

## MESSAGE FOR INTERNATIONAL DANCE DAY 2025

from Mikhail BARYSHNIKOV , Latvia/USA

Dancer and Choreographer

“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?”

### About Mikhail Baryshnikov

Born in Riga, Latvia and living in New York City, Mikhail Baryshnikov is considered one of the greatest dancers of our time. In a career spanning more than 50 years in dance, theater, television and film, he has worked with illustrious choreographers and directors. After a spectacular beginning with the Kirov Ballet in Leningrad, he came to the West in 1974 and was principal dancer with American Ballet Theatre (ABT). In 1978 he joined New York City Ballet, where he worked with George Balanchine and Jerome Robbins. In 1980 he was artistic director of ABT where, for the next decade, he introduced a new generation of dancers and choreographers. In 1990, Mr. Baryshnikov co-founded the White Oak Dance Project with choreographer Mark Morris with the intent to expand the repertoire and visibility of American modern dance. In 2005, he launched Baryshnikov Arts in New York City, a creative space designed to support multidisciplinary artists from around the globe.