

Hagar Malin Hellkvist Sellén

# Moving Towards the End



A choreographed exhibition

English



Västerbottens  
museum

## Exhibition parts hour by hour

- 11:00–  
11:55 AM Take a chair and sit down in the room or move around the room. The dancers will move along the walls and pillars, so do not sit or stand right next to walls or pillars.
- 12:00–  
1:00 PM Move around the room or take a chair and sit down. The dancers move around the entire room.
- 1:00–  
2:00 PM Films from the first and last part of the exhibition day. The films serve as a hub in the middle of the work where you get the beginning and the end.
- 2:00–  
3:00 PM Move along the walls or between the dancers with the train. It is also possible to take a chair and sit down along the walls.
- 3:00–  
3:25 PM Move around the room or take a chair and sit down. Dancers throughout the space.
- 3:30–  
3:55 PM Observe or participate. The dancers take a 1-centimeter walk. If you want to participate, choose any place in the room and move one centimeter at a time. The walk lasts for just over twenty minutes. Be involved for as long as you wish. If you want to observe, take a chair and sit down in the room or move around the room.
- 4:00–  
4:40 PM Take a place along the walls or move around the room. The dancers will be in the entire room.

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### Student participation

On February 23rd and March 1st from 2:00 to 3:00 PM, students from the 2nd grade of the aesthetic program's dance specialization at Midgårdsskolan participate in the exhibition with the dancers. The regular part of the exhibition will not take place on these days.

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## The Exhibition

Choreographer Hagar Malin Hellkvist Sellén invites you into a space where movement carries time. With *Moving Towards the End*, she creates choreographic baths where you as a visitor can move freely in the room among the dancers.

The work provides space for slow existence and a room where thought can travel. You can move between restful and active attention. You can stay for a moment or spend the whole day in the exhibition. By experiencing it at different times, you will take away different parts of the work.

*Moving Towards the End* is a co-production between Hagar Malin Hellkvist Sellén and Norrlandsoperan, in collaboration with Västerbottens Museum and Midgårdsskolan, with support from the Swedish Arts Council, the Swedish Arts Grants Committee, and Dance in Västerbotten.

This is the first time the art form of choreography is presented in an exhibition format at Västerbottens Museum.



## A few words from the choreographer

I am glad you are here.

I hope you will take something of significance from this exhibition, small or large.

Choreography has the ability to touch us if we make ourselves available to it. It doesn't always happen, and it's not always an immediate satisfaction either. Sometimes choreography claims your time and presence, and when you show up, the choreography can give something back to you.

With this exhibition, I wanted to create choreography where you as a visitor have space to just be.

I describe it as choreographic baths.

Just as when you take a bath and are embraced by water, or when you forest bathe and experience the forest, in this exhibition, you move surrounded by an ongoing choreography.

Similar to when you're swimming and can choose between relaxing and floating or embarking on a swim, in this exhibition, you can both rest and let your mind unwind, or engage in active attention and movement within the space.

Feel free to give yourself space to switch between these states when visiting the exhibition. If time allows, please consider staying for an entire choreographic segment or several, and see what happens within you when the choreography is given time.

Feel free to come back another day and experience a different part or maybe the same one again.

To choreograph-bathe doesn't require you to understand, but rather to let thoughts and emotions flow or emptiness emerge. Trust that what you think, feel, or the questions that arise are sufficient to constitute an art experience.

With *Moving Towards the End*, I have worked with contemporary choreography that can be likened to *The Great Moose Migration* shown on TV in the spring. It's possible to approach this exhibition in much the same way as a slow-TV format. You follow an ongoing event over time.

