



ANASTASIA  
STOYANNIDES  
HATHA-YOGA

## **CURRICULUM VITAE**

DATE OF BIRTH                    28.08.1966  
PLACE OF BIRTH                 ATHENS/GREECE



### **ACADEMICAL STUDIES**

1983                                 PROFICIENCY DEGREE. OXFORD UNIVERSITY  
1984                                 DIPLOME D ETUDES SUPERIEURES  
DIPLOME DE TRADUCTION, INSTITUTE FRANCAIS D' ATHENES  
ADMINISTRATION COURSE/SECRETARIAL STUDIES  
1988                                 CERTIFICADO DE APTITUD, INSTITUTO CULTURAL  
D' ESPANA  
1990                                 BA, ETUDES PEDAGOGIQUES  
1995 - 1999                         INSTITUT GOETHE, GERMAN STUDIES



### **PHYSICAL EDUCATION**

1974 - 1981                         CLASSICAL BALLET  
DALCROSE SYSTEM OF EURYTHMICS  
1984 - 1994                         INTENSIVE PRACTICE IN HATHA-YOGA, TECHNIQUE  
RUCHPAUL  
1994                                 SIVANANDA TEACHERS TRAINING,  
CATSKILS MOUNTAINS, NY.  
1985 - 1999                         TRAINING FOR BODY AWARENESS, KINETICS  
TRAINING IN J.LIMON, MERCE CUNNINGHAM, BUTOH DANCE,  
JAPANESE PHYSICAL TRAINING, CONTACT IMPROVISATION  
DANCE THEATER TRAINING WITH ANN PAPOULIS, LLOYD  
NEWSON/DV8 PHYSICAL THEATER, BMC TRAINING  
WORKSHOPS AMONGS OTHERS WITH  
ANDREW DE LA HARWOOD, SABURO TESHIGAWRA,  
ANDREW HAMILTON, CARLOTTA IKEDA,  
KO MUROBUSCHI, KOFFI COCO

- 1987 - 1989 ART THERAPY SESSIONS WITH LALIA THATSON/USA
- 1999 CERTIFICATION FROM INSTITUTE DE HATHA YOGA, EVA RUCHPAUL
- 1985 - TODAY AS A PRACTITIONNER TREATMENTS IN OSTEOPATHIE



## **PERFORMING EXPERIENCE**

- 1976 - 1981 PARTICIPATIONS ON COMPETITIONS IN CLASSICAL GYMNASTICS
- 1988 BIENNALE FOR YOUNG ARTISTS, BOLOGNA/ITALY
- 1989 - 1992 PERFORMANCES WITH THE FREE ART ASSOCIATION, ATHENS/GREECE  
BIENNALE DE JEUNES CREATEURS, MARSEILLE/FRANCE  
SOLO IMPROVISATION PERFORMANCES/COLLABORATION WITH VISUAL ARTISTS, ATHENS/GREECE
- 1991 DANCER IN THE FILM „DOUBLE SUN IN THE SKY“  
DIRECTOR G.STAMBOULOPOULOS, SALONIKA/BERLIN FILM FESTIVAL
- 1992 - 1994 DANCER IN THE „TORROENEN DANCE COMPANY“, VIENNA/AUSTRIA
- 1993 COLLABORATION IN DIFFERENT FESTIVALS WITH THE „FREE NECKED LIZZARDS“, VIENNA/AUSTRIA
- 1994 PERFORMER IN „EIN PROJECT“, THEATER AM TURM, FRANKFURT/GERMANY,  
HEBBEL THEATER, BERLIN/GERMANY
- 1995 - 1999 SOLO IMPROVISATION SHOWINGS, AUSTRIA/GREECE
- 2000 - 2001 ART PERFORMANCES AT THE GALLERY LAGOMAR, LANZAROTE/CANARIAN ISLANDS



## **TEACHING EXPERIENCE/PROJECTS**

- 1988 - 1989 TEACHING AT THE ELEMENTARY CATHOLIC SCHOOL OF URSULINES, ATHENS/GREECE  
FACILITATING GROUPS WITH HANDICAPED CHILDREN
- 1988 - 2001 FACILITATING SEMINARS IN BODYWORK, IMPROVISATION, RELEASE TECHNIQUE AND HATHA YOGA IN GREECE, AUSTRIA, SPAIN, GREAT BRITAIN, FRANCE, GERMANY

- 1992 CREATION OF THE GROUP „PERPETUUM MOBILE“  
RESEARCH ON GROUP COMMUNICATION THROUGH  
PHYSICAL UNDERSTANDING, VIENNA/AUSTRIA
- 1995 - 2000 FACILITATOR AT THE HOLISTIC HOLIDAY CENTER  
„SKYROS“.TEAM WORK WITH DINA GLOUBERMANN,  
JUDI LEDWARD, MALCOM STERN, CHRIS MACLEOD
- 1995 - TODAY SOMMERAKADEMIE GRIECHENLAND, ZAKYNTHOS/GREECE
- 1996 - 1998 „THE WO/MEN TOUCH“.DOCUMENTARY VIDEO FOR  
8 DANCERS. CONCEPT/CHOREOGRAPHY,  
EXPLORING CO-TEACHING BETWEEN CONTACT IMPRO  
AND HATHA-YOGA.TEAM WORK WITH SYLVIA SCHEIDL,  
VIENNA/AUSTRIA
- 1997 - TODAY INTRODUCING AND FACILITATING HATHA-YOGA  
WORKSHOPS AT THE IMPULS TANZ FESTIVAL,  
VIENNA/AUSTRIA
- 1998 - TODAY ORGANIZING HATHA-YOGA RETREATS IN SPAIN AND  
GREECE  
INTERVIEWS FOR THE AUSTRIAN AND GREEK PRESS
- 1998 „ANASA“, 16mm/ CAMERA REINHARD MAYR
- 1999 TWO PROJECTS ON EXPLORING MOVEMENT REALITIES  
AND VIDEO SCREENS/ CAMERA REINHARD MAYR
- 1999 - 2006 FACILITATING WORKSHOPS FOR THE POSTVERSICHERUNG,  
VIENNA/AUSTRIA
- 2001 CO TEACHING WITH JUDI LEDWARD IN  
THE CENTER „CORTIJO ROMERO“, ANDALUSIEN/SPAIN
- 2000 - 2006 PRESENTATION ON „RED BAG“ VIDEO/ART PROJECT,  
HANS FLEISCHNER
- 1995 - TODAY GROUP AND SINGLE HATHA-YOGA SESSIONS IN  
PRIVATE PRAXIS, „1/2 GASSE“, 1070 WIEN/AUSTRIA
- 2004 - TODAY ORGANIZING HATHA-YOGA SEMINARS IN ATHENS/GREECE
- 2006 - TODAY CO-TEACHING WORKSHOPS WITH FRANCOISE BLANC,  
RESPONSIBLE OF HATHA-YOGA INSTITUTE  
EVA RUCHPAUL, PARIS/FRANCE



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