

CV

Helga Wretman

2025:

Art Work:

Performance ‘Bondfire’ for Flipping the Coin event at Studio 1111 Berlin.

Installation ‘Curiouser and Curiouser, Sometimes I put my head in the Sand’ at Group show Garden Anomaly in Mexico City.

“Lightning from a clear sky” and ‘Curiouser and Curiouser, Sometimes I put my head in the Sand’ at group show Do We Dream under the same sky at Borrby Studios in Barry Sweden.

Acting Work:

“Peer Gynt” Directed by Ida Müller and Vegard Vinge at Volksbühne Berlin.

Stunt Work:

Stunts for “Double in Hunger Games Sunrise at the Reaping”. “Das Haus”. “Tills Döden Skijer oss åt”. “Oderbruch 2”. “Tatort”. “Agnes und Amir”. “Hafen Kante”. “Die Bachmanns”. “Morden im Norden”. “Das Geschenk”. “Emil und die Detektive”. “Weinachten in Sommerby”.

2024:

Art Work:

“Impact” opera production in collaboration with Shiran Eliasero and Amir Shipmann at Ostrava Opera festival.

Performance and installation “Bond fire” in Group exhibition Euphemism of a Disquiet Day, curated by Mathias Gramoso at Grund, Berlin

Installation “Lightning from a clear sky” at The Moment Berlin for Berlin Art Week.

“Pole Wrestling” in Collaboration with FRZANTE at wrestling gentrification event in Berlin

Stunt work:

Stunts for: "MOMO" "Marnow Murders" "9 Perfect Strangers" season 2. Bodensee Krimi, Identität. Alpentod. Frühling. Weihnachtüberraschungen.

2023:**Art Work:**

"Ingroup Photo" Performance At the Bundeskunsthalle in Bonn "Neck Turner" Performance and Installation at Gallery Dietrich and Schlechtriem in Berlin.

"Impact" Showcase Berlin in collaboration with Shiran Eliaserof and Amir Shipmann.

Stunt work:

Stunts For: "BG bau commercial" "Pagan Peak" "CONSTALLETION" "Notruf Hafelkante" "Sieger Sein" "Mord Nacht" "Letzte Spur Berlin" "School for Magical animals 3" "Nächte ausfahrt Glück" "WaPo Elbe" "Love Sucks" "Marnow Murders"

2022:**Art Work:**

"Fitness For Artists" Performance for Julius von Bismarcks Kunst am bau project at Erlangen Kunsthalle In Erlangen.

Stunt Work:

Stunts for: "And then you Run" "The Gryphon" "The Empress" "Ecco 2K Musik Video" "CONSTALLATION"

2021:**Art Work:**

"Stolen Goods (Prometheus) Duo Exhibition with Fredrik Wretman at Olseröds Konsthall.

Stunt Work:

Stunts for: "Coming Home" "Suchuck and Bratwurst (Body Burn)" "1899" "Lucy" "And then you Run" "The Robber Hotzenplotz" "School for Magical Animals 2" "Retribution" "Morden im Norden" "What you can see from Here" "Luden" "John Wick 4"

2020:**Stunt Work:**

Stunt for, "Fly" "School of magical Animals" "Notruf Hafelkante" "The Seed" "Blackout" "Karla and Rosalie" "Matrix 4" "Munich 38" "Solo für Weiss" "Raspberries with mustard" "Glück" "Wolke unterm Dach"

2019:**Art Work:**

"In-Group Photo" Bundeskunsthalle in Bonn

"The Followers are Infront" at Very Projectspace Berlin

"Inversion Of a Future" Performance at Ural Biannual, Ekaterinenburg. in collaboration with Shiran Eliaserof and Amir Shipmann.

Stunt Work:

Stunts for, "Stowaway" "The Queens Gambit" "Zürich Krimi" "Rampensau" "Madison" "Ranger" "Max un die Wilde" "Dark" "Tatort" "Barsch" "In to the Beat" "Wir Kinder vom Bahnhof Zoo"

2018:**Art Work:**

"Tropes of struggle" Import Projects Berlin

"In-Group Photo" Performance at Matin Groupius Bau Berlin.

"In-Group Photo" Performance with James Beckett at 1 Riga Biannual.

"In-Group Photo" Performance at Kunstseale, Berlin Curated by Ellen Blumenstein.

