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HUMAN BREATHING AND CREATING



FUTURES ARTIST / FACILITATOR

I work as a facilitator and collaborator with **Falay Transition Design** collective to guide organisations, communities and individuals with transition into a regenerative future. As a movement professional I have created somatic and embodied practices to develop future skills.

I am the co-coordinator of **Inner Development Goals** Helsinki Theatre Hub and founder of Ekata Theatre where we use the IDG framework in our practical tools and workshops of relating and resilience.

I have studied **Systemic Constallations** with Collective Transition which I use to host group processes for systemic problems in a new, embodied way.

My background in this field is both as a physical theatre professional (**MA Theatre Directing**) and as a qualified teacher (**MA in language education**). I have years of experience as an improviser as well.

RECENT CLIENTS & PROJECTS

2024 FINGO - Vallaton Festival - Dramaturge, Creator
2023-2024 SITRA Finnish Innovation Fund - Facilitator, Creator
2024 JHL-Opisto - Facilitating Embodied Complexity workshop
2024 JHL-Opisto - Facilitating Embodied Relating workshop
2024 MLL - Facilitating Embodied Workshop for volunteers
2024 Riviera - Facilitating Playful recreational day for wellbeing
2024 Helsinki City Youth workshops - Facilitating youth workshop
2024 Mirsal ry - Teaching theatre for underrepresented young people
2023 Constructing Meaning open labs at Itäkeskus library
2023 Embodied Relating open workshops at Stoa