



Curriculum vitae

KONSTANTINA FYTROU

Residence: Geneva, Switzerland (C permit)

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Date of Birth: 26/04/1992

Nationality: Greek

Languages: Greek, English, French

Key Skills: Ballet, Contemporary, Flamenco, Hip Hop, Jazz, Acting, Singing.

Teaching: Ballet(ages: 3-99 y/o), Contemporary(ages: 7-99 y/o), Jazz(ages: 6-99 y/o),
Music-Kinesthetics(ages: 3-99 y/o)

EDUCATION AND TRAINING

01/10/2010–Present: BA in Mathematics at the National and Kapodistrian University of Athens

04/10/2010–27/07/2013: Graduated from the Greek National Opera Dance School
(Dancer and dance teacher)

11-13/02/2022–18-19-20/02/2022: Jeunesse+Sport, formation de base (Monitrice)

26-27/08/2023: Jeunesse+Sport, introduction to Allround (5-10 years old) (Monitrice)

DANCE PERFORMANCE EXPERIENCE

2023: Perform in summer "OCTO TEMPORA", choreography by Antonio Gomes

2022: Performed "Le charroi de la Michée", with "La mouette" theatre company (summer tour July-August)

2022: Performed "Inside_Out", 4 hour performance with "KavecS" company

2021: Performed "CAPRICE - L'homme derrière la légende!", choreography by Antonio Gomes

2018: Performed with "Piri Ballet" and DART company

2017: Performed with "Piri Ballet" and Hungarian National Dance Company

2017: Performed with "Rotation" dance team

2016: Performed in International Youth Dance Gala in Athens

2016: Performed with "Rotation" dance team

2015: Member of "AROUND US" dance company, performances(September-October)

2014: Performed in International Youth Dance Gala in Athens

2013: Austrian Debutantes Ball in Athens

2010-2013: Performed with Greek National Opera Dance School (end of the year performances)

2012: Performed at the Festival of Greek Choreographers with "Rotation" dance team

2003-2017: Performed with non professional ballet schools in Greece

EXPERIENCE AS A TEACHER

@Internationa Institute of Lancy, Geneva (Switzerland)

1/09/2023-present: Teaching modern Jazz, contemporary (9-12 years old)

@Ecole primaire de Cossy, Nyon (Switzerland)

01/09/2022-present: Teaching music kinesthetics, introduction to dance (11-13 years old)

@Salle de rythmique, Satigny (Switzerland)

01/03/2019-present: Teaching ballet, contemporary, modern jazz (4-13 years old, adults)

@Ecole de danse Lar&Lev, Geneva (Switzerland)

1/09/2021-present: Teaching Modern Jazz (9-17 years old)

@CERN Welcome club, Geneva (Switzerland)

1/09/2018-present: Teaching ballet (3-4 years old), fitness (adults)

@Ecole de danse Lar&Lev, Geneva (Switzerland)

1/09/2021-31/06/2022: Teaching Street Jazz (9-17 years old)

@Piri Ballet, Geneva (Switzerland)

1/09/2021-31/06/2022: Teaching Music Kinesthetics (3-5 years old)

@Espace Danse, Peter Heubi, Geneva (Switzerland)

01/09/2019-30/06/2021 Teaching Jazz (7-15 years old), Hip-Hop (10-16 years old), Dance Clip (8-11 years old)

@Diafa Dance Studio, Geneva (Switzerland)

01/03/2018-30/6/2020: Teaching Jazz (Adults)

@Saint Genis-Pouilly, France

01/11/2017-30/06/2019: Teaching Music Kinesthetics(3-5 years old), Intelligence workout(adults)

@Piri Ballet, Nyon (Switzerland)

28/11/2017-30/06/2019: Teaching Music Kinesthetics (3-5 years old), ballet (5-99 years old)

@Anelixi, Greece

01/10/2014–30/6/2017: Mentor at a non-profit organization, "Anelixi", in Greece

Responsible for two programs:

Glee Club: Therapeutic approach to teaching dancing, singing, acting and improvisation to children (3-15 years old), based on Howard Gardner's theory of Multiple Intelligences.

Meaning of Life: Mentoring adults and providing psychological support.(voluntarily)

@Dance center, Christina Tseva, Koropi (Greece)

2013-2017: Teaching kinesthetic music (3-5 years old), ballet (5-no limit years old), classical repertoire(13-18 years old), contemporary dance(12-21 years old), jazz (6-16 years old).

@Dance center "Artistico", Dimitra Svigou, Porto Rafti (Greece)

2013-2017: Teaching kinesthetic music (3-5 years old), ballet (5-7 years old)

SEMINARS

2023: -Fly Low workshop with David Zambrano, Brussels

-The thinking body workshops with Vera Mantero, Brussels

2018: Motimaru dance Company workshop, Berlin (Butoh dance)

2016: -"Hofesh Shechter dance company" workshop(with Erion Kruja), Amsterdam

-Dance therapy workshop, "Self awareness" (with Lialia Thatcher), Athens

-Psychomotor and kinesthetic music workshop(with professor Nitsa Bourneli), Athens

2015: -Motimaru dance Company workshop, Berlin (Butoh dance)

-MoveMentors workshop at S.E.A.D., Salzburg: Instructors: Christian Tarcea (ballet), Konstantina Efthimiadou (contemporary) and Ariadna Castorena (yoga)

2014: Attended Contemporary and Hip Hop workshop from L.O.A.D. Dance Company in Athens

2010-2013: Seminars and Master classes with Myrna Kamara, Boquin Yannick, Bruce Steivel as guest teachers in the Greek National Opera Dance School and Evridiki Isaakidou, Maria Kousouni, Natasa Siouta, Alexander Neskov(principal dancers of Greek National Opera)

2007: Hip-hop seminar with Kelly Peters

Other Courses:

2021-2023: Tap dance

2013-2016: High heels

2006-2017: Flamenco:Ingreso, Grades 1-5, Elementary, Free(buleria, alegria)

2004-2009: Modern dance(ISTD)

About music:

2010-present: Live appearances(Music festivals, live sessions, events) with music bands(singing: rock, soul, traditional greek...) in Athens, Greece and Geneva, Switzerland

2001-2003: Violin lessons

Personal Interests: Singing, teaching, creative writing, paper crafts, cinema, theater, literature, puzzles, Kung Fu (WSK), yoga