

# HEIDI SEPPÄLÄ

DANCE ARTIST,  
CHOREOGRAPHER  
PEDAGOGUE, RESEARCHER

Born in Finland in 1987 and having lived in 10 countries around the world, Heidi's artistic work explores cultural identity, sexuality and colonialism. Guided by her values of multiculturalism, planetary consciousness, equality of all living beings, she is moved by the paradoxes of freedom and imprisonment, love and detachment, and is inspired by extremes and the unexpected.

[WWW.HEIDISEPPALADANCE.COM](http://WWW.HEIDISEPPALADANCE.COM)



## POSITIONS OF RESPONSIBILITY

- 2024-2025 Coordinator of Artistic research project for Embodied Decolonialism, Villa Karo Cultural Institute
- 2021-2028 Coordinator for Nordic Summer University's Artistic research circle7
- 2021 Founder of DANCO -School for de-colonizing the Art of Dance
- 2019 Running Ramallah Ballet Center in Ramallah, Palestine
- 2017 Organising and running a dance exhibition in REÖK art museum, Szeged, Hungary

## EDUCATION

- 2021 Uniarts Helsinki ERPE pedagogical studies (60 credits)
- 2019 Choreomundus - International Master in Dance Knowledge, Practice, and Heritage (Norwegian University of Science and Technology, Trondheim (NTNU), Plaise Pascal University (UBP), Clermont-Ferrand, France, Scientific University of Szeged, Hungary (SZTE), University of Roehampton, London, UK (URL))
- 2012 BA (hons) Dance Theatre, Laban Conservatoire, London, UK
- 2009 BA Dance (Dance Pedagogy/Choreography), Tartu University Viljandi Culture Academy, Viljandi, Estonia
- 2006-2007 1-year Dance Education Course in Västra Nylands Folkhögskolan, Karjaa, Finland

## SELECTED CHOREOGRAPHY

- 2024 My Mind's Eye and Thickening Skin, 2 dance films and installation for IHMEMAA X - exhibition, Kerava, Finland
- 2023 The Will to Change, Dancefilm
- 2019 With Dance From Ramallah, dance film
- 2017 Spiritual Cabaret, Vienna, Austria
- 2016 Dialogue for one, Schmiede, Hallein, Austria
- 2015 InDifferentLight, Water Tower Art Festival, Bulgaria, C.M.A.K. Cerkno, Slovenia, Schmiede, Hallein, Austria
- 2014-2015 SinSisters Show, SinSisters Co., Seduction Club, Phuket, Thailand
- 2014 Head Home, Royal Academy of Dance & Jack Petchey Foundation, Saddle's Wells, London, UK
- 2014 #Flashbacklash# Women Of Mass Destruction, RichMix, London, UK
- 2014 Rabbit, Ship Of Fools/Azart, San Sebastian, Spain
- 2013 Liberty Leaving the People, Bonnie Bird Theatre, Roundhouse Camden, Accidental Festival, London, UK
- 2012 Macbeth, graduate show for Central school of speech and Drama and Lamda, London, UK
- 2011 Golem, Music Video for Alymysto, Naty, Tampere, Finland
- 2010 Self Portrait, Laban Studio Theatre, London, UK
- 2009 Goodbye Estonia, A commission of Estonian Traditional Music Center, Viljandi, Estonia

## GRANTS, RESIDENCIES

- 2024 1-year Subsidy for Promoting Cultural Diversity and Combating Racism
- 2023 NRW Kultur Sekretariat Dance research stipendium 1month Köln
- 2022 Jenny ja Antti Wihuri Grant for dancefilm editing
- 2022 Villa Karo Residency + 2 grants from Nordic Cultural Fund for dance film and workshop Patterns of Masculinity.
- 2021 Espoo City Grant for founding and artistic work of DANCO Collective
- 2021 Taike Grant for Artistic work with DANCO - School for de-colonising the art of fence
- 2021 Taike Grant for artistic work of DANCO
- 2018 Bourse de la région Auvergne Rhône Alpes Scholarship
- 2016 Arbeitsplatz Vienna working residency, Austria
- 2015 Nomadic Village Residency, 3 months, Austria
- 2014 Nomadic Village Residency, 10 days, Hohe Wand, Austria
- 2012 The Searoom Residency, 2 months, East Coast of Australia
- 2011 Work Placement with The Cloud Gate Dance Theatre, Taipei, Taiwan

## SELECTED TEXTS

- [2019 Liikekieli.fi: There's no Human Rights Here!](#)
- [2022: Taideyliopisto haastattelu \(Kenneth Siren\) Mitä opetetaan ja miksi? Kohti de-kolonialistista tanssinopetusta.](#)
- [2021: Kulttuurilehti AKPÈ: Monomuotoisuudesta monimuotoisuuteen](#)

## SELECTED WORK AS A DANCER

- 2017 Spiritual Cabaret, Vienna, Austria
- 2015 Music Video of Mateus, Schmiede, Hallein, Austria
- 2015 What Struggles Do We Have In Common? CHTO DELAT, Tanz Quartier Vienna, Austria
- 2015 Lorelei, Alpin- & Heimatmuseum, On The Road Productions, Hohe Wand, Austria
- 2012-2013 AM?! , Joanna Pucchala, LCP Dance Theatre, Tour in UK
- 2012-2015 Teatime Wonder Games, Slow Art, Figmentations Art Collective, Tours in UK
- 2013 Cuban Fury [motion 5lm], Big Talk Productions, London, UK
- 2012 Rock Diaries, Double Vision, tour in London, UK
- 2011 Common bodies in a space of difference, Zoi Dimitriou, Bonnie Bird Theatre, London & Michael Cacoyannis Foundation Theatre, Athens, Greece
- 2011 Fairwell to Featherstonehaughs, Lea Anderson, Riverside Studios, London, UK
- 2011 Dusk Chorus, Rachel Lopez De La Nieta, City Of London Festival, London, UK
- 2011 The Night, Rudolf Laban/Alison Curtis Jones, Bonnie Bird Theatre, London, UK
- 2010 Bernstein's MASS, Leonard Bernstein/Jude Kelly/Lea Anderson, Royal Festival Hall, London, UK
- 2007 KAOS 35, Tytti Kronqvist, Tryckeri Teater, Karjaa, Finland
- 2006 Midsummer nights dream, Anna-Tuuli Saine, Tryckeri Teater, Karjaa, Finland
- 2005 Lahti100, Lasse Kantola, The City of Lahti, Lahden Suurhalli, Finland, San Remo Dance Festival, Italy

## SELECTED TEACHING

- 2022 Lagos Centre for Contemporary dance, workshop for male artists
- 2020-21 Espoon Tanssiopisto, Dance Teacher Full Time
- 2019 Ramallah Ballet Center, Full time, Palestine
- 2018 Albuquerque Dance Xchange, professional morning classes, New Mexico, US
- 2013-2014 Royal Academy of Dance & Jack Petchey Foundation, contemporary dance teacher for Dance GCSE students, London
- 2011-2013 Astanga Yoga assistant, Embody, London