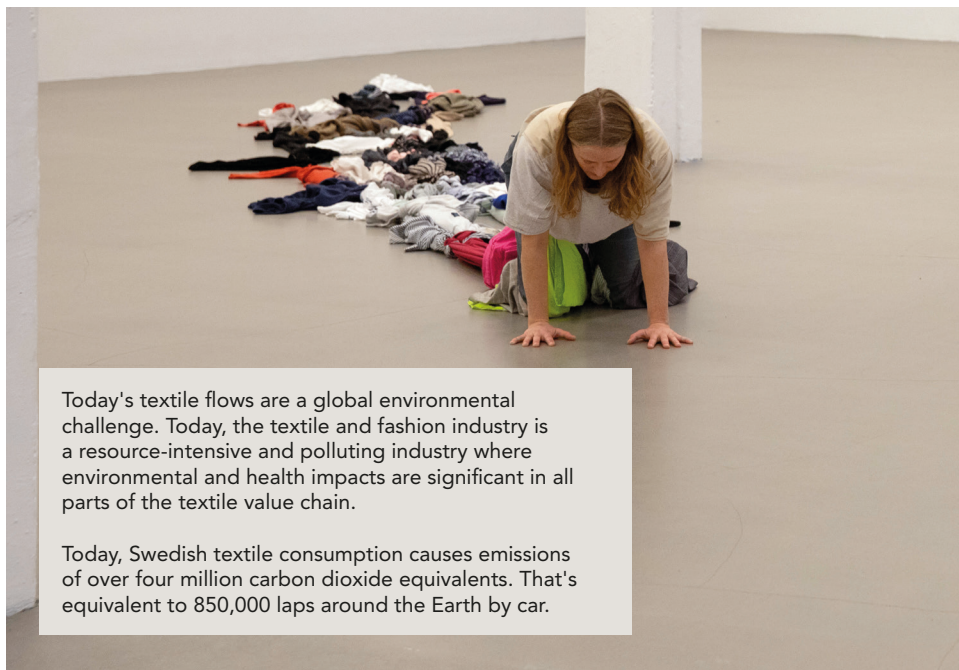
If you follow along on the migration, you'll discover that the excitement is on a lower frequency. You can join for the entire journey or peek in occasionally.

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**Artist talk – an in-depth conversation about choreography**

During the museum's evening opening on February 21st, choreographer Tove Salmgren will talk with exhibition's choreographer Hagar Malin Hellkvist Sellén about the exhibition, choreographic baths, and about seeking new formats At 7:00-8:00 PM.

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Today's textile flows are a global environmental challenge. Today, the textile and fashion industry is a resource-intensive and polluting industry where environmental and health impacts are significant in all parts of the textile value chain.

Today, Swedish textile consumption causes emissions of over four million carbon dioxide equivalents. That's equivalent to 850,000 laps around the Earth by car.

## The costume and textile trains of the exhibition – a textile dirge

During the year 2023, choreographer Hagar Malin Hellkvist Sellén made the decision to work with recycled textiles in all her productions as part of her efforts towards more sustainable performing arts production.

Due to the extensive consumption of clothing and how few times each garment is used, enormous amounts end up in secondhand stores, more than they can resell themselves.

The costume and the textile trails in *We Move Towards the End* are created from clothes and textile materials that a secondhand store in Umeå has sorted out.

We have a high consumption of clothing and home textiles, nearly 14 kilos per person per year. At the same time, we use textiles for increasingly shorter periods.

Over 90% of all climate impact from Swedish textile consumption is currently linked to the purchase of newly produced goods.

Source: Swedish Environmental Protection Agency



## Presentation of the creators

**Hagar Malin Hellkvist Sellén** has worked as a choreographer for just over two decades and specializes in contemporary choreography in the expanded field. Hellkvist Sellén is interested in time, existential movement, and in where, when, and how works arise. Her artistic practice is characterized by a strong trust in choreographic craftsmanship, in the dancers, and in the audience. Among her works are *The Time it Takes*, *Better People*, *Pink Promises*, and *The Missionary*. Hellkvist Sellén was born in 1978 in Umeå and has been based in her hometown since last fall.





