

Saturday, November 21, 2020

## Peridance Online: Global Spotlight Series with Julia Ehrstrand

Company: Peridance Center  
Venue: Peridance Center  
Location: Zoom, NY

► [Share](#) | [Print](#) | [Download](#)



THIS SATURDAY (11/21)! o???Virtual Global Spotlight Series with Julia Ehrstrando???

Julia teaches a contemporary class that utilizes 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 will work on a 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.

Bio: 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 Teatre (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 Collective Noir, among others. Her choreography has been presented in various stages in NYC, Europe and Asia. She has taught at The Juilliard School in NYC, Steps on Broadway, Broadway Dance Center, Gibney Dance Studio, Peridance Capezio Center, company classes for The Jose Limon Dance Company, The Royal Swedish Ballet School in Stockholm, DOCH University of Dance and Circus (Stockholm), Balettakademien (Stockholm), Daily Professional Classes for Danscentrum (Stockholm), Amsterdam School of the Arts (Amsterdam), UiS/ University in Stavanger and at PRODA (Norway), the Joffrey Ballet Summer Intensive, Ballet Hispanico and SUNY Purchase among other. Julia was also selected to show her work at Bryant Park Contemporary Dance Festival in NYC 2018 and FIDCDMX in Mexico City. Since 2018 she started EDC/ Ehrstrand Dance Collective ( a international dance community ) with recent performances in NYC, Mexico City, Tokyo and Taiwan. Julia is currently traveling throughout the world to teach workshops, classes and choreographing commissioned work and new work (but now based in Sweden during Covid-19).

a??Saturday, November 21st from 12-1:15 pm EST. Online via Zoom. Register at [peridance.com/openclasses.cfma??](https://peridance.com/openclasses.cfma??)

Peridance Center  
Zoom  
Zoom, NY, online

Schedule  
November 21, 2020: 12:00pm

[< back](#)

[previous listing](#) • [next listing](#)