

**Kurser/extensions:**

2024 Assistent in Norske Biodanzaskole, kull 4.

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 and I'm holding weekly sessions since then.

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)