

FRANCESCA JANDASEK
INTERDISCIPLINARY ARTIST / EDUCATOR
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CURRICULUM VITAE

EDUCATION

- 2018 **California State University**, Long Beach, CA (August 2018)
Master of Fine Arts, Dance
Phi Kappa Phi Honor Society
Graduate Dean's List
- 2004 **Charles University**, Prague, Czech Republic
Czech Linguistics Summer Program
- 1994 **University of Salamanca**, Salamanca, Spain
Spanish Literature Study Abroad Program
- 1996 **Goucher College**, Towson, MD
Bachelor of Arts in Spanish and International / Intercultural Studies
National Dean's List 1993-1996

TRAININGS: DANCE / SOMATIC

- 2008 - Present **Gyrotonic Expansion System Trainings**
2018 **Yoga Narada:** Hilary Cartwright
- 2006 - Present **Argentine Social Tango**
- 2002 - Present **Workshops:** Akram Khan, Ohad Naharin, Danielle Agami, Doug Varone, Desmond Richardson
- 2014 - 2016 **Vaganova Ballet Technique**, Classical Ballet Academy, Altadena, CA,
2015 **Pilates Teacher Training**, Sayezz (BASI) and BodyScape (Stott, Rehabilitative)
- 2011 - 2014 **Physical Theater Training (Eastern European Tradition)**, Synetic Theater, VA
- 1997 - 2014 **Modern, Ballet, Jazz, Hip Hop, West African**, Joy of Motion, Dance Place (DC)
- 1997 - 2014 **Classical Ballet**, Maryland Youth Ballet, MD
- 2007 **Reggio Emilia Teaching Methodology**, Reggio Emilia, Italy
- 2004 - 2008 **Classical Indonesian (Javanese) Dance**, Indonesian Embassy, DC
- 2000 **Contact Improv, Modern**, Prague, CZ
- 1996 **Classical Ballet (Balanchine)**, Dover Conservatory, Dover, DE
- 1994 **Sevillanas (Spanish Folk Dance)** University of Salamanca, Salamanca, Spain
- 1992 - 1994 **Ballet, Modern, Jazz, Baroque-WWII Historic Dances, West African**, Goucher College
- 1990 - 1992 **Classical Ballet (RAD)** Peabody Preparatory, Baltimore, MD

CERTIFICATIONS

- 2017 **GYROKINESIS® Teacher Training (Pre-Trainer) Certification**
- 2014 **GYROTONIC® Teacher Training (Pre-Trainer) Certification**
- 2013 **GYROKINESIS® Certification** (with special training in Level 2 Beginner, Level 2, Essentials)
- 2013 **GYROTONER® Certification**
- 2010 **GYROTONIC® Certification** (with special training in Applications for Osteopathy, Pre/Post Natal, Osteoporosis, Applications for Dancers, Level 2 Format 1, and Level 2 Format 2)

AWARDS / GRANTS / SCHOLARSHIPS

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|-------------|----------------------------------------------------------------------------------------------------------------------|
| 2017 - 2018 | Celeste Kennedy Scholarship, CSULB |
| 2017 - 2018 | State University Grant, CSULB |
| 2017 | Celeste Kennedy Scholarship, CSULB |
| 2016 - 2017 | Celeste Kennedy Scholarship, CSULB |
| 2016 - 2017 | State University Grant, CSULB |
| 2013 | 31st Annual Choreographers Showcase, Clarice Smith Performing Arts Center |
| 2012 | Kennedy Center Choreography Commission for Female Choreographer Evening |
| 2009 | Kennedy Center Choreography Commission for Dance is the Answer Initiative |
| 2009 | Metro DC Dance Awards, Finalist for "Emerging Choreographer"(Ellesmere) |
| 2006 | Kennedy Center Local Commission Project 2006, Choreography Fellowship |
| 2005 | DC Commission Artist Fellowship for Excellence in Dance |
| 2003 - 2004 | Young Artists Grant from the DC Commission on the Arts and Humanities and the National Endowment for the Arts |
| 2002 | Metro DC Dance Awards, Won "Excellence in Sound Design/Original Comp." (Prism) |
| 2001 | Small Project Grant, DC Commission on the Arts and Humanities and National Endowment for the Arts |

