

# LEILAH KIRSTEN

## MOVEMENT & DANCE COACH

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Cape Town, RSA

## PROFESSIONAL EXPERIENCE

**MOVEMENT & DANCE COACH (FREELANCE)** | *Multiple Engagements, 2008 to Present*

Schools, Studios & Organizations: Jazzart Dance Theatre, Chrysalis Leadership Academy, South African Society for the Advancement of Dancing (SASAD), Zip Zap Social Circus, Dance For All, The Cape Academy of Performing Arts, Constantia Waldorf High School, Jacqui Pells School of Ballet, LAMTA Academy, Flow Lab, Debbie Lindup School of Ballet, Ballet on Kloof.

### Select Projects

#### Movement Practice

Introduce alternative movement methodologies (based on contemporary dance techniques, functional movement training and improvisation) to a varied adult audience through weekly classes, weekend workshops and intensive programs.

#### Dance Facilitation

Host contemporary dance, improvisation and release technique classes, workshops and intensives for pre-professional and professional dancers.

#### Pilates & Personal Training

Facilitate weekly mixed-level classes focusing on improving physical ability, holistic well-being and stress management for adults.

**PERFORMER (FREELANCE)** | *Multiple Engagements, 2002 to Present*

Organizations & Companies: Yaotl Physical Art Company (France), Darkroom Contemporary, Baxter Theatre & Scenkonst Sormland (Sweden), Jazzart Dance Theatre, The Cape Dance Company.

#### Performance Artist

A solo performer and collaborator interested in improvisation and multi-disciplinary performance art. Release Technique and Contemporary Dance forms influence her physicality and creative works.

**Artistic Residency** | MusicDance, Cape Town, 202

**Artistic Residency** | MusicDance, Cape Town, 2022

**Artistic Residency** | The Forgotten Angle Theatre Collaborative, 2020

**Artistic Residency** | Any Body Dance Lab, 2018

## PROFILE

Multi-disciplined movement coach with 10+ years of teaching experience and over 15+ years of professional training and performance involvement. Expertise in Contemporary Dance, Body Conditioning and creative movement. Confident in working with and leading a diverse student group and committed to facilitating the improvement of their holistic well-being.

## AREAS OF EXPERTISE

- Contemporary Dance
- Release Technique
- Improvisation & Creative Movement
- Choreography
- Private Movement & Dance Coaching
- Pilates & Physical Training Coaching
- Training and Workshop Facilitation
- Event Organization & Co-ordination
- Course/Programme Design

## COMMUNITY PROJECTS

**PERA School of Performing Arts (Cyprus)** | South African audition coordinator (2020)

**The Movement Project** | Co-facilitator and organizer, CTN (2019)

**Movement Immersion** | Co-facilitator, organizer and coordinator, CTN (2019)

**Jazzart Dance Theatre Training Programme** | Dance Training Facilitator, CTN (2019)

**Chrysalis Leadership Academy** | Dance Training Facilitator, CTN (2018)

**Movement Weekend Intensives** | Co-facilitator and organizer, JHB & CTN (2018)

**Contemporary Dance Classes Cape Town** | Founder & Organizer, CTN (2015)

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## EDUCATION & PROFESSIONAL TRAINING

**Young Adult Training & Job Creation Programme** (2009 – 2011)

Jazzart Dance Theatre, Cape Town

**Certificate in Contemporary Dance & Theatre Studies** (2005 – 2007)

Cape Academy of Performing Arts, Cape Town

**Grade 12 Matriculant (2004)**

Abbotts College, Cape Town

Additional Study:

**Art of Solution Orientated Neuro-training |**

Shift Happens Kinesiology, Jenni Halkett (2024)

**Touch for Health |**

Shift Happens Kinesiology, Jenni Halkett (2024)

**Reiki 1: Usui Method of Natural Healing |**

6th generation Reiki Master, Louise Westerhout (2019)

**Budokon Yoga Teacher Training (50hr) |**

Budokon University (2018)

**Small Business Boardroom Course |**

The School of Lifestyle Medicine (2015)

**Pilates Matwork Course |**

Prime Movement (2013)

**Massage Training Programme |**

The School of Lifestyle Medicine (2012)

**Personal Trainer Certificate |**

American Council of Exercise (ACE) (2011)

## ADDITIONAL SKILLS

**General:** Online Marketing Skills (Facebook & Instagram), Writing & Journalism, Basic Website Design, Administration, Research, Rehearsal Manager, Team Coordinator, Event/Workshop Organizer and Coordinator, Project Manager, Adjudicator.

**Languages:** English – Native Proficiency