



Åsa Rockberg

Dancer Choreographer Teacher
Creator of Earthheart Dance ~ mythical dance
based on ancient ritual knowledge of our inherent true nature

Born: 3 November 1964, Östersund, Sweden.

EDUCATION

Body Work Training 1987–2025

1987 Eutony, Spain

1987 Active Relaxation with Birgitta Rudberg, Sweden

1987-1989 Yoga training at The Scandinavian School of Yoga and Meditation

1989 Do In and Tai Chi training with Roland Keijser, Sweden

2005-2012 Yoga- and Qigong training at Näsåkers Yoga and Qigong school

2008 Tai Chi with Erik Keskikanga

2011 Klein Technique with Karin M Jameson

1990-2025 My own Yoga- and Relaxation training

Dance Training 1989–2025

African dance. Teachers: Lena Nyberg, Maggie Nygård, Stina Schröder, Anna-Lena Tell, Sweden; Kebba Sonko, Gambia; Hassan Bah, Guinea; Alphonse Soumah, Senegal/Paris; Abdoulaje Camara, Guinea; Kweadja, Mozambique; Adama Colley, Senegal.

Oriental dance. Teachers: Bahi Barakat, Egypt; Ann Andersson, Britt-Marie Halvarsson, Nina Svedmark, Nina Pudja, Kay Artle, Ann Larsson, Ulrika Hellqvist Gonzáles, Susanne Petrén Abu Shebika, Marika Samasem, Sweden; Aida Noor, Nadia Hamdi, Magdy & Azza El-Leisy, Liza Laziza, Mahazer, Egypt; Maya Gaorry, Italy.

Flamenco dance. Teacher: Beata Alving, Sweden.

Various other studies: Swedish folkdances, Scottish folkdances, Israeli folkdances, Kurdish folkdances, dances of the American and Australian First People, Dances from Sri Lanka, South Korea, Thailand and India.

Modern dance training with Juan Techera, Uruguay, and several workshops with other leaders, e.g. Norrdans.

Contact improvisation. Several workshops.

Body Weather. Teacher: Carmen Olsson, Sweden. Several workshops.

Therapeutic Training 1990–2025

1990–1993 Body-therapist training Rosen Method, Bodywork and Movement.

The Axelson Institute, Sweden.

1992–1993 Gestalt therapy training with Krister Björklund and Rani Reissmuller, Sweden.

1994–2018 Various other courses involving body-, movement- and dance therapies.

2020-2021 Horse therapy "Mio-therapy" with Emelie Cajsdotter Sweden.

2022-2024 Assisting in children's "Mio-therapy" group.

2024-2025 Compassion Key Master Practitioner.

Åsa Rockberg

Dancer, Choreographer, Teacher

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Leadership Training 1998–2011

1998–2002 Essential Motion Leadership training with Karen Roeper; Creator of Essential Motion - California, U.S.A. Certified in 2002.

2002–2004 Storytelling and Ritual dance leader training with the Actor and Reverend Brita Haugen, Vestjyllands Højskole - Denmark. Certified in 2004.

2005, 2006, 2008, 2011, 2023, 2024 Further training courses in EM with Karen Roeper.

2006, 2008, 2010 Further training courses in Ritual Dance with Brita Haugen.

Song Training 1980–2012

Singing classes. Teachers: Christina Eketorp, Anna Aronson, Ingrid Eriksson, Britta Røjås, Lena Klarström, Monica Sperens, Anna Larsson, Ulrika Bodén, Agneta Stolpe, Marie Sundelin, Sweden. Also experience of singing in several choirs.

EXPERIENCE

Teaching Earthheart Dance 1991–2025

Based on her knowledge of these varied styles of body awareness, self-expression, improvisation, dancing, singing and story telling, Åsa created Earthheart Dance with emphasis on experiencing the magic of Nature and expressing our deepest emotions. Since then, she has taught numerous groups of adults, adolescents, children and disabled persons. Earthheart Dance provides an opportunity for people to discover their own stories and movements, encourages their self-expression and improves their self-esteem.

Åsa has had a large variety of assignments. Her clients include churches, municipalities, county councils, theatrical societies, cultural festivals, schools, education associations, private companies, county executive boards, trade councils, conference-, leisure- and tourist centres. She started her own Earthheart Dance Center 1999.

1991-1998 Workshops and teaching for different groups of people in many cities.

1999-2003 Teaching for teenage girls in Sollefteå municipality, through school-, summer-, and evening activities. A huge project to improve the self-esteem of teenage girls.

2004-2020 Teaching dance workshops for children, young people and adults at Earthheart Center.

2007 Dance & Instructor Program commenced at Earthheart Center in Näsåker, Sweden.

2009-2015 Earthheart Acrobatics workshops was also hold at the Center by an Earthheart educated acrobat.