PROFESSIONAL AFFILIATIONS

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|----------------|------------------------------------------------------------------------------|
| 2016 - Present | International Dance Council CID at UNESCO, Member |
| 2014 - Present | Dance Resource Center, Member |
| 2014 - Present | Answers for Dancers, Member |
| 2014 - Present | International Consortium for Advancement in Choreography, Inc, Member |
| 2010 - Present | Dance Metro DC, Member |

TEACHING EXPERIENCE: DANCE

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|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2016 - Present | California State University Long Beach, <i>Part-Time Lecturer</i> Beginning Jazz, Intermediate Ballet, Introduction to Modern, Viewing Dance, Functional Anatomy for Dancers (Intern) |
| 2014 - 2016 | Orange County School for the Arts, <i>Modern Dance Teacher / Choreographer /</i> GYROKINESIS® Instructor (Classical and Contemporary Dance Department "CCD") GYROKINESIS®, dance conditioning, Modern Dance |
| 2013 - 2014 | Synetic Theater, <i>Movement Instructor</i> GYROKINESIS®, Tango |
| 2012 - 2014 | Aja Fenn Tango, <i>Tango Instructor (Argentine Social Tango)</i> Beginning, Intermediate and Advanced Tango Classes / Workshops |
| 2004 - 2014 | Joy of Motion, <i>Dance Instructor</i> GYROKINESIS®, Pre-Ballet, Ballet, Modern and Broadway Jazz |
| 2004 - 2013 | Sheridan School, <i>Kindergarten Teacher, Movement Instructor, Music Teacher</i> Kindergarten (Math, Reading, Writing, Social Studies, Art) Dance, Yoga, Music, Chorus |
| 2006 - 2011 | Tango Mercurio, <i>Tango Instructor, Musician (Argentine Social Tango)</i> Beginning and Intermediate Tango, Tango Music Workshops |

- 2000 - 2004 **CityDance Ensemble (CityDance Outreach Program), *Dance Instructor***
African, Stretch, Jazz, Modern Dance, Hip Hop and Creative Movement for At-Risk Youth. Modern Dance Partnering and Contact Improvisation in St. Petersburg, Russia.
- 2002 **Big Apple Circus, *Dance / Music Instructor***
Creative Movement Techniques combined with Music / Sound in hospital settings.

TEACHING EXPERIENCE: SOMATIC MOVEMENT

- 2016 - Present **AXIS Classical Pilates, *GYROTONIC®/GYROKINESIS® Instructor, Pre-Trainer***
GYROKINESIS® and GYROTONIC® exercise, Teacher Trainings
- 2014 - Present **SOURCE STUDIO, *Owner, GYROTONIC®/GYROKINESIS® Instructor, Pre-Trainer***
GYROKINESIS® and GYROTONIC® exercise, Teacher Trainings, Pilates
- 2014 - 2016 **Pilates Eagle Rock, *GYROTONIC®/GYROKINESIS® Instructor and Pre-Trainer***
GYROKINESIS® and GYROTONIC® exercise.
- 2014 - 2016 **Bodyscape Integrative Physical Therapy, *GYROTONIC®/GYROKINESIS® Instructor and Pre-Trainer***
GYROKINESIS® and GYROTONIC® and Pilates exercise
- 2014 **Southern California Health Conference, *GYROKINESIS® Instructor***
GYROKINESIS® movement workshops
- 2014 - 2015 **In-Spiraling Movement Arts, *GYROTONIC®/GYROKINESIS® Instructor/***
GYROTONIC® Pre-Trainer
Teach **GYROKINESIS® and GYROTONIC® exercise**
- 2013 **Mime Fest, (International Mime Festival) Czech Republic, *GYROKINESIS® Instructor***
GYROKINESIS® workshops
- 2010 - 2014 **Elements Wellness and Fitness Center, *GYROTONIC®/GYROKINESIS® Instructor/***
PT AIDE / GYROTONIC® Pre-Trainer
GYROKINESIS® and GYROTONIC® exercise
- 2010 - 2014 **Pilates Room, *GYROTONIC®/GYROKINESIS® Instructor***
GYROKINESIS® and GYROTONIC® exercise

CREATIVE WORKS: CHOREOGRAPHY / PERFORMANCE (location and date indicates premiere)

