Curriculum vitae

KONSTANTINA FYTROU

Residence: Geneva, Switzerland (B 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.

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)

DANCE PERFORMANCE EXPERIENCE

2018: Performed with “Piri Ballet” and DART
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

SEMINARS

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

EXPERIENCE AS A TEACHER

@Espace Danse, Peter Heubi, Geneva (Switzerland)
01/09/2019-present: Teaching Jazz (7-15 years old), Hip-Hop (10-16 years old), Dance Clip (8-11 years old)

@Salle de rythmique, Satigny (Switzerland)
01/03/2019-present: Teaching ballet (4-10 years old, adults)

@Diafa Dance Studio, Geneva (Switzerland)
01/03/2018-present: 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-no limit years old)

@Anelixi, Greece
01/10/2014–30/6/2017: Mentor at a non-profit organisation,"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)

Other Courses:
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,...) in Athens, Greece and Geneva, Switzerland
2001-2003: Violin lessons

Personal Interests: Singing, teaching, creative writing, paper crafts, cinema, theater, literature, puzzles