2009-2018 Students graduated from the 2-years Basic Course and 1 ½ years the Diploma Course and got their Certification as Earthheart Dancers and Instructors.

2011-2012 Teaching Earthheart Dance weekend courses in Norway and Germany.

2012 Teaching of all children 10-12 years old in schools in Sollefteå municipality.

2015-2018 Teaching Earthheart Dance weekend courses in Härnösand.

2019-2023 Teaching children in Tanumshede municipality, through "Creative school" projects, summer activities, the Cultural school and Church activities.

2018-2025 Providing individual Dance therapy sessions and Leadership guidance on-site and digital.

Teaching Leadership trainings 2007-2025

2007-2009 Earthheart Dance & Instructor Program Basic course at Earthheart Center

2009-2011 Earthheart Dance & Instructor Program Basic course at Earthheart Center

2010-2011 Earthheart Dance & Instructor Program Diploma course at Earthheart Center

2017-2018 Earthheart Dance & Instructor Program Diploma course at Earthheart Center

2014-2016 Listening Leadership training Basic course in the Swedish church

2017-2018 Listening Leadership training Basic course in the Swedish church

2019-2021 Listening Leadership training Basic course in the Swedish church

2024-2025 Listening Leadership training Deepening course in the Swedish church

Leaders in the Swedish church are educated in a listening leadership and an embodied preaching. Co-leader Birgitta Söderberg, Diocese of Stockholm. Åsa is also the tutor of many leaders in the Swedish Church. She also teaches embodied storytelling and work with movement and bible texts in many parishes.

Life experience

In 2013 Åsa and her husband adopted a 3 ½ year old girl from Lithuania. Therefore, the last 12 years Åsa has been a lot at home and been concentrated on her daughter's physical, mental and emotional development and healing.

In 2021 Åsa bought a traumatized horse and started a rehabilitation with deep body therapy work for the horse, today the horse serves as a therapy horse for humans in Earthheart's activities.

Performances & Choreography 1997–2025

Since 1997 Åsa has toured with solo- and cast performances throughout Sweden. She has started up the dance company Elementa and choreographed eight opening and closing ceremonies at major cultural and sporting events and new constructions, involving 25 to 100 people on stage. In 2000, she performed in Mississippi, USA, representing Swedish culture. In 2022 she inaugurated the new quay in Fjällbacka. Åsa has created, choreographed and produced all her performances and performed in most of them. The themes of her performances are taken from nature, history and various mythologies, which act as mirrors for people living in the modern world. As performing art Earthheart is recognized from the authentic emotional expression and the presence of the artist.

In 1999-2002 Åsa Rockberg performed in many events together with storyteller Ann Järneström.

In 2007-2015 Åsa was touring in churches all over Sweden with the solo performances *Mary Magdalene – a role model* and *The Circle of Life*. She has been in festivals with *Spirits of Nature* and *Earthheart fire dance* and since 2008 she has been on World Music scenes in Sweden, Norway and Germany with her *Body Yoik* together with the Yoik artist Áillos. In 2010-2015 she also Choreographed dance- and aerial acrobatics performances with Manuel Bojén. In 2019-2025 she has created and performed with several Dance theatres for kids. During her whole carrier Åsa has been participating with dance and storytelling in several church services throughout Sweden.

Dance film 2011-2025

In 2011 Åsa started a creative film lab together with film artist Raitis Vulfs from Latvia, working in nature with mythological items. In the co-operation they started to create the animation- and dance film *Sealskin* together with other Latvian, German and Norwegian artists. That led to many other experimental film productions together with Raitis Vulfs.

FILM PRODUCTIONS

- 2024-2025 *The Girl & The Horse* – Short poetic documentary
Director/Choreographer/Dancer/Producer. Cameraman/Editor Raitis Vulfs, Music Rafael Pineda
- 2022-2025 *Ritual for Crises* – Dance performance videoart
Director/Choreographer/Dancer /Producer. Editor Raitis Vulfs, Music Rafael Pineda
- 2022-2025 *I am You* - Short dance art film
Director/Choreographer/Dancer/Producer. Cameraman/Editor Raitis Vulfs. Song & Music Zane Smite & Terje Isungset
- 2021-2022 *Mary's Annunciation & The good shepherd* – Short dance art films for church services
Director/Choreographer/Dancer/Singer/Producer. Editor Raitis Vulfs
- 2012 *Nature Loves Dance* - Short dance art film
Director/Choreographer/Dancer/Producer. Cameraman/Editor Raitis Vulfs
- 2012 *Sealwoman* - Short dance art film
Director/Choreographer/Dancer/Producer. Cameraman/Editor Raitis Vulfs