**Pernille Holden** works in performance and creation with dance and choreography in the independent field, with Oslo, Norway as her base. She has collaborated with a number of choreographers and artists including Ingri Fiksdal, Solveig Styve Holte, Ingeleiv Berstad, Venke Sortland, Helle Siljeholm, and Camilla Vatne Barrat-Due. Holden is educated at the School of Contemporary Dance, now the College of Dance Art in Oslo. She has been employed by SKUDA, the Norwegian Actors and Dancers Alliance, since 2018. Holden was born in 1979 and raised in Sandefjord.

**Marianne Kjærsund** is based in Oslo and has been active for over twenty years as a dancer and educator. She has a broad interest in stage expression and has collaborated with a wide range of choreographers including Elle Sofe Sara, Helle Siljeholm, Kristin Ryg Helgebostad, Björn Säfsten, and Rosalind Goldberg. Kjærsund is a member of SKUDA - the Actors and Dancers Alliance in Norway. She is trained as a ballet teacher at the University College of Bodø. Kjærsund was born in 1976 in Mo i Rana.





**Daniel Jeremiah Persson** is a Swedish dancer and choreographer based in Malmö. As a dancer, Persson has performed in works ranging from atmospheric performative dance installations to intense dynamic stage productions. In recent years, they have danced nationally and internationally in works by Bobbi Lo Production, MYKA, Khamlane Halsackda, Joan Jonas, and AdeY, among others. They are educated at the London Contemporary Dance School in London, United Kingdom. Persson was born in 1992.

**Marcus Baldemar** has been working as a dancer, choreographer, dramaturg, and educator in the independent field of performing arts for 16 years. Baldemar is based in Stockholm. As a dancer, he has collaborated with choreographers such as Ludvig Daae, Albert Quesada, Rui Horta, and Stina Nyberg/The Knife. As a choreographer, he has created works including *Polari Speaking Sex* (2021) and *Finally Fantastic* (2022). He was trained at P.A.R.T.S in Brussels, Belgium, SEAD in Salzburg, Austria, and the Ballet Academy in Umeå. Baldemar was born in 1985 and has roots in Kiruna and Tornedalen.

**Amanda Hedman Hägerström** is a costume designer, scenographer, and artist with a passion for the queer body. She enjoys working sculpturally with desire and intuition as her artistic compass. Hedman Hägerström graduated from the Stockholm University of the Arts in 2022 and is part of the performing arts group Goosebumps scenkonst. She was born in 1994 and raised in Storvreta.

**Anna Sóley Tryggvadóttir** is a composer and sound designer based in Stockholm. She graduated from the Dramatic Institute in 2010 and has since been active in theater, dance, radio, music, and sound installations. After her graduation, she has written music and sound design for numerous productions at institutions such as the Royal Dramatic Theatre, Norrdans, and Riksteatern, among others. She has long been interested in listening, as well as in implementing the human aspect into music, the raw, the fragile, the broken. Tryggvadóttir was born in 1984.

**Palmer Lydebrandt** is a director, documentary filmmaker, and television producer based in Stockholm. In the past year, he has produced SVT's cultural series Sunday with and directed the documentaries Stockholm, 1982 and Bluffen Oscar Zia, as well as music videos for Moonica Mac and Sara Parkman. He is also one of the three hosts of the podcast Kulturråden where they solve listener questions with cultural tips. Lydebrandt was born in 1985 in Snavlunda and raised in Örebro.

**Director**

Hagar Malin Hellkvist Sellén

**Dancers**

Pernille Holden

Marianne Kjærund

Daniel Jeremiah Persson

Marcus Baldemar

**Choreography**

Hagar Malin Hellkvist Sellén i  
nära samarbete med dansarna

**Costume Design**

Amanda Hedman Hägerström

**Composer**

Anna Sóley Tryggvadóttir

**Composer Assistant**

Cicely Irvine

**Musician**

Anna Dager

Hanna Ekström

**Film**

Palmer Lydebrandt

**Spatial Design**

Amanda Hedman Hägerström

Hagar Malin Hellkvist Sellén

**Tailor**

Rebecka Nygren

**Producer**

Nadja Nilsson

**Production**

Hagar Malin Hellkvist Sellén

All photos are taken by Sofia Runarsdotter.



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