

# **KATJA HEGER**

## **Education**

04/2015-01/2016	<u>Jason Crandell, London</u> Advanced Vinyasa Yoga Teacher Training 300 hours qualified 500 hours Yoga teacher
08/2004- present 05/2010 - 10/2010	various workshops and training intensives Pilates and Yoga <u>The Life Centre, London</u> Mother & Baby Yoga Teacher Training Uma Dinsmore Tuli
11/2006 - 05/2008	<u>The Life Centre, London</u> Yoga Teacher Training Level 1, British Wheel of Yoga Accredited Teaching Diploma 200 hours Yoga Pregnancy Teacher Training Uma Dinsmore-Tuli registered REP level 2
09/2003 - 07/2004	<u>Alan Herdman Studio, London</u> Foundation Training Programme for Teachers of Pilates, Pre-and Postnatal Pilates Teacher Training Rachel Swindle registered REP level 3
10/2000 - 07/2001	<u>Rambert School, Brunel University, London</u> BTEC National Diploma in Dance
09/1999 - 07/2000	<u>London Studio Centre, Middlesex University, London</u> Certificate of Higher Education in Performing Arts Scholarship German Academic Exchange Service
08/1991 - 07/1999	<u>Palucca Academy of Dance, Dresden, Germany</u> Diploma in Dance, integrated High School with distinction

## **Professional Teaching Experience**

04/2007-present	Pilates mat classes, ante-&postnatal classes and Privates, London
04/2007-present	Yoga classes and Privates, London
01/2006-present	Private Pilates Sessions, London Clients include: Rollo & Daisy Armstrong (Band), Dido (Singer), Wendy Baron (Author)
09/2005-12/2009	Pilates Central, Islington, London Pilates Equipment Studio & Privates
11/2005-03/2009	Trevor Blount Pilates Studio, South Kensington, London Pilates Equipment Studio
01/2006-09/2006	Pilates Plus, Twickenham, London Pilates Equipment Studio
04/2005-07/2006	Harbour Club, Chelsea, London Pilates Mat Classes & Equipment Studio
10/2003- 08/2005	Body Control Studio, Swiss Cottage, London Pilates Mat Classes, Groups & Privates
10/2003-09/2005	Cannons Health Club, Triyoga, Pilates Studio Central School of Ballet & various other Gyms/Studios Covering Mat Classes & Equipment Studio
2003/2004	English National Opera, London Warm-up Coach for Ballet & Contemporary Dance, Pilates

## **Skills & Interests**

I have trained as professional dancer and have taken class with leading teachers in Germany and UK.

1991 - 2001	Trained in Classical ballet, Modern & Contemporary Dance, Improvisation, Dresden (Germany) & London (UK)
2001 - present	Advanced Training in Pilates, Dreas Reineke Studio & Alan Herdman Studio, London
2003 - present	Yoga classes & workshops with various teachers (Alexa Harris, Liz Lark, Mark Hill, Shiva Rea, Richard Freeman, Rod Stryker, Aadil Palkivhala) London (UK) & Rishikesh (India)
2006 - present	Running, training for Halfmarathon & Marathon, London

## **Professional Performance Experience**

I have worked as a dancer at various projects in Germany as well as the UK and have taken part in many workshops and courses to expand my professional experience.

2003 - 2005	“The Trojans”, “Semele”, “Falsestaff”, “The Pirates of Penzance”, English National Opera, “Lembrancas”, Nu Tempo Dance Company, Ballet Soul, London
2002	“Winter” Malaika Kusumi Ballet Theatre, Frankfurt
2000	“Circo de Sevillanas”, Cap d’Ail (France)
1999	“International Summer Workshop Brasil”, Brasilia (Brasil)

## **Personal Attributes**

I am passionate about health, fitness and wellbeing.

When teaching, I like to pass on my experience I have gathered as professional dancer. Coming from a dance background I enjoy dynamic fluent moves in my own practice which I draw on for my teaching. Both my Pilates and Yoga training inform, affect and feed into each other. Yet I like to clearly differentiate between them unless I choose to mix them.

I focus on finding a balance between strengthening core muscle groups, developing long lean muscles and stretching these to achieve relaxation in tight body areas and creating space in the joints. Movements are linked by the breath hence creating a fluent class, in which each exercise flows into the next. I place an emphasis on coordination, movement quality, balance, breath awareness as well as stress management and relaxation.

I like people to understand their bodies better to improve their physical health as well as mental and spiritual wellbeing. I am very motivated and love people to enjoy the class and take it as a great stress reliever and confidence booster.