MÖTE MED KOREOGRAF

29 - 31 aug 2023

Julia invites you to experience a process offering an environment for exploration in creativity, movement, specific, and audacity. Dancers will learn and work within Julia's movement vocabulary to create choreography that is collaboratively driven.

Class description - Julia teaches a contemporary class that utilities spinal articulations and release techniques, and to find an organic way of moving and at the same time challenge the dancers technique and to find maximum range of movement. It starts with a set technical warm up with elements of floor work, stretch and strength. The warmup flows thru for 45min and then we work on a choreography phrase for the rest of the class. A big focus is for the dancers to find their own interpretation and flow of the movement- to make it feel natural in your body.

A workshop in collaboration between Dansalliansen and Danscentrum Syd.

Julia Ehrstrand graduated with a Bachelors Degree in dance/teaching from DOCH/University of Circus and Dance (Stockholm), She has also studied at Institut del Teatro (Barcelona) and graduated from the ISVP program at DNA in 2009. She has danced for TNSP, Jana Hicks/Marijke Eliasberg, Max Stone, SexyBeastNYC, Carrasco Dance Company, Lane Co Arts and Carl Olof Berg, among others. Her choreography has been presented in various stages in NYC, Europe and Asia.

Since 2018 she started EDC/ Ehrstrand Dance Collective (a international dance community) with recent performances in NYC, Mexico City,Sweden and Taiwan. She is currently traveling the world to commission choreography work, teaching master classes,also touring with EDC and holding her yearly "Styggbo Residency" in the Swedish country side.

Class reels:
https://youtu.be/ea8lFauWIFw
https://youtu.be/ACWCSVXUUJ8
https://youtu.be/SVzAIyMcB0o

Ansök på https://dansalliansen.se/w/265

Ledare	**Julia Ehrstrand**
Startdatum	2023-08-29
Slutdatum	2023-08-31
Tider	09.30-11.00 Daglig träning 11.15-16.15 Workshop (Tisdag-torsdag)
Antal dagar	3 dagar
Sista ansökningsdag	2023-08-20
Plats	Danscentrum Syd
Adress	Bergsgatan 29