK ([Movement Angol](#)), Anna Mudeka UK, Ibou Sora FR and others.

PRESENTATIONS, WORKSHOPS & GUEST LECTURES

Internal Landscape – Lecture Performance and Site-specific Workshop produced by O.de.la Theatre, PL, 2025

The Seedling'25 – Collaborative Workshop on Selfhood and Creative Wellbeing - Funded by Connecting Communities Fund - Waltham Forest Council and hosted by The Good Shepherd Studios, London.

'Forest Within' Presentation at ECQI Conference by Centre for Creative Relational Inquiry at the University of Edinburgh, 2025

Mindful Movement for Self-Care and Resilience (a series of workshops) – Foyer Aberdeen 2024

On Felt Thinking and Moving with Different Rhythms of the Self – Festival for New Choreographic Strategies, PL, 2023

On Felt Thinking and Moving with Narratives of the Self – Flow Symposium 2023

Dances with Sheep – Symposium on Sentient Performativities by art.earth, Dartington 2022

Walking with Sensuous Presence – University College London, UCL Conference on Eco-Capabilities 2022

On Somatic Ontologies of Human Nature – East West Somatics Network Conference 2022

Forest Within – East West Somatics Network Conference 2021

How to Feel Think in Movement – East West Somatics Conference 2020

Dances with Sheep - Presentation of the PhD project at the Centre for Creative Relational Inquiry University of Edinburgh Minor Movement Conference, July, 2019

Self-care in Somatic Education (Self Care: East and West Argo-EMR Conference University of Oxford, 2018)

Mindful Movement for Wellbeing (Scottish Dance Theatre REP Dundee, 2018)

Moving Nature – Three Day Outdoor Research Workshop with Co-Researchers (Cove Park, The Loch Lomond and the Trossachs National Park, 2018)

Ecological Relatedness and the Sense of Belonging (PGR Conference Edge Hill University, 2018)

Caring in Movement – Self-knowledge and Daily Practices for Mental Health – a Collaborative Workshop with Dr Caroline Gatt and Valeria Lambo (Mental Health Week, University of Aberdeen, 2017)

Ecological Citizenship - Embodied Presence and Connectivity (PGR Conference Un. of Aberdeen, 2017)

RECENT PUBLICATIONS

Dako, A. Walking to Wellbeing - A Guide to Practising Self-Care in Somatic Felt Thinking, Self-published, 2023

Dako, A. Dances with Sheep: On RePairing Human-Nature Condition in Felt Thinking and Moving towards Wellbeing, Intellect Books, 2023

Dako, A. Open Spaces, Open Senses – On Sensuous Presence in Eco-Somatic Practice of Walking to Wellbeing with Children and Young People (forthcoming chapter in Arts in Nature, book by Routledge, edited by Dr Zoe Moula and Prof Nicola Walshe)

Dako, A. Body Scapes - Celebrating Seasonality of Wellbeing in Somatic Dialoguing with the Natural World (a chapter in Female Dancer - soma-scientific approach, book edited by Dr Helen Kindred and Claire Farmer), 2023

Dako, A. Forest Within: Reflections on the Felt Qualities of Living Entanglements (available online at: <https://www.dunami-somatics.com/forest-within-reflections>)

Dako, A. On How to Feel Think in Movement – A Short Introduction: Contemplating Ecological Belonging in Somatic Practice (article in Journal of Dance & Somatic Practices 13.1&2, 2021)

Dako, A. Night(s) and Day(s) – A Behind the Scenes Story of Night(s) & Day(s) Short Dance Film Production, Inspired by Somatic Adventures into the Experience of Inter-Connectedness Between 'Knowing' and 'Not Knowing' (available online: www.aberdeen.academia.edu/AnnaDako), 2015

Dako, A. 'I Am Movement' – An essay on Movement, Connection and Support Based on Personal Practice (forthcoming)

Dako, A. Dynamic Composing - On Choreographic Processes of Conceptualization as a Way to Artistic Knowing (available online: www.aberdeen.academia.edu/AnnaDako), 2010

RECENT FILM PRODUCTIONS

Available via [In The Open](#) – Outdoor Arts Initiative Page by Dunami – Movement Arts Wellbeing CIC

PRESS AND ONLINE PROFILES

[THE FLOW SYMPOSIUM – ON FELT THINKING;](#) [THE BARN ARTS CENTRE - INTERVIEW](#)