

Kurser/extensions:

2025 Biodanza Extension Círculo de los Arquetipos, teachers Verónica Toro and Raúl Terrén.

2024 Biodanza Extension för Children and Youth, teacher Alejandro Balbi Toro.

2023 Biodanza Vivencial Weekend “Tree of Desires”, teacher Maira Martinez.

2022 Biodanza Extension Training “The Hero’s Journey”, teacher Flavio Boffetti.

2021 I grounded Biodanza Värmland.

2019 Biodanza Vivencial Seminar “Identity and the 4 Elements”, teacher Helene Levy Benseft.

2018 Biodanza Vivencial Seminar “Voice, Music and Percussion”, teacher Sergio Cruz.

2018 European Biodanza Congress in Spain.

2017 – 2022 Teacher Training, Norske Biodanzaskole kull 3.

2017-2018 Participant in regular group, facilitator Ingeborg Kjos-Hanssen (Sverige)

2014 Participant in regular group, facilitator Ricardo Spreafico (Argentina)