"In-Group Photo" Performance at Import Projects Berlin.

Stunt work:

Stunts for: "The Girl In the spiders Web" "A Head full of Honey" "Schatten Grund" "European Film Awards" "Hafelkante" "Solo für Weiss" "Regentrude" "Jonas Waldeck" "Morden im Norden" "Silver Cloud" "Anna Calvi Music Video" "Die Wolf Gang" "Counterpart" "Kängerukroniken" "Gestalked"

2017:

"In-Group Photo" Performance and installation at Klöntahl Trienalle Switzerland.

"Falling over on purpose only hurts in some places" for Obeig Magazine and Castel Center for Contemporary Art in Warsaw.

"In-Group Photo" and "Anti Depressive Massage for Artists" performance at Good to Talk lecture series at Berghein kantine in Berlin.

Stunt Work:

Stunts for: "Capello Code" "White Horse" "Dark" "Asphalt Gorillas" "Ballong"

2016:

Art Work:

"Anti Depressive Massage for Artists" Video installation and performance at Galley Rotwand Zürich.

"Wellness in a Box" video Installation at Moscow Biannual for Young Art.

"In-Group Photo" Video and Performance at Brodno Sculpture park, MoMa Warsaw.

"Anti Depressive Massage for Artists" performance at Kulturprojekte Berlin in Madrid.

Stunt work:

Stunts for, "Vorwärts Immer" "Chase and Status music video" "Out of Controle" "Wolfsland"
"Schuld" "Katarina von Bora" "Hafelkante" "Conni und co 2" "Sense 8" "In Zeiten des
abnehmenden Lichts"

2015:

Art Work:

"Window leaks" Installation, collaboration with Felix Mathias Ott at V4ULT in Berlin.

"Fitness for Artists TV" Season 2 for Arte Creative.

"Anti depressive Massage for Artists" and "Fitness For Artists" Performance at Berlinische Galerie in Berlin.

"Wellness in a Box" Installation in "der Würfel" at Galerie Neumeister Bar-am.

Stunt Work:

Stunts for "Schellen Urschli" "Eddie the Eagle" "Heute ist nicht alle tage" in "Zombierella"
"Frauenherzen" "Connie un Co" "A Cure for Wellness" "Sibel und Max" "Tiger Girl" "Tschick"
"Polizei ruf Magdeburg" "Vorwärts Immer"

Performer:

"Kiss" By Tino Segal at Martin Gropius Bau in Berlin

Choreography:

"Gleissen des Glück" German cinema Movie

2014:

Art Work:

"Bosom Act" Performance at the Schirn Kunsthalle in Frankfurt

Opening Performance with FFA-TV and Baby Darwin at Berlin Gallery weekend 10 year anniversary.

Guest Teacher at The Academy of Fine Arts in Bordeaux.

"Dys works" Solo show at Demons Mouth, Norway.

"Fitness For Artists" Performance at Stroom Den Haag.

"Fitness For Artists" Performance at Thyssen Bornemisza Art in Vienna.

"Fitness For Artists" Performance at Therapeutic Allianzen at Kamppnagel in Hamburg.

"Fitness For Artists TV" season 2 For Arte Creative.

"Crampographies" Group show at Kunstwerke Berlin.

"Dave" Video work, shown at Gallery Weekend Berlin.

"Helga was Here" Video work for The Moving Museum in Istanbul.

Participant at Transmediale Art Hack Day.

Stunt Work:

Stunts for "Schuld (Volksfest)" "Honig im Kopf" "Das Hantwerk" "Sibel und Max"

"Weissensee" "Agnes"

2013:

Art Work:

Video Performance "Dave" At the 12 Lyon Biannual.

"Special agents on a regular mission" Video work and Performance "This girl is on fire" For Ikono on Air Festival Berlin.

"The Body of Work" Online Performace at Bergen Kunsthall In collaboration with Juliette Bonneviot.

"Fitness For Artists TV" season 1 for Arte Creative.

"weil ich bin es wert" Group show at gallery HHDM in Vienna.

Stunt Work:

Stunts for "Rico Oskar und die Tieferschatten" "Der Pfarrer und das Mädchen" "The Voices"
"The Book Thief" "Frühling" "Charleen macht Schluss" "Helmut Schmidt Lebens Fragen"

2012:

Art Work:

"Fitness for Artist" performance at Bold tendencies in London.

