

2019WaltersCaitlyn-abstract

Abstract

Creative essays have taken the shapes of their subjects for years and at the hands of numerous writers, imitating space and the structures of other documents. In my readings, however, I had not found essays that focused on the art of dance. The essays in *Dance Lessons* are personal experiments with the forms of individual dances, while using those some dance patterns as catalysts for explorations of my experiences with trauma and mental illness. My extensive work on both essays has contributed to my growth as an essayist, and I hope to submit both for publication at some point in the future.

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