

MÖTE MED KOREOGRAF

12 - 14 dec 2025

In this workshop 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.
The workshop is a collaboration between Dansalliansen and Danscentrum Syd.

Julia Ehrstrand graduated with a Bachelors Degree in dance/teaching from DOCH/University of Circus and Dance (Stockholm), Julia along with Max Stone, co-choreographed and performed for the Rainforest Foundation Fund presented at Carnegie Hall. This organization is run by rock musician, Sting, and wife, Trudie Styler, and is devoted to protecting rainforests and their indigenous peoples. Julia was also selected to show her work at Bryant Park Contemporary Dance Festival in NYC 2018 and FIDCDMX in Mexico City. Julia was a longtime faculty at Steps on Broadway, Peridance and Gibney Dance Studios during her 11years in NYC.

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.

Ansök på https://dansalliansen.se/w/460

Ledare	**Julia Ehrstrand**
Startdatum	2025-12-12
Slutdatum	2025-12-14
Tider	11.00-16.00 (fredag) 11.30-15.30 (lördag-söndag)
Antal dagar	3 dagar
Sista ansökningsdag	2025-12-08
Plats	Danscentrum Syd
Adress	Bergsgatan 29