Group show "WELL" Duo show and "Fitness For Artists" performance at Arcadia Missa in London.

"Fitness for artists" performance at the World is not Fair show in Berlin.

"boxing for choir boys" performance at Com und Coms event Boch in Berlin "Fitness for artists" Performance at lucky PDF school of global art at the fringe festival in Melbourne.

"Pleasure region" Solo show at Club Midnight in Berlin.

"Fitness for artists" and "Body and Mind Visualization for Artists" performance at the re opening of Palais de Tokyo in Paris.

Performer/ Collaborator For with Fredrik Wretmans installation "Kill you Darlings" performance at the opening show of Artipelag Museum in Stockholm.

Stunt Work:

Stunts for "zeit sprung" "Run boy run" "the Physician" "Baron von Münchhausen" "Tatort"

Choreographie:

Choreographer for Dora +Maja's "Knock Off" Performed at Kunstlerhaus Brethannien in Berlin, at Ganz Novi Festival in Zagreb and at October dans in Bergen.

2011

Art Work:

"The safety Protocole" and "Fitness for Artists" Perfomance at Based in Berlin.

"Safety is Sexy" Performance at Kik in der Kok Festival in Tallinn Estland.

"The Safety Protocol" Performance at Bergen Kunsthall Norway.

"Fitness for Artists global" Internet performance at Duve Gallery Berlin.

Performance and installation in group show curated by Felisa funnies at Grimm Museum
berlin.

Stunt Work:

Stunts for "Die Vampier Schwester" "Das Haus Der Krokoliele" "Hanni und Nanni 2" "Huck Finn" "white witch" in Hänsel and Gretel the witch hunters.

2010:

Art Work:

"the commerce performance" Performance at Darsa Comfort in Zürich.

"Sulumya Kula LOL (lots of love)" Performance at Kunsthalle Athena.

Halloween Performance at Perez projects in Berlin.

Stunt Work:

Stunts for "Wickie auf Große Fahrt" "Tom sawyer" "Konrad Koch" "Hindenburg"

Choreography:

Choreographer for the Rythme Monks.

Choreographer for Peaches Christ Superstar at Hau 1 in berlin.

Performer:

Dancer in Maria xxx By Heike Henning.

Dancer in commertial for Katara Cultural Center, directed by Marieli Fröhlich and
choreographed by Matannicola in Qatar

2009:

Performance "GSM (global short message)" at NADA art fair Miami.

Performer and actrice in "Six Easy Pices" with Reynold Reynolds at Gallery Invaliden 1 and

MMX art space in Berlin.

Preformer "Monument, ORNAMENT ENTER" with Anne de Vries at Basso in Berlin.

Artist in group show "SALLY'S" Berlin.

Performer for Jeremy shaw at "the Office" Berlin.

Performer for Darri Lorenz at "the Office" Berlin.

Performer in "Super Collide" by Sebastian Klemm.

Choreographer and Performer for performance with

Aids 3d at the Venice Biannual.

Collaboration with Artists Christophe Brunnqelle and Estelle

Hanania for Fat gallery Paris.

Became a member of the stunt action team Buff Connections.

performer in "Waste now pay later" by Oliver Kroll.

Dancer in "Wow Yes" by Tomi Paasonen at Kunsthause Tacheles.

2008:

Dancer in "Ariodante" at Theater an der Wien directed by Lucas H
Hemleb and choreographed by Thomas Stache.

Character in art film "Secret Machine" by Reynold Reynolds.

Choreographer and Performer in "The Network of Love"

Aids3d and Donna Hauanca at Exit Art New York.

Dancer in dance pice by Krzystof Raczkowski in Poznan

National Dance Theater.

Dancer at the opening of the DHL airport in Leipzig, choreography

By Joachim Siska.

Dancer and Choreographer for music video "Relax" for Peaches.

Dancer in "Niobe regina de tebe" at schwetzingen barock theater
directed by Lucas Hemleb choreographie by Thomas Stache.

2007:

Lead character in art film "Secret life" by Raynold Raynolds.

Dancer/ Actrice/ Performer in "Bartelby" directed by Mathias Schönsee.

