

SOFIA RINTALA

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ARTIST STATEMENT

In my art, I get inspired by the complexity of human mind and its connection to our body and movement. Art should originate from a healthy, safe and acceptable environment. That's why I find creating a safe space around art the most important aspect of my work. Pursuing a more sustainable environment is the future of art.

WORK EXPERIENCE

Company Sofia Rintala / 06/2022 —>

- Working as an artist under own company name

Duckstep Company / 2022-2024

- Working as a dancer under choreographer Patrik Riipinen & Camilla Björklund

Dance Theater MD / Rail2Dance / 10/2022 - 6/2023

- Choreographer's assistant

Sofia Rintala / THE LINE / 2022

- Choreographer

Alalantela Company / TRANSITORY STATUS / 7/2021

- Dance artist under choreographer Joel Alalantela

Matti Haaponiemi / Mielen Asetelmia / Valomuurin Tuolla Puolen / 5/2021

- Dance artist under choreographer Matti Haaponiemi

Rajaniemi Collective / MISTÄ ON ISOT TYTÖT TEHTY? (What are big girls made of?) / 2020

- Dance artist under choreographer Niina Rajaniemi

Rajaniemi Collective / JACKET'S JACKET'S / 2020

- Dance artist under choreographer Niina Rajaniemi

Sofia Rintala / Journey- dance short film / 2019

Sofia Rintala / Cover Yourself- dance short film / 2019

UNIQ PRODUCTIONS OY / Fauni- Musical / 2017

- Working as a dancer in a musical

EDUCATION

Tampere Conservatoire / 2020 - 2022

- Dancers Degree

Tammerkoski High School of Fine Arts / 2016 - 2019

- High School Degree

Dance Special Education / 2013 - 2019

- Dance School Dance Actions