

ABOUT ATVARA

The dance group Atvara was founded in 2016 to follow a common interest: to deepen and develop the exploration of a movement based meeting with our largely differing physical and mental preconditions. For us it is important that each and one of us gets to be seen with their individual movement possibilities alongside the newly found ones that arise from the meetings between our bodies.

It is important for us to show that each person's specific function has a characteristically expressive nature which contributes to the common good with an equal importance for the whole. We define it as our mission to be other examples of the "normative dancing body" that is predominantly represented on our stages.

The group consists of 5 women, two wheelchairs, an electric wheelchair and a support splint which provides a new and unique movement technology that is rarely seen on today's dance stages. Starting from the question of how to find a place for individuals in society and on scene, we develop ideas that lead to the movement material we shape into a choreographed piece. We mainly work with improvised movement materials within a set movement score - this way we stay flexible to interact with each other bodies and the audience on spot. Every performance is unique.

There are many things that differ between us: experience with dance, nationality, skin color, childhood, sexual orientation, cognitive functions, religion and age. What unites us is our love for movement. We decide to enjoy for the creative potential in what society defines as a disabling. And we decide to enrichen each other with the choreographies we create together.

Members



Lyn Bentschik, * 1992, Swiss, based in Zürich
BA Contemporary Dance Performance, DOCH, Stockholm
Freestanding Course "Variation in Choreography and Function",
DOCH
MA Choreography, ZHdK, Zürich



Karin Delen, * 1979, Swedish, based in Stockholm
Legal expert, University of Stockholm
Freestanding Course "Variation in Choreography and Function",
DOCH
Freestanding Course "Dancepedagogy for Different Prerequisites
of Function", DOCH
Freestanding Course, "Workshop Assistant for
danceworkshops", ShareMusic & Performing Arts
Leading workshops for Atvara



Cecilia Henrikson, * 1973, Swedish, based in Stockholm
Dance teacher
Freestanding Course "Variation in Choreography and Function",
DOCH
Freestanding course "Dancepedagogy for Different Prerequisites
of Function", DOCH
Leading Workshops for Atvara



Pernilla Henrikson, * 1981, Swedish, based in München
MA art education LMU, München
Diploma Fine Art, Akademie der Bildenden Künste München
Guest Studies Kungliga Konsthögskolan, Stockholm
workshops at Impulstanz/Wien and Tanzwerkstatt Europa/
München
interdisciplinary projects dance/fine arts



Mary Hagman, * 1981, Swedish, based in Stockholm
Freestanding Course "Workshop Assistant for danceworkshops",
ShareMusic & Performing Arts
Leading workshops for Atvara

Group CV

02/ 2020	<p>Premiere of "Våga Vara" at CCAP/C.off, Stockholm</p> <p>Performances of "Våga Vara" at Norrtälje Konsthall, DOCH (University of Dance and Circus), Stockholm, and Kulturrummet in Vallentuna</p>
11/ 2019	<p>2 weeks residency at c.off, Stockholm, co-financed by ABF</p> <p>WIP showing of "Våga Vara" at c.off</p>
08-09/ 2019	Workshops led by Atvara at Balettakademin, Stockholm
03-05/ 2019	Workshops led by Atvara at Ballettakademin, Stockholm
03/ 2019	Workshop led by Atvara for NÄRA AB, Vallentuna/Stockholm
01/2019	Grant by Region Stockholms for the premiere of "Våga Vara"
03/2019	Grant by Kulturförvaltningen Stockholm Stad for the premiere of "Våga Vara"
11/2018	Workshop led by Atvara at Brygghuset, Studieförbundet, Stockholm
10-11 /2019	2 weeks artists in residency at c.off, developing "Våga Vara", co-financed by ABF
04/2018	Performance at Huset, Huddinge/Stockholm within the frame of "Danskarusellen"
03-05/2018	<p>Performances within the frame of "Danskarusellen" at Arena Satelliten, Sollentuna, Huset, Huddinge and Tumbascenen, Botkyrka</p> <p>Pernilla Henrikson joins Atvara as a 5th member</p>
02/2018	10 days artists in residency plus WIP showing at Högkultur, Högdalen/ Stockholm, founded by Studieförbundet
2016	Atvara is founded by Karin Délen, together with Lyn Bentschik, Mary Hagman and Cecilia Henrikson