

rich energies live in our imagination
that can nourish the dances
of our daily lives

[dance of life](#)

ANN PAPOULIS

Performing & Visual Artist
Imagination Activator

ANN PAPOULIS



DANCING is at the core of everything I do.

I am deeply influenced by Merce Cunningham (father of contemporary dance 1919-2009) for whom I worked for many years, teaching his technique in his Manhattan Studio and for schools & companies in the US and throughout Europe, Opéra de Lyon, Anna Teresa de Keersmaeker, Philippe Decouflé, Jean-Claude Gallotta ...

My **performances** move fluidly through dance, theater, music & film.

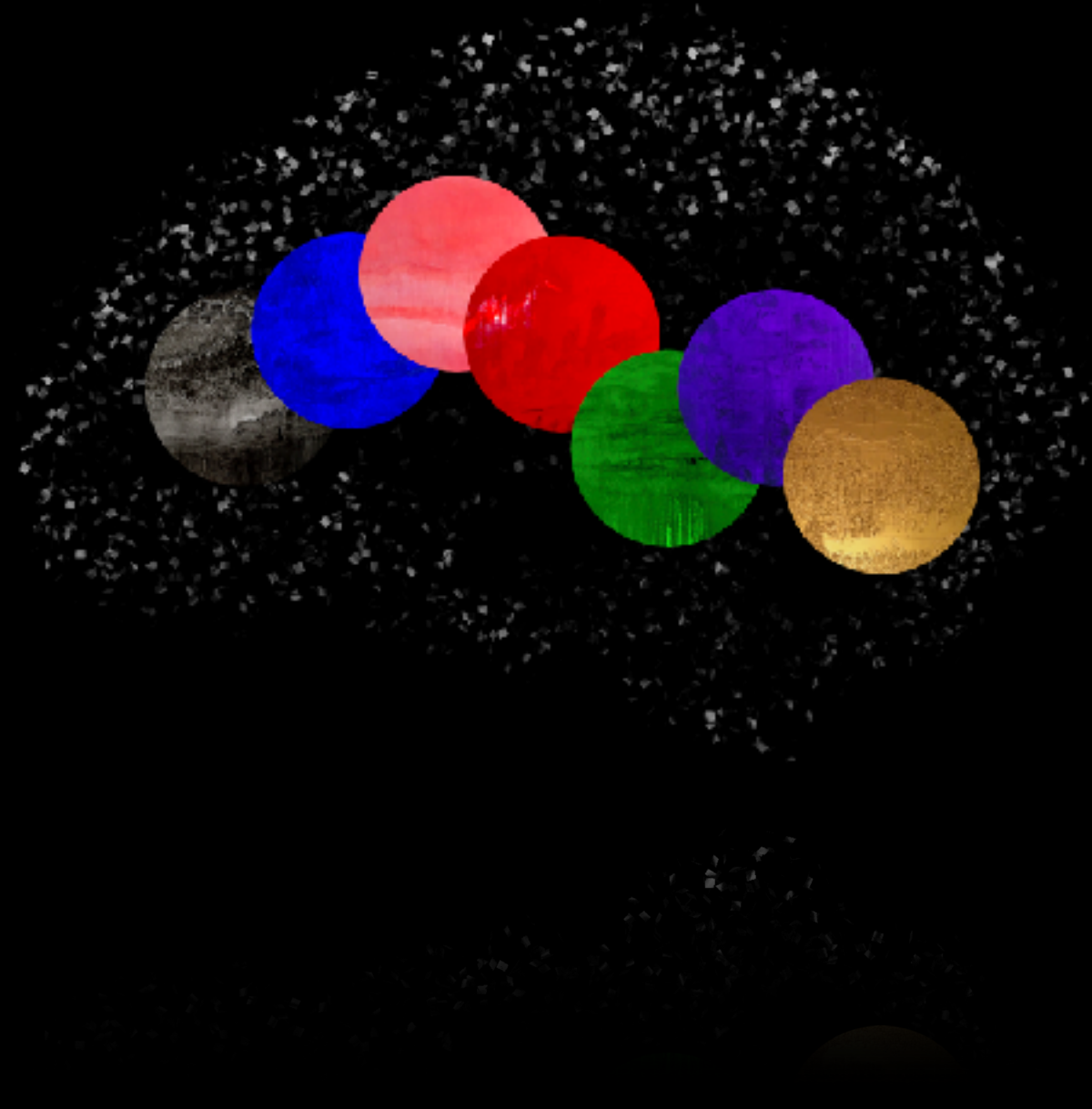
The **visual art** I create involves an exploration of the dances of painting, photography & film.

