

MEDELGYMPA

”Gympa” [jʏm:pa] is a Swedish form of group aerobic training.

MEDELGYMPA is your all-around fitness and art experience. We exercise to very traditional gympa music, and it can get sweaty if you want it to. Bring your metaphorical machete out. Touch down to the sound of creaking wood. Allow your body to turn into a marshmallow in a cup of hot cocoa. MEDELGYMPA is the kind of gympa that encourages laziness. It’s gympa deluxe.

MEDELGYMPA is both a performing arts event and a session of gympa. The audience is led by a performer and through instructions in headphones. It can play outdoors as well as indoors.



Photo: Chrisander Brun

PRODUCTION:

Johanssons pelargoner och dans

CONCEPT & CHOREOGRAPHY:

Anna Haglund, Annica Styrke,
Ellen Söderhult & Karin Wiklund

PERFORMER:

Ellen Söderhult

COSTUME & SET DESIGN:

Tove Dreiman

LIGHT DESIGN:

Maja Lindström

DURATION: 60 min

AUDIENCE: 30 people

TARGET GROUP: from 13 years

MIN. MEASUREMENTS: 12x12 m

SET UP/ DISMANTLE: 4h/2h

ON TOUR: 4 people

WITH SUPPORT FROM: Swedish
Arts Council & Stockholm Region

CONTACT & BOOKING:

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www.pelargonerochdans.se