- 2018 **Antigone X: Theater Play**
Director: Jeff Janisheski, Chair & Professor, Theatre Arts Department
Movement Consultant / Choreographer: Francesca Jandasek
Venue: CSULB Theatre Arts Department, Long Beach, CA
- The Immured Woman: Half-Evening Length Interdisciplinary Performance Work**
Choreographer: Francesca Jandasek
Original Sound Score: Francesca Jandasek
Original Artwork/Projections: Francesca Jandasek
Venue: Martha B. Knoebel Dance Theater, Long Beach, CA

Rover the Bear: *Theater Play*

Director: April Sigman-Marx, MFA, Theatre Arts Department
Movement Consultant / Choreographer: Francesca Jandasek
Venue: CSULB Theatre Arts Department, Long Beach, CA

Shadows: *Dance Film*

Choreographer / Director: Francesca Jandasek
Original Sound Score: Francesca Jandasek

2017 **Malleus Maleficarum:** *Half-Evening Length Dance Theater Work*

Choreographer: Francesca Jandasek
Original Sound Score: Francesca Jandasek
Venue: Martha B. Knoebel Dance Theater, Long Beach, CA

Her Tango: *Feature Film*

Choreographers / Performers: Francesca Jandasek and Dan Istrate

Belle, Qui Tiens Ma Vie: *Baroque and Contemporary Solo*

Choreographer: Francesca Jandasek
Venue: Martha B. Knoebel Dance Theater, Long Beach, CA

Fruits: *Performance Art / Contemporary Dance Solo*

Choreographer: Francesca Jandasek
Venue: California State University, Long Beach, CA

2016 **Contain(Her):** *Dance Film*

Choreographer / Filmmaker: Francesca Jandasek
Venue: California State University, Long Beach, CA

Ye Olde Struggle to Posseseth Pow'r (a.k.a. Power Trip): *Contemporary Group Work*

Choreographer: Francesca Jandasek
Venue: California State University, Long Beach, CA

In Between: *Contemporary Duet*

Choreographer: Francesca Jandasek
Venue: California State University, Long Beach, CA

Pilgrimage: *Contemporary Solo*

Choreographer: Francesca Jandasek
Venue: California State University, Long Beach, CA

ToGetHer: *Evening Length Interdisciplinary Duet*

Presented by Highways Performance Space
Choreographers: Francesca Jandasek in collaboration with Dan Istrate
Performers: Francesca Jandasek and Dan Istrate
Costumes: Francesca Jandasek
Original Sound/Music: Francesca Jandasek
Original Artwork/Projections: Francesca Jandasek
Venue: Highways, Santa Monica, CA

2015 **Disturbing The Peace:** *Contemporary Group Work (22 Dancers)*

Commissioned by Orange County School for the Arts (CCD Conservatory Program.)
Choreographer: Francesca Jandasek
Venue: Martha B. Knoebel Dance Theater, CSULB

