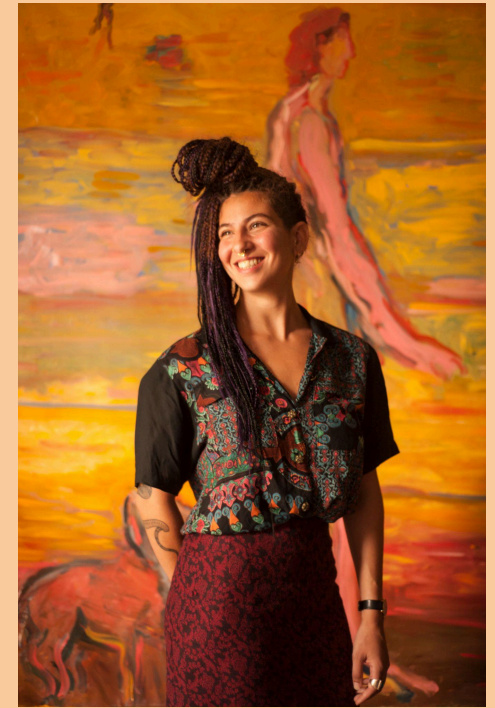


NADJA BOUNENNI

DANCER AND YOGA TEACHER

PROFESSIONAL PROFILE

Yoga teacher, contemporary dancer and choreographer based in Copenhagen. She works with the body as a divine instrument to experience the inner and outer world. Her practice is coloured by traditional yoga, dance and martial arts elements, where creative yoga poses and transitions contort the body into various ways. Challenge, risk and failure, are qualities that she genuinely invites into practice, as ingredients of playfulness and growth.



PERSONAL PROFILE

Nadja (b.1992) is a Greek/ Tunisian woman, artist and spiritual aspirant. Through somatic and spiritual practices she's tuning in playfulness and groundedness, elements that she loves to share in her yoga classes.

As a person, she's warm with a big smile, groovy and accommodating and feels home within assembles. She loves spices and herbs, early morning rituals, the sea and bird watching.

EDUCATION

BA at The Danish National School of Performing Arts in Dance and Choreography, 2020 (DK)

Yogi Training RYIT 200+300 Multi-style at Traditional Yoga foundation 2022 (IN,online)

Advanced Therapeutic Yoga and Meditation teacher training RYIT 500 at Traditional Yoga foundation, 2023 (IN,online)

Certified PSYCH-K Facilitator Advanced, 2022

Producing events: Concerts, Performances, Screenings course at NODE center for curatorial studies, 2021 (DE)

Permaculture Design Course (PDC) at Cob Farm Nessonas, 2022 (GR)

RELEVANT WORK (selection)

2024 - Present *Jo:ga studios*, studio manager (CPH)

2022 -Present *Jo:ga Studios*, yoga teacher in Vinyasa, Hatha, Restorative, Yin, Breathwork, Hot yoga (CPH)

2024 - Present *Sporting Health Club* yoga teacher in Vinyasa and Yin (CPH)

2023 - Present *Yoga on the dock*, outdoor yoga classes at "La Banchina" (CPH)

2023 - Present *Freelance yoga teacher* for companies (CPH)

2024 Den kulturelle rygsæk - *Dance workshops* for high schools (DK)

2022 *Børnekulturhus Ama'r*, modern dance teacher for children (CPH)

2021 *KOMMA Performance Productions*, co-founder & director of production association (CPH)

2021 *Contemporary dance classes* teaching for young people and adults, at Forsøgstationen & BIBLIOTEKET (CPH)

2021 *Synergy of Music Theater (SMouTh)*, internship as a producer for the 8th Mil of Performing Arts festival (GR)

2021 *Peri Anemon* (music-theater play), assistant director to Costas Lamproulis under the production of SMouTh (GR)

2017-2018 *Choreographic Evening* event of dance collections, organizer (CPH)

Skills: Croquis, wellness engineer, fitness, music

Languages: Greek (mother tongue), English (advanced), Danish (level 3.1)

References: Annie Hopcroft, Head manager at Jo:ga studios

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