Choreographer for ECE commercial directed by Britta Krause.
Performer in "The Girlfriend Experience" by Martin Butler at the Picknick media fair in Amsterdam.

Dancer in "Ferries" by David Bloom at Ballhaus Naunyen Berlin.

Dancer in "Untitled" self performed and choreographed at Dock 11 Berlin.

Dancer and Choreographer for "jerusalem 2012" with Aids-3d at Program Gallery, Berlin.

Dancer for Bacardi choreographed by Martin Butler
actor in add for Wiener Stadtverke.

Dancer and main Actrice in "The Beauty and the Beast" by:
Steven Dwonsky.

2006:

Dancer in "Witch one would you like" by Paul Julius rehearsals
At theater am Gärtner Platz performed at dance festival Almada.

Main Body double in "Prinz Eduardo Maximilian Minsky und Ich" By Anna Justice for X-filme.

Dancer in Best Before by Tomi Paasonen at dock 11, berlin.

Dancer and choreographer in short art film "Imperial" directed
and produced by Mario Phifer.

2005:

Dancer in the short film "Folge mir" produced by Rigit Lühets.
Final performances, choreography Madeleine Karlsson &
Eva Lundquist, dansens hus Stockholm.
D-COMPANY in Kulturhuset in Ytterjärna, choreography

Isadora Duncan & Kathleen Quinlan; Brahms Waltzes &
Karusell.

2004:

D-COMPANY in Hammarby Sjöstad, Stockholm.
D-COMPANY for Friends of the Royal Ballet, choreography
Isadora Duncan & Kathleen Quinlan.
D-COMPANY participant. in Popaganda, Stockholm University.
School performances "I Mellanrummen" by Madeleine
Karlsson (also in Kungsträdgården and at Vasateatern) Stockholm.

1992- 2003:

04 D-COMPANY at Färgfabriken.
03 w Lilla Baletten in Västerås Konserthus.
03 D-COMPANY in Ytterjärna Kulturhus.
02 w Lilla Baletten with K. Quinlan i Blå Lådan, Dansens Hus.
00-02 Rigoletto production Hilda Hellvig,, choreography. Petter Jacobsson
at the Royal Opera.
1998 tour to Hannover w "Staden"
1997 "Staden" produced by Lars Rudolfsson, choreography. Petter
Jacobsson , Royal Opera.
Norma produced by James Robinson the Royal Opera.
Pelle Svanslös by Knut Hendriksen Royal Opera.
1994 Pelle Svanslös at Folkoperan.
1992 Barber of Seville, produced by Göran Järvefelt, Royal Opera.

Education:

Training school at the Ballet Academy
Classical ballet: Ramona Loewinski, Lottie Ruther

Lindström, Fay Nenander

Floor technique: James McNatt

Jazz, Modern dance

2001-05 Kungliga Svenska Balettskolan

with principal direction to modern, contemporary dance

Modern, contemporary dance: Nina Höglund, Madeleine Karlsson, Siv

Ander, Linda Forsman, Eva Lundqvist

Jazz: Jane Darling

Character and acrobatics: Pierre de Olivo

Classical ballet: Elise Englund, Donald Kirkpatrick, Lazlo Mesales

Isadora Duncanteknik: Kathleen Quinlan

Workshop: July 02 The Place, London (Releasetechn: Gaby Agis, Joossteknik Christina

Comtess, Cunninghamtechn: Elle van Schuylburch, Floor bar: Anne

Hogan)

K-77 Studios, Berlin, Contact improvisation: Scott Wells

Imagemaking-and performance skills workshop: David Laiken

Tanzfabrik, Berlin, Contemporary Dance Workshop Riki von Falken

July 04 Altea, Spain, workshop Robert Poole

Summer courses and company-classes regularly at Balettakademien, Stockholm and in

Berlin (Tomi Paasonen, Riki von Falken, Jane Boalding, Matilde van der Merendock, Satoshi

Kudo and others)

Scholarships: 2003 Fredrik Bark's Scholarship

2005 Per Jonsson's Memorial Foundation

For six years I played the violin actively with Nina Balabina. Played the flute for a shorter period.

I have recorded a pop CD and have had roles in two feature-length films (Recycled in Germany, Flyt in Sweden). As a child I acted in a production of Tjechov's, The Cherry Garden.