

International Theatre Institute ITI

World Organization for the Performing Arts



Message for International Dance Day 2025 – 29 April

Author of the Message: Mikhail BARYSHNIKOV, Latvia/USA

Dancer, Choreographer

English (original)

International Dance Day Message 2025 by Mikhail BARYSHNIKOV, Latvia/USA

It's often said that dance can express the unspeakable. Joy, grief, and despair become visible; embodied expressions of our shared fragility. In this, dance can awaken empathy, inspire kindness, and spark a desire to heal rather than harm.

Especially now—as hundreds of thousands endure war, navigate political upheaval, and rise in protest against injustice—honest reflection is vital. It's a heavy burden to place on the body, on dance, on art. Yet art is still the best way to give form to the unspoken, and we can begin by asking ourselves: *Where is my truth? How do I honor myself and my community? Whom do I answer to?*