



Judith Simon

Judith Simon started her education as a ballet dancer at the Royal Opera Ballet School in 1981 and immediately joined The Royal Swedish Ballet, where she later became soloist and principal dancer. Some of the ballets in which she has danced leading and solo roles are Swan Lake, La Bayadère, Sleeping Beauty, Giselle, Nutcracker and in pieces by Birgit Cullberg, George Balanchine, John Neumeier, Alvin Ailey and Twyla Tharp.

After her career as a dancer, Judith has gone through further education and is now a certified personal trainer, medical yoga instructor and certified dance teacher through IDTS Canada. Judith is currently getting her education as a vocational teacher from the Stockholm University, while at the same time guesting as a teacher in ballet, pointe work and repertoire at The Royal Swedish Ballet School.