THE IRIS MAP a method for animating your imagination offers a means of dancing through the energies of your inner world.

Originally from New York, I am based in Paris.

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OPENING IMAGINATIVE ENERGIES



THE IRIS MAP

a method for exploring & navigating the energies of your imagination

2 minute view into the method, click here: [liberating imaginative energies](#)

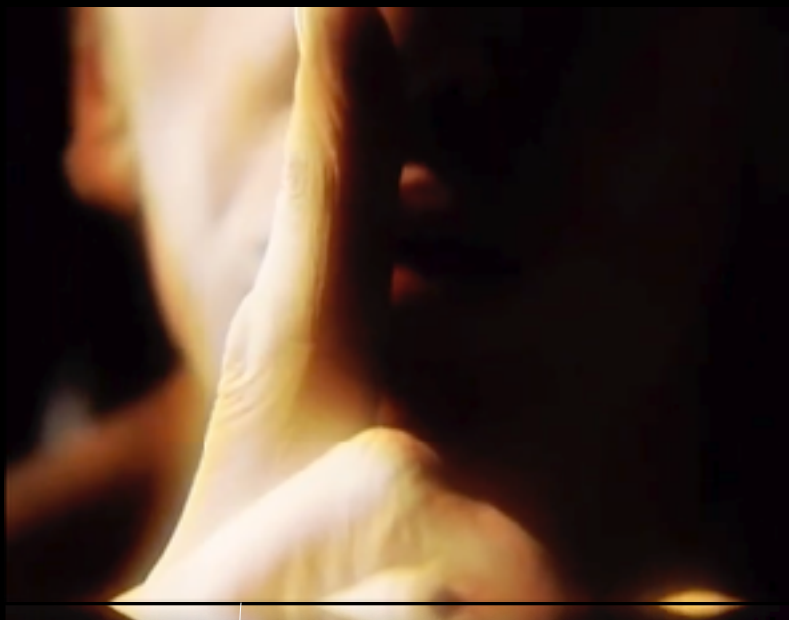
I use the method in my own work and in ateliers for visual & performing artists,
as well as in my work as an Imagination Activator for business, health, schools and other organizations.

1 minute about why, click here: [IMAGINATION : building the future](#)

PERFORMANCE

Solos, group works, films performed in festivals and theaters throughout Europe and in New York, notably at Alice Tully Hall at Lincoln Center, ImpulsTanz Festival in Vienna, Gulbenkian Foundation, Lisbon.

selected works :



view 4 minute film :

THOUGHTS

a short voyage
inside the mind



view 4 minute film :

ANTIGONE

Sophocles' Greek Chorus
on human nature



view 5 minute film :

BELIEVE

a political satire



view excerpts :

LANDSCAPE: MIND VARIATIONS

an opera I directed, composed & choreographed
commissioned by National House of Opera & Ballet, Ljubljana, co-produced by TV Slovenia

EXHIBITION



SPIRITS OF THE SEINE

film, photography, painting

les âmes de la Seine à Vernon

1,49°N 1,50°E

haven

1,49°N 1,88°E

Musée
Blanche
Hoschede
Monet

EXHIBITION

4 April - 18 May 2025 Vernon, France

for a 2 minute virtual visit, click here :

[les âmes de la Seine](#)

les âmes de la Seine à Vernon
1,49°N 1,50°E

water remembers

water carries souls

As she moves through Vernon,
the currents of the Seine River harbor the city's long history of
culture, conflict, resistance, destruction and creation.

The energy of her memories extends like **fluid roots** into the water and into the life on her banks.

Interacting with this energy evokes a sensation of **earth** in my body.
I created paintings and a film from this sensation.

