

TSIAOUSI SOFIA

Contemporary dance performer / Contemporary-Ballet & Yoga Instructor

artof.movement@yahoo.com | 07494241097

PROFESSIONAL EXPERIENCE

Frame	Teacher	11/2017
Central School of Ballet	Teacher	6/2017
Stretching the city	Teacher	4/2017
Go Mammoth	Teacher	4/2017
Lumi Power Yoga Studio	Teacher/Front of House	8/2016
Sky Health Fitness	Yoga/Fitness Instructor	9/2016
Feel Bad (Q Function Video Clip)	Choreographer/Performer	1/2016
European Games Baku 2015 (Dimitris Papaioannou)	Choreographer/Performer	1/2015-6/2015
M.Lampropoulou Dance School (contemporary)	Dance Teacher/Choreographer	10/2013-1/2015
«Εμπλοκή» («Eleftheri Ptsi» Dance Company)	Assistant Choreographer/Performer	6/2013-6/2014
«A louer» (Peeping Tom Dance Company)	Performer (Athens & Epidaurus Festival)	6/2013
«Ma Peur Noire» (Dance performance project)	Choreographer/Performer	5/2013-6/2014
«Uprooted» (Video dance project)	Performer (Athens Video Dance Project)	9/2012
«'I' espace melancolique» (Johannes Wieland)	Performer (One small Step Festival)	8/2012

QuickStep Dance School Dance Teacher/Choreographer 9/2011-1/2015
(ballet,contemporary,yoga)

«**Inside**» Performer 12/2010-5/2011
(Dimitris Papaioannou)

«**Self Regulating Chaos**» Performer 3/2010-6/2010
(Ted Stoffer)

«**Nowhere**» Performer 9/2009-12/2009
(Dimitris Papaioannou)

«**Hungarian Sketches**» Performer 3/2009-6/2009
(Jozsef Csaba Hajer)

EDUCATION

- Yin Yoga Training, Cal Wasbrough, London 9/2018-10/2018
- MK Pilates Barre Programme, London, UK 2/2017
- Kids Teacher Training, Baptiste Institute, London 12/2016
- Emergency First Aid At Work Certificate 8/2016
- 200hr Yoga TT, Lumi Power Yoga Studio, London 4/2016-6/2016
- IDTA Degree in Argentine Tango 6/2012
- Bachelors in Dance, “Niki Kontaxaki” Nikoletta’s Bakali
Professional Higher Private Dance School, Athens, Greece 9/2007-6/2010
- Bachelors in Environmental Sciences,
Aegean University, Lesvos, Greece 9/2002-7/2010
- 1^o,2^o,3^o degree in ballet from the National
Academy of Music & Dance in Bulgaria 9/2002-6/2007

SEMINARS & LESSONS

- Contemporary: Jos Baker, Jasmin Vardimon Dance Company, Piergorgio
Milano, Ted Stoffer, Johannes Wieland, Jozsef Csaba Hajzer,
Fred Genrig, Stella Zanou, Athanasia Kanelopoulou, Ermis Malkotsis,
Eddie Lane, Christine Mertzani, Giannis Karounis
- Ballet: Kalina Bogoeva, Gesh Mihov, Lambros Lambrou, Emu Corfia
- Ashtanga yoga: George Whiteside & Jean Cho (Boston), Eleutheria Lagoudaki
- Argentine Tango: Stefanos Hatzigeorgiou, Valentina Dragatsi, Dimitris
Loukakis, Viki Damianou

Languages

Greek/English
