

Svea teaches a dynamic and athletic contemporary fusion class in an environment of open experimentation and play. Svea aims to create authentic and honest movement that defies definition. Having been trained in contemporary dance, urban dance and contact improvisation, Svea incorporates different dance styles to build a new and approachable visceral movement language. Her movement style is informed by her diverse dance background, blending movement vocabulary of contemporary dance, breaking, house, capoeira, contact improv, Forsythe improvisation and partnering.

The class is divided in three parts:

- 1) Warm up to activate muscles and develop stability and strength
- 2) Toolbox: Guided improvisation (solo or with partner or group)
 - Partnering exercises
 - Floorwork exercises
- 3) Across the floor and phrase work

Her class emphasizes liveliness and authenticity and encourages the students to find their own expression through a range of improvisational tools, momentum-driven across the floor sequences, intricate floor work and dynamic phrase work.

WARM UP:

Svea's thorough and invigorating warm up, a blend of cardio, technique exercises, conditioning, floor work and strength training aims to articulate and activate the muscles, develop stability and a strong center from which to move from and prepare the body for the physicality of the class.

TOOLBOX: IMPROVISATION, PARTNERING, FLOORWORK

Through guided improvisation exercises (individual or contact improv), students are encouraged to develop awareness and sensitivity of the body in space and to explore their unique movement capacity.

Partnering and weight sharing exercises build strength, develop trust, and give the students a safe space to explore and play, move and connect with others.

Floorwork exercises explore the body's relationship with gravity and challenge the student to develop speed and fluidity while finding maximum range of movement in connection to the floor.

ACROSS THE FLOOR & PHRASE WORK

Svea's movement phrases push the dancer to go beyond their comfort zone to explore and execute the movement with honesty, risk, athleticism, breath, focus and intention. She encourages the student to communicate and connect through authentic movement and guides the student to find freedom in motion, express their unique individuality and develop the body's innate creative impulse.