2011-2024 *Sealskin* - Animation-feature film
Choreographer/Dancer/Actor. Director/Cameraman/Editor Raitis Vulfs
International film project (Latvia, Germany, Sweden, Norway)

SOLO PRODUCTIONS DANCE

2000-2025 *Dances in church services* throughout Sweden.
2011-2015 *The Circle of Life – new version* Choreographer/dancer
2008-2010 *Yoik & Body Yoik - Áillos & Åsa* Choreographer/dancer
Earthheart Fire Dance Choreographer/dancer
In the centre of the circle Choreographer/dancer
2007-2015 *Mary Magdalene—a role model* Choreographer/dancer
2005 *The Harbourn of Light* Choreographer/dancer
2003-2009 *The Circle of Life* Choreographer/dancer
2000-2015 *Spirits of Nature: Mistress of the Wood and the Lake and Spellbound*
Choreographer/dancer
1999 *Maria - The White, Red & Blue Madonna* a co-production with singer Ingrid Grahn,
Sweden. Choreographer/dancer
Breaking Through the Barriers Choreographer/dancer
1998 *Gloria - A Celebration of Life* accompanied by Orsa Music Ensemble and Choir, Sweden.
Choreographer/dancer
1997 *Death and Life* Choreographer/dancer

SOLO PRODUCTIONS ACROBATICS

2011 *The Birth* Choreographer
Dance & Acrobatics: Manuel Bojén
2010 *The Child Within, The Sparkle of Life* Choreographer
Dance & Acrobatics: Manuel Bojén

DUO PRODUCTIONS DANCE & ACROBATICS

2015 *Into humans he made us...* Choreographer/dancer/storyteller
2010 *Younity* Choreographer/dancer
2009 *From East to West* Choreographer/dancer
2009 *I Love You* Choreographer/dancer
Acrobatics: Manuel Bojén

CAST PRODUCTIONS

2022 *The Meeting* - Opening performance of Fjällbacka new quay
Choreographer/dancer/producer
2018 *Nature dance at Nämforsen, Näsåker* Teaching Choreographer/dancer
2010 *Sun concert* FolkBaltica festival Germany Choreographer/dancer
2009 *The Fire Dance* For the high school art students final show Choreographer
2008 *Attraction* Choreographer/dancer/producer
2007 *Love light in the darkness* Choreographer/dancer
2006 *A Midwinter Night's Dream* Choreographer/dancer
2005 *Fire Night – Tellus, Tell us!* -Opening ceremony at Urkult World Music Festival
Choreographer/dancer/co-producer

- 2004 *Warriors of the Heart* - Opening ceremony Swedish Football Championship for disabled people. Choreographer/dancer/co-producer
Solar cycles - Ice and Fire Choreographer/dancer
Fire Night - Opening ceremony Urkult World Music Festival
 Choreographer/dancer/co-producer
Solar cycles Choreographer/dancer
- 2003 *Crossouls* Choreographer
- 2001 *In the Forest of the Crone* Choreographer/dancer
 Opening Ceremony Swedish Biathlon Championship
 Closing Ceremony European Winter Sport Championship for disabled people
- 2000 *Fire Night* - Opening ceremony Urkult World Music Festival
 Choreographer/dancer/co-producer
The Four Elements Choreographer
Falling Frost Choreographer
- 1997 *The Four Seasons* Choreographer/dancer/co-producer

DANCE THEATRE PRODUCTIONS

- 2019-2025 *The magic of the sea, The little beast, Sleeping Beauty (Törnrosa)*
 Co-productions for children/families with musician Agneta Cronholm
 Storyteller/dancer/choreographer/co-producer
- 2021 *A life journey*
 Co-production for elder people with musician Agneta Cronholm
 Choreographer/dancer/poet/co-producer
- 2006 *Lucky bird, The Mouse and the Lion*
 Children's productions, directed and produced by Fia Berggren, Sweden.
 Choreographer
- 1999-2002 *Mussel Maiden, The Companion, Northern Legends, The Pearl Fisher's daughter*
 Co-productions for adults with storyteller Ann Järneström, Sweden.
 Choreographer/dancer
- 1997 *Born Free* Youth production, directed and produced by Fia Berggren, Sweden
 Choreographer
- 1992 *Life is a Dance* For adults and teenagers, directed and produced by Margery Mason, England. Choreographer/dancer/actor

CHILDREN'S DANCE PRODUCTIONS

- 2009 *Fairies & Trolls* Choreographer
- 2008 *Chess* Choreographer
A Love Story from the Orient Choreographer
In the depths of the sea Choreographer
The Elements of the kids – The Earth dance, The Water dance, The Fire Dance Choreographer

2007 *Angels and Beasts* Choreographer
 Svea and the End of Hostilities Choreographer
 I am a Child and I am Beautiful! Choreographer
 In my Mind... Choreographer
2006 *Dancing the Light* Choreographer
 Neverland Choreographer

