

MOVEMENT OF THE SOUL

A poetic documentary about dance,
memory and the inner journey.

2026 / 15 MIN / RUSSIA

Directed by Elena Boshenyatova

Russian with English subtitles

Movement of the soul.

POETIC DOCUMENTARY
ARTS DOCUMENTARY
PORTRAIT DOCUMENTARY

Director — Elena Boshenyatova
Choreographer-Director — Alexander Mogilev
Composer — Arseniy Smirnov
Dancers of Alexander Mogilev's contemporary dance company •ETO•

SPECIAL THANKS TO:
THE STATE MEMORIAL AND NATURAL RESERVE
THE LEO TOLSTOY MUSEUM-ESTATE "YASNAYA POLYANA"
THE LEO TOLSTOY STATE MUSEUM-RESERVE

THE FILM

A body in motion becomes a way to ask what it means to live consciously.

LOGLINE

While creating *The Lion Diaries*, a dance performance inspired by the diaries of Leo Tolstoy, choreographer Alexander Mogilev explores humanity's spiritual quest. Through rehearsals and movement, the film reveals his own inner journey.

SYNOPSIS

The Lion Diaries is a dance performance inspired by Leo Tolstoy's personal journals - his reflections on the meaning of life, moral choice, and the search for spiritual truth. The camera follows choreographer Alexander Mogilev as he attempts to translate Tolstoy's inner world into the language of movement.

The rehearsal process becomes both a search for a stage form and a space for personal inquiry. Engaging with Tolstoy's thoughts, Alexander delves into questions that preoccupied the writer more than a century ago: what it means to live consciously, how to overcome inner contradictions, and where to find support in moments of doubt.

Through movement, stripped of the familiar power of words, the choreographer's own inner journey gradually unfolds. The film explores movement as a universal language of human experience and reveals how Tolstoy's ideas find new expression through the body, time and art.



Movement as a language of human experience

Elena Boshenyatova



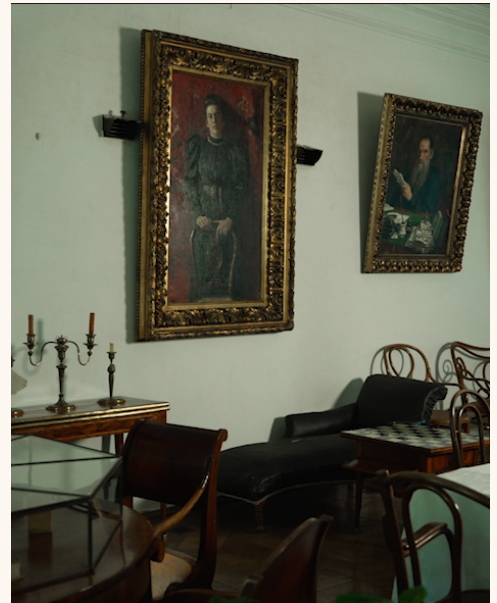
Elena Boshenyatova is a film director working across fashion, advertising, personal stories and digital content. She is studying narrative film directing at VGIK's V. I. Tumaev Narrative Film Directing Workshop.

FILM DETAILS

ORIGINAL TITLE	Movement of the Soul
YEAR	2026
RUNNING TIME	15 min
COUNTRY	Russia
LANGUAGE	Russian
SUBTITLES	English
FORM	Poetic / arts / portrait documentary

A student film created at the Gerasimov Institute of Cinematography (VGIK).

Director's Statement



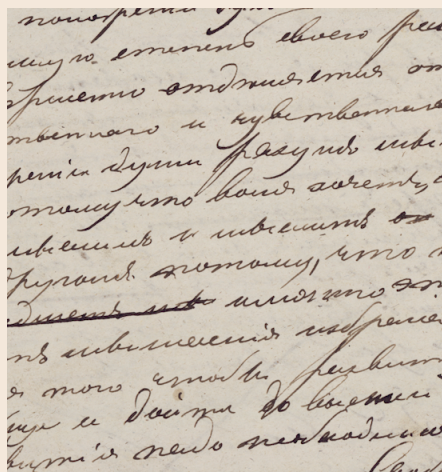
On Movement of the Soul

While making *Movement of the Soul*, I was interested in how a rehearsal room can become a space for a private search. The *Lion Diaries* grows out of Leo Tolstoy's journals and follows Alexander Mogilev as he translates questions of meaning, moral choice and spiritual truth into movement. I wanted the camera to stay close to this process—not to explain it, but to observe how thought becomes gesture and how rehearsal opens onto an inner journey. For me, movement is a language of human experience that can carry what words cannot. The film looks at how Tolstoy's questions continue to live in a contemporary body, in time and in art.

Elena Boshenyatova / Film Director



Movement, rehearsal, archive, performance.



Stills from Movement of the Soul

CREDITS & CONTACT

MOVEMENT OF THE SOUL

DIRECTOR

Elena Boshenyatova

CHOREOGRAPHER-DIRECTOR

Alexander Mogilev

COMPOSER

Arseniy Smirnov

DANCERS

Alexander Mogilev's contemporary dance company ETO

WORKSHOP

V. I. Tumaev Narrative Film Directing Workshop, VGIK

WITH THANKS

The State Memorial and Natural Reserve, the Leo Tolstoy
Museum-Estate Yasnaya Polyana

The Leo Tolstoy State Museum-Reserve

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