

# Mia Stagh

Mia Stagh is currently the Artistic leader of the Alhanko Academy of Ballet & Ballet Line in Stockholm, Sweden. She started ballet at the age of three and was accepted at the Royal Swedish Ballet School in Stockholm when she was 12.

In 1982, she was hired as a professional dancer at the Royal Opera in Stockholm.

Right from the beginning of her professional career she started dancing solo and major roles in e.g. the Nutcracker, Sleeping Beauty, Giselle, Swan lake, Don Quijote, Romeo & Julia, Coppelia, ...

She has worked with a number of choreographers, modern and classical e.g. Rudolf Nureyev, Ulysses Dove, Jiri Kylian, Mats Ek.



In 1985 Mia won the Swedish competition in the Eurovision Dance Competition for young dancers. Later that year she took home the bronze medal during the grand finale of this competition held in Reggio Emilia in Italy.

During the years 1988-1992 she worked as a soloist at the Zurich Opera, Vienna Opera and Deutsche Oper am Rhein in Düsseldorf.

In 1991, she was the first Swedish dancer who danced in the New Year's concert in Vienna.

From 1992 until 2003 Mia was a member of the Royal Swedish Ballet in Stockholm, Sweden, where she performed as a soloist in the following ballets:

Mayerling, Manon, Romeo and Juliet, (Sir Kenneth MacMillan)

La Bayadere, Giselle (Natalia Makarova)

Swanlake (Natalie Conus), A Midsummer night dream (John Neumeier), Nutcracker (Heinz Spoerli, Pär Isberg)

Symphony in C (Balanchine) Spring Sacrifice (Bejart), In light and shadow (Krzysztof Pastor)

Dancing Day (Christopher Bruce), Mahler's 3rd Symphony (John Neumeier)

In the middle of somewhat elevated, Second detail, (William Forsythe),

In the upper room (Twyla Tharp), Stepping Stones (Jiri kylian), Dancing on the front Porch to heaven (Ulysses Dove), Before nightfall (Nils Christie).

Mia performed in major galas around the world and danced with major international ballet stars such as; Galina Panov, Johan Renvall, Sylvie Guyliem, Kimberly Glasgow, Evelyn Heart, Lucia Isenring, ...

Since 2004 Mia is working as a ballet pedagogue at Base23 and started up the vocational levels at Alhanko Academy of Ballet in Stockholm, Sweden.

Here she created three full length ballets; Don Quijote, Giselle and Swan Lake.

Her students have been successful in international competitions.

Mia is also a certified Pilates instructor and trained at the Stockholm Pilates Center.