7 minute film



A DUET FOR

7 women

Clarisse .. Valérie .. Marianne .. Amandine .. Cathicia .. Isabelle .. Stéphanie

and river life

earth .. sky .. water .. trees

paintings



night river
40 cm x 40 cm
pigment & oil on
canvas board
2021



self-portrait
30cm x 30cm
pigment & oil on
canvas board
2021



promenade nocturne
37cm x 28cm
pigment & oil on paper
2024



in
20cm x 20cm
pigment & oil on
canvas board
2024



nymphes
66cm x 54cm
pigment & oil on
canvas
2022-2024



terra
61cm x 72cm
pigment & oil on
canvas
2024-2025

haven
1,49°N 1,88°E

The history of the river 40km east is less dense, the animal life more wild,
the waters more pristine than the Seine at Vernon.

Experiencing the Seine's dances from this vantage point brings

a feeling of calm and clarity

SkyWater photographs, paintings and a meditative film,
offer an immersive experience in this serenity.

SkyWater Photographs (selection)



gathering of angels

5 Sept 2022 17h14 9 Sept 2020 8h21

threshold

29 Oct 2023 7h54 12 August 2020 16h29

softening

7 July 2022 12h54 5 Sept 2022 16h39

flamma

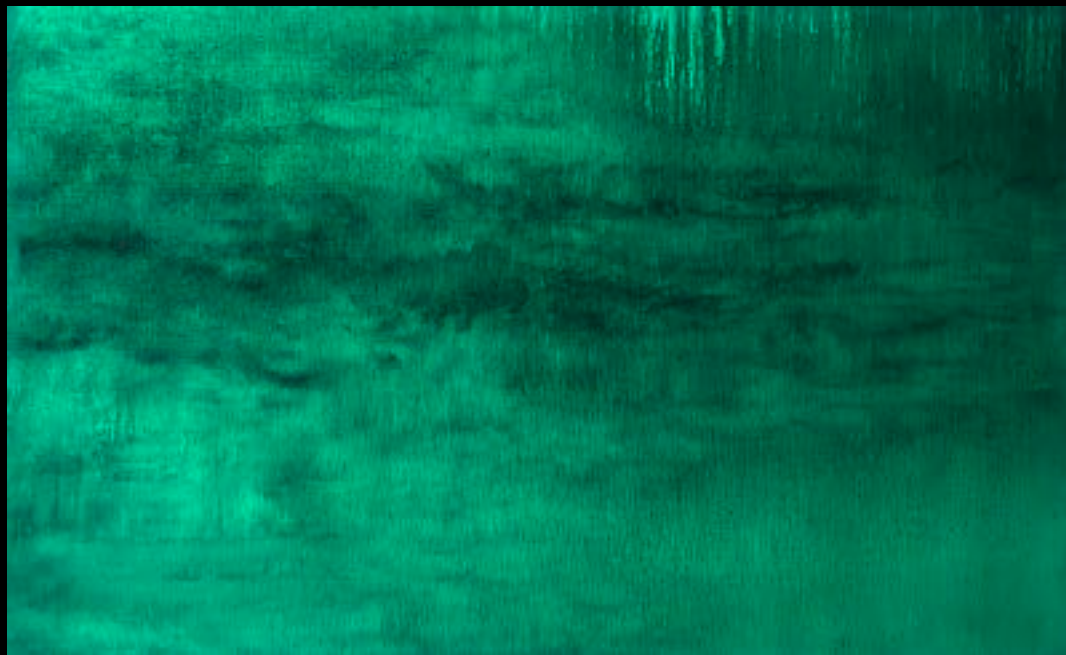
13 August 2020 7h44 8 August 2020 20h06

Paintings (selection)