- My Trashy Girlfriend:** *Modern Duet*
 Presented by Trolley Dances
 Choreographers and Performers: Francesca Jandasek and Stephanie Yezek Jolivet
 Costumes: Francesca Jandasek and Stephanie Yezek Jolivet
 Venue: Riverside City College Dance Studio
- 2014 **Pandora:** *Modern Trio*
 Commissioned by Joy of Motion Dance Center for the Pre-Professional Youth Dance Ensemble.
 Choreographer: Francesca Jandasek
 Venue: The Greenberg Theatre at American University, Washington, DC
- Her Flowers:** *Modern and Baroque Dance Duet*
 Presented by the University of Maryland's as part of the 31st Annual Choreographic Showcase.
 Choreographers and Performers: Francesca Jandasek and Stephanie Yezek Jolivet
 Costumes: Francesca Jandasek and Stephanie Yezek Jolivet
 Venue: Clarice Smith Performing Arts Center. MD
- 2014 **Tango:** *Physical Theater Duet for production of "Happily Ever After".*
 Commissioned by Ambassador Theater
 Director: Hanna Bondarewska
 Choreographers: Francesca Jandasek in collaboration with Dan Istrate
 Venue: Mead Theater Lab, Washington DC
- Polka:** *Professional Theater Production of "Yellow Face"*
 Commissioned by Theater J
 Director: Natsu Onoda Power.
 Movement Consultant: Francesca Jandasek
 Venue: Theater J, Washington DC
- 2013 **The T Party:** *Jazz, Tango, Modern for Professional Theater Production of T Party*
 Commissioned by Forum Theater
 Writer and Director: Natsu Onoda Power.
 Choreographer: Francesca Jandasek in collaboration with Dan Istrate
 Venue: Forum Theater 2013
- 2012 **The Passing:** *Short Dance Film*
 Directors by Amy Hart and Andy Okofofor
 Choreographers and Performers: Francesca Jandasek and Dan Istrate
 Costumes: Francesca Jandasek, Dan Istrate
- Pandora's Door:** *3 Modern Dance Solos*
 Presented by and Commissioned by The John F. Kennedy Center for the Performing Arts as part of their Women Choreographers Project.
 Choreographed and Performed by: Francesca Jandasek
 Costumes: Francesca Jandasek
 Set: Francesca Jandasek, Scott McKenzie, Dan Istrate
 Venue: The John F. Kennedy Center for the Performing Arts, Washington DC
- 2011 **Gallery Space:** *Evening Length Interdisciplinary Work*
 Co-presented and commissioned by Dance Place, July 2011.
 Choreographers and Performers: Francesca Jandasek and Stephanie Yezek Jolivet
 Venue: Dance Place, Washington DC

- Xalmoxis:** *Romanian Folk Dance for Theater Production of Xalmoxis*
Commissioned by Georgetown University
Director Cristina Bejan.
Choreographer: Francesca Jandasek
Venue: Walsh Black Box Theater, Georgetown University, Washington DC
- 2010 **Allusion / Illusion / Elusion: breaking the reflection:** *Improvisation Collaboration in 3 sections: Abstract Modern on Pointe with Arm Stilts*
Commissioned by 2640 Music/Move Improvisation as part of Megapolis Audio Festival.
Choreographer and Performer: Francesca Jandasek
Venue: Area 405, Baltimore, MD
- 2009 **Kingdom of Ends:** *Modern on Pointe*
Produced by Baltimore Theater Project.
Choreographer and Performer: Francesca Jandasek
Original Music: Francesca Jandasek and PJ Acayan
Venue: Baltimore Theater Project
- 2009 **Invitations:** *Full Evening Length Work, Baroque and Modern Dance*
Presented by and Commissioned by The John F. Kennedy Center for the Performing Arts as part of their Answers for Dancers Project.
Choreographer: Francesca Jandasek
Costumes: Francesca Jandasek
Venue: The John F. Kennedy Center for the Performing Arts, Washington DC
- 2007 **Brush Strokes:** *Structure Improvisation Solo*
Choreographer and Performer: Francesca Jandasek
Venue: Torpedo Factory, Alexandria, VA
- Tangled:** *Modern and Tango*
Presented by Dance Place.
Choreographers and Performers: Francesca Jandasek and Sharna Fabiano
Costumes: Francesca Jandasek and Sharna Fabiano
Venue: Dance Place, Washington DC
- 2006 **Ellesmere:** *Evening Length Interdisciplinary Work*
Presented by and Commissioned by The John F. Kennedy Center for the Performing Arts as part of their Local Dance Commissioning Project.
Choreographer: Francesca Jandasek
Original Music Score: Francesca Jandasek, Pio Tan Acayan Jr.
Costumes: Francesca Jandasek in collaboration with Barbara Morse and Roger Barkley
Venue: The John F. Kennedy Center for the Performing Arts, Washington DC

PERFORMANCE CREDITS: DANCE, FILM, THEATER

- 2019 **Orpheus:** *Dance Film directed by Ben Cunis*
Actress, Dancer, Choreographer
- 2018 **Stolen Identity:** *Music Video by Shirin Majd, directed by Hossein Mirzmohammadi*
Actress, Dancer, Choreographer
- 2017 **Her Tango:** *Feature Length Film directed by Jason Mullis*
Actress (Caroline), Dancer, Choreographer
**won Award for Best Regional Film at the Alexandria Film Festival*

