

Patrik Häggström is a contemporary dancer from Luleå, Sweden. He has performed various dance forms including street dance, Jazz, Ballet, Modern Dance and Contemporary Dance. He often travels around the country and abroad, collaborating in different dance and theatre productions. In addition to being a dancer, he also has long experience with teaching, workshops and doing choreography.

This is a workshop that gives tools for movement improvisation. A workshop for everyone who is curious about movement. We will take a look at different tools for movement improvisation and composition, new movement ideas and physical expression. How to make different sets of improvisation frames, and tools to get inspired to move from unexpected sources. Welcome!

Johan Sara, Jr. is one of the world's best performers in one of Europe's oldest song traditions, Sami music from the Arctic, the joik. His unique combination of joik and contemporary elements provides a hypnotic and meditative sound, which has been praised both at home and abroad.

A vocal workshop where we will work on finding your voice through physical as well as relaxation exercises. Special focus on getting a clear sound without air through the correct use of your diaphragm. How to create different tones in the voice using overtones and the resonance of the body.

Sergey Pronin Actor. Director. Playwright. Musician. Graduated from the St. Petersburg State Academy of theatrical art, Russia. Has played more than 40 roles in performances of various genres, including musicals, in Russian and Finnish languages. Directed 20 performances in Russian, Finnish and German languages. He is teaching a lot, both in Russia and internationally, and he works especially on the Stanislavsky technique.

In this workshop we will look into the principles of the Stanislavsky technique such as stage awareness, the inner monologue of the actor, the action - the basis of organic existence on stage, given circumstances, and obstacles and circumstances. We will also focus on the value of a simple physical action, the actor in the creative work, your scene partner, as the object of stage action. And you will learn six magical questions to ask yourself while creating your character.