

Carita Lähteenmäki. Traces – work in progress, 2018

Carita Lähteenmäki (B. 1988 FI)

Dance workshops for children and youth at the Rauma Adult Education Centre 5.–7.6.

Solo performance at the Rauma Art Museum 27.6. at 4 pm.

Residency 3.–30.6.



Organic movement patterns guide the movement in space. The body and its being reforms, listens, seeks and above all lets the dance happen in the moment.

During the month of June 2018 dance artist Carita Lähteenmäki has been working in Regional Dance Center of Western Finland's residency in Rauma at the RaumArs Artist in Residence Programme. Traces – work in progress solo in Rauma Art Museum presents Lähteenmäki's movement exploration of organic movement paths and the connection between nature, body and empathy.

The solo is improvised and based on movement tasks that emphasize allowing and acceptance in the moving body. These tasks are part of the movement exploration that Lähteenmäki has worked with during her artistic residency. In the beginning of the residency Lähteenmäki taught dance workshops for children and youngsters of Rauma. Lähteenmäki has let this interaction also influence the artistic result of Traces – work in progress.

Tickets: The Museum entrance ticket 6/3€, under 18 years old free of charge.

The duration of the performance is about 30 minutes.

In co-operation: Regional Dance Center of Western Finland, RaumArs A-i-R and the City of Rauma which supports the Regional Dance Center of Western Finland in the residency's realization.

Lähteenmäki has graduated MA in Dance in 2014 (Uniarts Helsinki's Theatre Academy) and BA in Dance teacher (Turku University of Applied Sciences) in 2011. She lives in Helsinki and works in the metropolitan area as a freelance-dancer, choreographer and dance teacher. In her artistic work Lähteenmäki is interested in how mental imaginary and senses affect movement as well as performing and how empathy influences the bodily being. In movement work she is interested in improvisation and authentic movement practice. Lähteenmäki is one of the founding members of Hyppy! collective. Through the works of the collective her body and movement connection to rhythm and the use of energy in movement has deepened also in her own creative process.