- 2017 **Celebration:** *choreographed by Andrew Vaca, CSULB*
Dancer / Soloist
- 2016 **Suite Female: Outcomes X-Z:** *choreographed by Rebecca Bryant, CSULB*
Dancer / Soloist
- 2016 **Beyond Busby:** *Short Film directed by Alexa Roman, Los Angeles, CA*
Soloist (Aero)
- 2016 **ToGetHer:** *choreographed by Francesca Jandasek, Santa Monica, CA*
Choreographer, Composer, Artist, Musician, Dancer/Soloist
- 2015 **Pennington Dance Group, Pasadena, CA**
Dancer
- 2006 - 2016 **Sharna Fabiano Tango Company** (*Dance Magazine's "25 to Watch" in 2008*)
Dancer / Soloist
2015 - Ocean Piece, Highways Performance Space, Santa Monica
2105 - The End of the Night, Electric Lodge, Venice, CA
2011 - Abrazo Harmon Center, Washington, DC
2010 - Abrazo (premiere), Dance Place, Washington, DC
2008 - Uno, Festival Cambalache, Buenos Aires, Argentina
2008 - Uno (premiere), Dance Place, Washington, DC
2007 - Tangos from Here, William Smith Centennial Alumni Concert, Hobart and William Smith Colleges, Geneva, NY
2006 - Tangos from Here, Dance D.C Festival, Kennedy Center
2006 - Tangos from Here (premiere), Dance Place, Washington, DC
- 2009 - 2014 **BAREdances Collaboration**
Co-Founder, Co-Director, Choreographer and Dancer / Soloist
2014 - Her Flowers: Clarice Smith Performing Arts Center, MD
2011 - Gallery Space (Full Evening Length Work): Dance Place (Washington DC),
2009 - Kingdom of Ends: Baltimore Theater Project (Baltimore, MD)
2009 - Invitations (Full Evening Length Work): Baltimore Theater Project (Baltimore, MD)
2009 - Invitations (Full Evening Length Work): John F. Kennedy Center for the Performing Arts (Washington DC)
- 2011- 2014 **Synetic Theater** (*27 Helen Hayes Awards and 116 nominations.*)
Dancer, Actress
2014 - Gertrude Understudy, Hamlet by Shakespeare (directed by Paata Tsikurishvili)
2013 - Viola Understudy, Twelfth Night by Shakespeare (directed by Paata Tsikurishvili)
2013 - Antonia, The Tempest by Shakespeare (directed by Paata Tsikurishvili)
2012 - Laika's Mother, Trip to the Moon (directed by Natsu Onoda Power)
2011 - Dulcinea and Courtier in Don Quixote (directed by Paata Tsikurishvili)
- 2013 **Mean Girl's Reunion:** *Short Film directed by Ted Bain and Ludovic Jolivet*
Actress, Dancer
- 2008 - 2011 **Dakshina Dance Company** (*Dakshina Dance Company was the Recipient of 2008 Emerging Group Metro DC Dance Award. Awarded NEA grant to travel and perform in India and Bangladesh Dec 2009 - Jan 2010. First American company to perform in Bangladesh.*)
Dancer (Toured to India, Bangladesh, Vancouver, NY)

2011 - Frida, historical modern dance work (choreographed by Anna Sokolow)
 2010 - Lila, contemporary Indian dance (choreographed by Daniel Singh)
 2009 - Dreams, historical modern dance work (choreographed by Anna Sokolow)
 2008 - Bell Song, contemporary Indian dance (choreographed by Daniel Singh)

