

Xenia Wiest

Choreographer, Former Director - Ballett Schwerin

Xenia Wiest is a German choreographer born in Moscow. She received her education at the John Cranko School in Stuttgart and was a member of Staatsballett Berlin and Hannover Staatsballet for over 17 years. As a dancer, she has performed works by renowned choreographers such as Marco Goecke, Hofesh Schechter, Willem Forsythe, Mauro Bigonzetti, Sharon Eyal, Maurice Béjart, Angelin Preljocaj, and George Balanchine, among others. She served as the artistic director of Ballett X Schwerin, where she pioneered her vision to integrate a prevention and strength & conditioning program for dancers to minimize the risk of injuries and develop their physical potential.

Her classes are rooted in classical technique and emphasize the quality of movement. Particularly at the barre, the focus is on placement and the gradual opening of the hips. Simple combinations allow for an exploration of quality and precision, while maintaining awareness of the entire body. The aim of the training is to return to the “basics” while challenging participants in musicality and dynamics.

This approach is especially beneficial for professional dancers who face the challenge of adapting to different styles and maintaining their physical shape, as well as for anyone who enjoys the process of working and improving. As a choreographer, her style is defined as “contemporary ballet,” which is rooted in classical technique yet influenced by contemporary dance.

The primary inspiration for her work is music, combined with strong expressions in the upper body and the use of arms, hands, and fingers. The choreography aligns rhythmic dynamics with the musical structure, consistently connecting with the narrative or concept.