silence 2023-2024

41 cm x 33 cm
pigment & oil on canvas



Green Seine 2021

60 cm x 38 cm
pigment & l'huile sur toile



winter river 2023

33 cm x 41 cm
pigment & oil on canvas

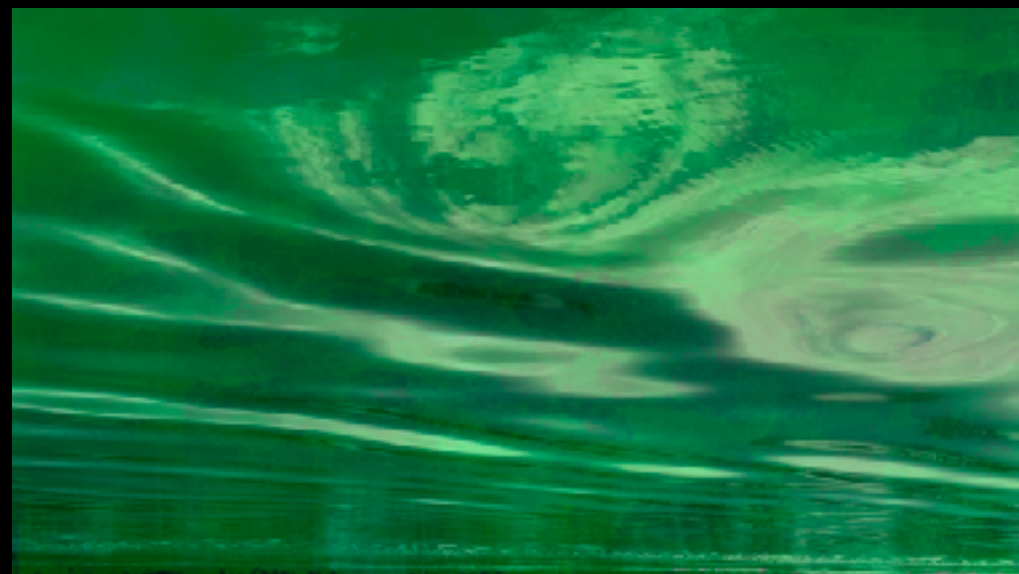
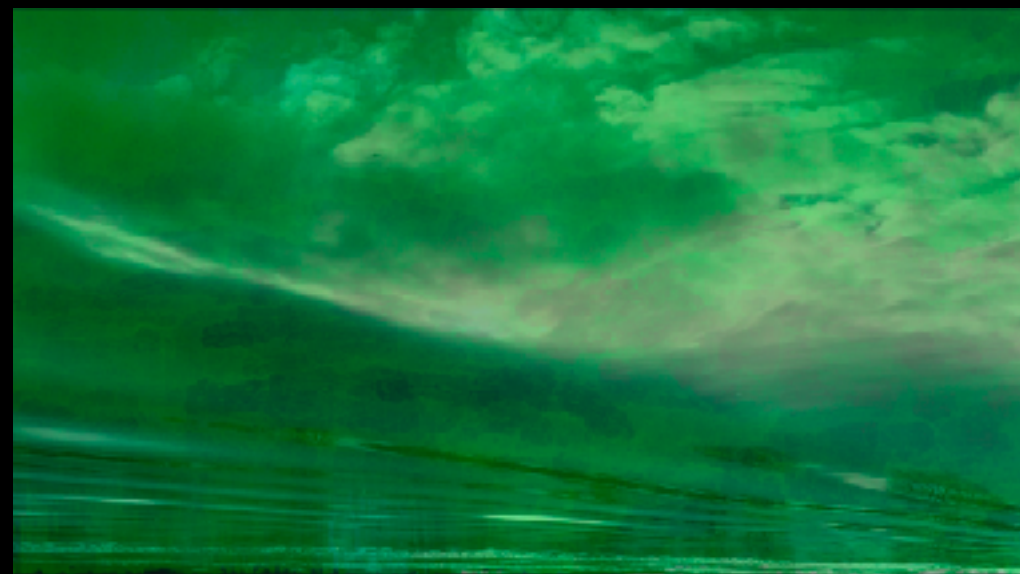
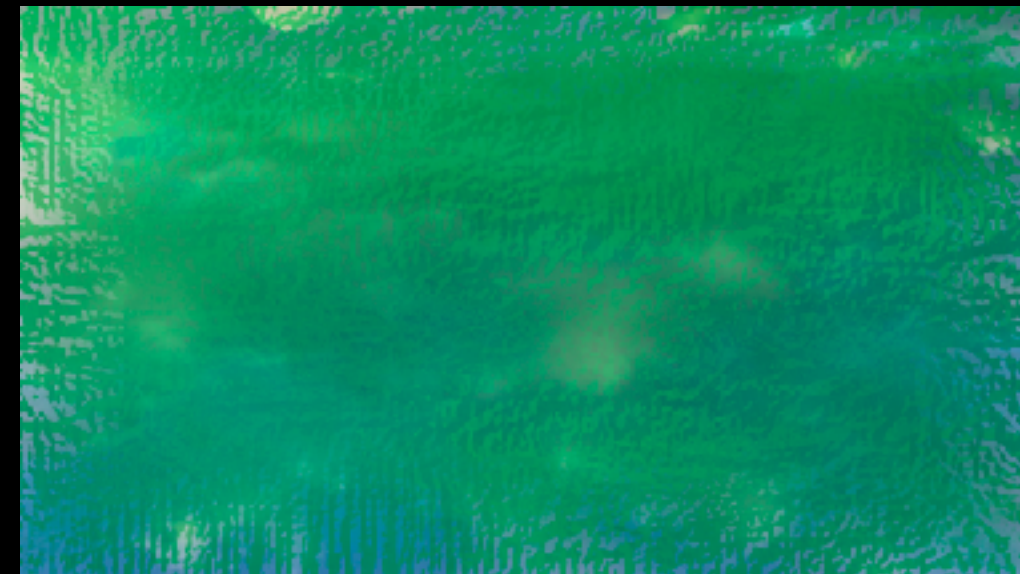
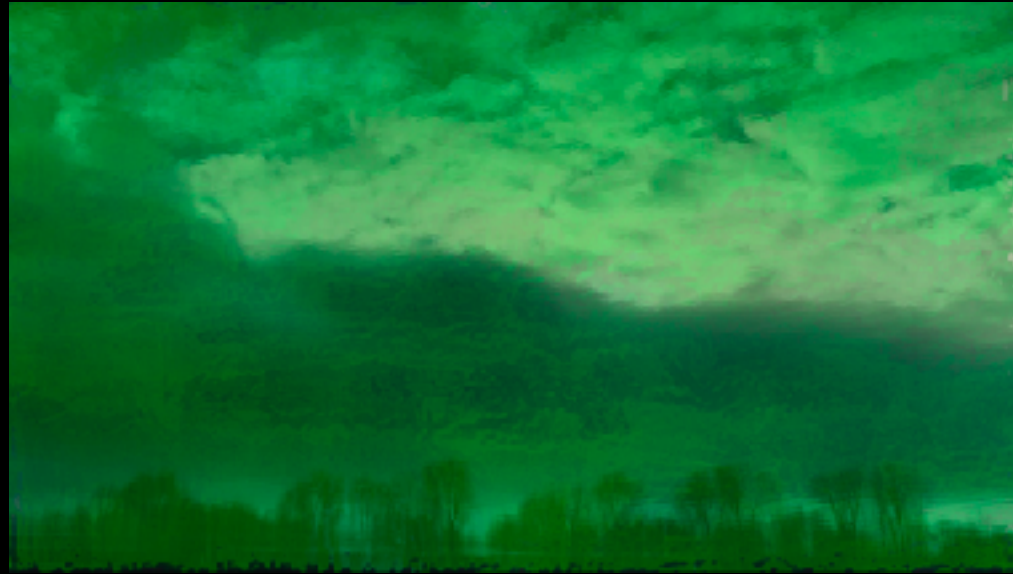
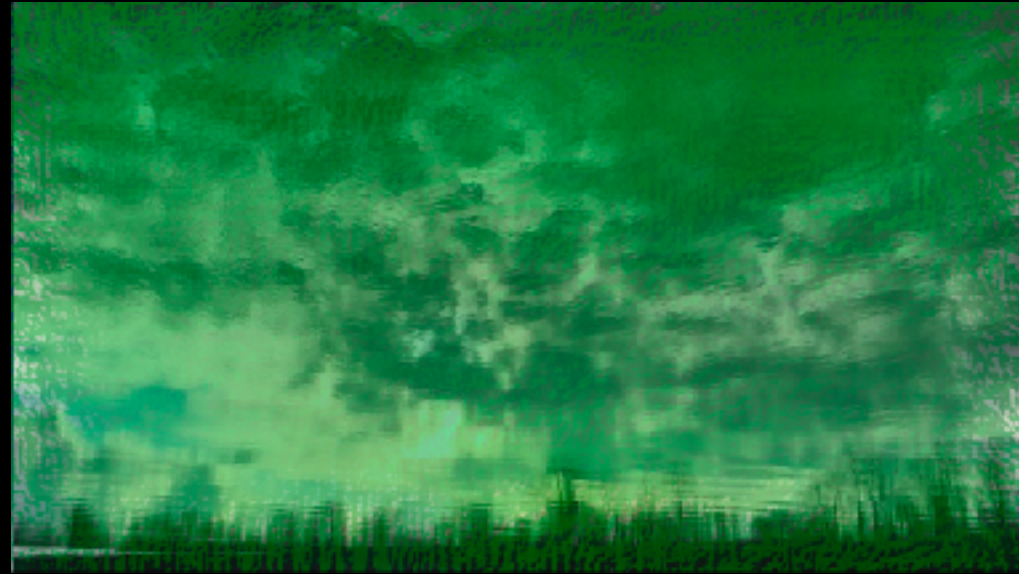
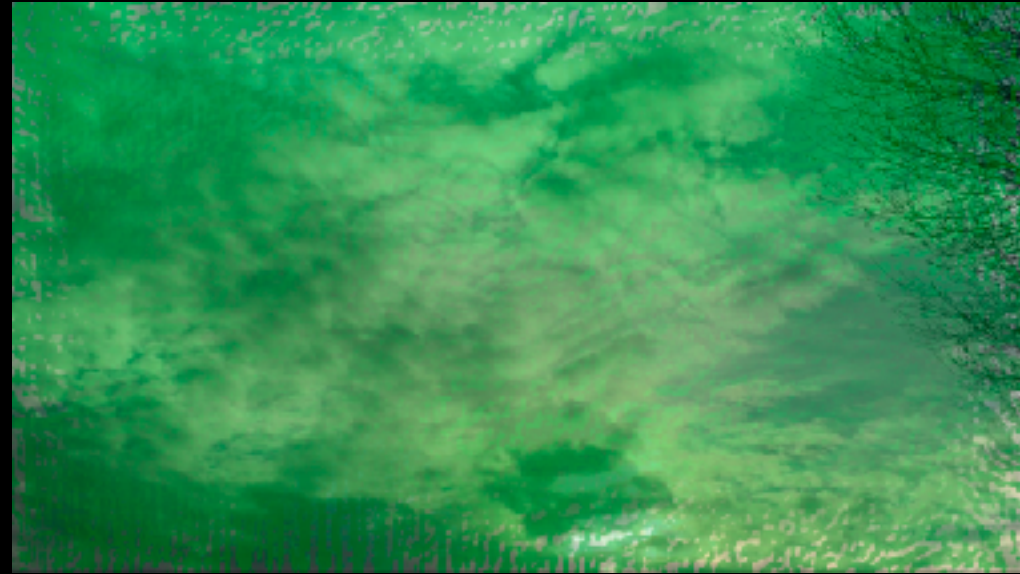


sun dance 2022

41 cm x 27 cm
pigment & oil on canvas

Entre Deux 15 minute film

meditation on present time



EXHIBITION

SEINE MUSINGS

aquatic echoes of the imagination



BATEAU DAPHNÉ

Quai de Montebello, Paris 75005

19 September 2023

view 2 minute exhibition reel here : [dancing on the river](#)

AN ODYSSEY

Grounded in documentary and direct cinema.
the film begins concretely: we introduce a woman (Ann) on the precipice of a breakthrough.
She is harmonizing her established skill & recognition as a dancer and choreographer
with her wider *method for living* : THE IRIS MAP

This is a movie about a woman's lifelong quest
to bring the world she lives in into accord with the world of her dreams.
It's about tracing this impulse back to her Greek father & Swedish mother,
and following it forward into the lives of her daughter, her sisters, brother and their children.

Grounded in the story of an individual artist's quest for coherence,
it becomes a tale about transcultural identity,
and a meditation on how the copious colored energies living in our imagination
can enable us to embody another dimension of being that will evolve us into the future.

CYRUS DUFF

Director