**Scenes and events in a selection where Åsa and her choreographies have performed
1997-2025**

International

Madison County Cultural Centre Mississippi USA
Swedish American Business Congress Jackson Mississippi USA
FolkBALTICA Germany
Folkelarm Norway
Norwegian Folk Music Awards
Riddu Riddut Norway
Employment NOW Scotland

Cultural events & Festivals Sweden

Peace & Love
Blå Stället Göteborg
Hav & Land Hunnebostrand
Jazz club Fashing
Stockholm Waterfront Congress Centre
ICEHOTEL Jukkasjärvi
Sametinget Kiruna
Urkult festival
Kista Världsmusikfestival
Sundsvalls Gatufest
Vildrosfestivalen
Luleå Kulturnatta
Umeå Kulturnatta
Södertälje Kulturnatta
Mittnordiska Kultur dagar
Murberget Läns museet Västernorrland
Sundsvalls Museum
Kulturmagasinet Sundsvall
Kulturtinget Västernorrland
Älvsjö mässan

Sports events

Vasaloppet
Paralympics World Winter Cup
Wintergames - EM i vintersport
SM i Skidskytte
JVM i Skidskytte
SM i fotboll för funktionsnedsatta
Järnforan

Municipalities

Elementary Schools in Tanumshede
Retirement homes in Tanumshede and Strömstad
Strömstad National Day event

Churches & Dioces

Teologifestivalen Uppsala
Lärandefestivalen Karlstad
Stockholms stift - Diocese of Stockholm
Uppsala stift
Västerås stift
Härnösands stift
Lunds stift
Tanums pastorat
Maria Magdalena församling
St Ansgars kyrka Sigtuna
Sollentuna församling, Turebergs distrikt
Maria församling Helsingborg
Maria församling Växjö
Härnösands Domkyrkoförsamling
Sundsvalls församling
Gustav Adolfs församling Sundsvall
Luleå Domkyrkoförsamling
Östersunds församling

TV programs

SVT Go'Kväll (2003)
SVT Gudstjänst Helgmålsringning (2011)
Mittnytt (2001)
TV 4 Sundsvall (2000)

Radio programs

Folke P2 (Áilloš & Åsa 2009)
Radio Västernorrland (2000, 2005, 2008)

Musicians Åsa has co-operated with as an artist and choreographer

Amina Annabi France, Áilloš – Ingor Ántte Áilu Gaup Norway, Trio Smite Karkle Cinkuss Latvia, Kalosch – Roland Keiser, Crane Dance – Jonas Simonsson, Mats Edén & Mattias Pérez, Ulrika Bodén, Tetra – Maria Stellas, Sanna Källman, Anna Ottertun & Ingrid Brännström, Lars-Henrik Blind, Lamine Cissokho, Giddabush, Babajaga, Rostam Mirlashari, Pernilla Sundin, Peter Bruun, Bonus Diallo, Stefan Sorey, Mikael Öberg, Björnola Lind, Ingrid Grahm, Anneli Björklund, Laurel Wakeman, Agneta Cronholm, Rafael Pineda.

Storytellers she has co-operated with: Ann Järneström, Pia Fries, Inghilda Tapio and Fia Berggren.

Scholarships

Nordic Culture Point – Kulturkontakt Nord (2011)
Sami Daiddaraddi - Samisk Kunstnerråd Norway (2008, 2009)
Sapmi Music Norway (2008)
Länsstyrelsen Västernorrland (2006)
Landstinget Västernorrland (2003, 2006)
Regional Utveckling Västernorrland (2007, 2008, 2009, 2010, 2011, 2012)
Sollefteå Kommuns Kulturnämnd (2003, 2005, 2006, 2007, 2008)

Clients in a selection where Åsa has been teaching 1991-2025

International:

Grundstein Neukirchen, Germany
FolkBALTICA Germany
Positiv Hverdag, Norway
Vestjyllands Højskole Denmark
Madison County Cultural Centre Mississippi USA

Sweden:

Musik i Västernorrland
Musik Direkt
Ung Kultur Möts
Svenska Konstföreningars Riksförbund
Sandö Internationella center
Mitthögskolan
Sigtuna Folkhögskola
Härnösands Folkhögskola
Höla Folkhögskola
Kulturskolan Sollefteå
Estetprogrammet Sollefteå
Health Departments & County Councils in Västernorrland and Jämtland
Vårdförbundet Västernorrland
Vårdförbundet Jämtland
Österåsens Hälsohem
Ett Helt Liv Karlskrona
Municipalities in Västernorrland, Jämtland, Västerbotten and Bohuslän
Elementary Schools in Västernorrland and Bohuslän
Musik- & Kulturskolan Tanumshede