- 2008 - 2009 **Deviated Theater**
Dancer / Soloist
 2009 - Lore, full evening length dance-theater work
 2008 - Aspiro, full evening length dance-theater work
- 2007 - 2008 **Santi Budaya LLC Indonesian Dance Company**
Dancer / Soloist
- 2005 - 2007 **Bosma Dance** (*Dance Magazine's "25 to Watch" in 2007, five-time MetroDC Dance Award winner and invited to perform at 2008 NDEO and Dance Critic's Association Conferences.*)
Dancer / Soloist
 2007 - Grass, Evening Length Modern Work (choreographed by Meisha Bosma)
 2006 - Plural Me, Contemporary Israeli Work (choreographed by Ofra Idel Lipshitz)
 2005 - Handle with Care, Evening Length Work (choreographed by Meisha Bosma)
- 2004 - 2006 **Artefacts**
Dancer
- 2001 - 2014 **Tomfoolery Entertainment**
Performer, Actress, Entertainer, Choreographer
- 2002 - 2005 **Lombardi Cancer Center Arts Program**
Dancer, Soloist, Choreographer
- 1998 - 2004 **CityDance Ensemble** (*Top 25 to Watch" in 2003.*)
Dancer/Soloist
 Performed nationally and internationally (Kennedy Center, the Lincoln Center, Dance Place, the Grace Street Theater (VA), The Painted Bride (PA), as well as in St. Petersburg, Russia.) Also performed in various dance films for CityDance FilmWorks.
 Composer in Residence, Original Music Series Program
 Composed music for dance, which was recorded and released on CD as well as performed live nationally and internationally. Coordinated musicians, dancers and choreographers for live rehearsals and performances, recording sessions and film shoots.
- 2000 **Claxton Castings, Prague, Czech Republic**
Actress, Commercial Dancer
- 1994 - 1995 **Choreography Antique**
Dancer

CREATIVE WORKS: VISUAL ART EXHIBITS / COMMISSIONS / CREATIONS

- 2016 **ToGetHer:** *Original Artwork and Projections*
 Presented by Highways Performance Space.
- 2007 **Body Painting:** *Live painting during performance of Plural Me, choreographed by Ofra Idel Lipshitz.*
 Presented at the Millennium Stage, Kennedy Center in Performance

- 2006 **Cirque Voila: Set**
Commissioned by Cirque Voila for a national tour.
- 2005 **Debt: Set and Props**
Created for a performance of **Debt** by choreographer Ludovic Jolivet at the Terrace Theater at the John F. Kennedy Center for Performing Arts.
- 2004 **Music to the Eye: Solo Painting Exhibit and Performance**
Made possible by the Young Artist's Grant from the DC Commission on the Arts and Humanities and the National Endowment for the Arts, and shown in multiple venues.
- 2003 **Short Stories/Then is Now: Solo Painting Exhibit**
An artwork Commission for solo painting exhibit and projection material, created for dance performance at the Clarice Smith Performing Arts Center at University of Maryland.
- 2001 **NO STANDING ANYTIME: Solo Painting Exhibit**
Made possible by a Small Project Grant from the DC Commission on the Arts and Humanities and the National Endowment for the Arts, and show in multiple venues.

CREATIVE WORKS: ORIGINAL MUSIC COMPOSITIONS

- 2018 **Shadows: Original score** for 10 minute dance film.
- 2018 **The Immured Woman: Original score** for 40 minute dance performance at CSULB.
- 2018 **Confession: Original music** commissioned for 10 minute short film (Confession)
- 2017 **Malleus Maleficarum: Original found sound music** for 27 minute dance performance at CSULB.
- 2006 **Ellesmere: One hour long original soundtrack** created as part of a Kennedy Center Dance Commissioning Fellowship.
- 2003 **Chinook: Percussion, Fijara and Found Sound collaboration** commissioned by CityDance Ensemble for choreography and dance film by Vladimir Angelov
- 2002 **Prism: Piano Duet** commissioned by CityDance Ensemble for choreography by Vladimir Angelov
- 2001 **Dosha: Electronic and Vocal piece** commissioned by CityDance Ensemble for choreography by Tara Dunning.
- 2000 **Life's Longing Suites 3, 5, 6, 8, 10, 12: Original Music** commissioned by CityDance Ensemble for choreography by Tara Dunning
- 2000 **Ora Pro Nobis: Vocal Duet** created for performance with CityDance Ensemble
- 1999 **The Vigil: Organ Solo** created for performance with CityDance Ensemble

GUEST SPEAKER

- 2006 **George Washington University**
Guest Speaker, Extending the Dance Lexicon
- 2001 **Maryland Institute College of Art / Peabody Conservatory / Johns Hopkins University**
Guest Speaker, The Arts & Technology

ADDITIONAL EXPERIENCE

- 2000 - 2004 **CityDance Ensemble, Director of Development**
- 2000 **TANEC PRAHA, Translator**
Translator (Czech / English / Spanish) and Facilitator for International Dance Festival in Prague,
Czech Republic

REFERENCES

Available upon request.