

# JOANNA CIURKOWSKA

## CONTEMPORARY DANCE TEACHER

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Location: London W72AZ

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### Professional Summary

Experienced and passionate Contemporary Dance Teacher with over 25 years of experience, specialising in contemporary dance, ballet, and improvisation. Skilled in fostering creativity, emotional resilience, and physical awareness in students of various ages. Committed to providing a holistic approach to dance education, combining technical skills with artistic expression. Adept in leading choreography projects, managing rehearsals, and organising performances. Strong communicator with a proven track record of inspiring young dancers and enhancing their performance abilities.

### Key Skills

- Teaching contemporary dance, ballet, and improvisation
- Designing creative choreography and performance projects
- Experience with diverse age groups, especially youth
- Knowledge of Laban Movement Analysis, Stanislavsky, and Alexander Technique
- Strong leadership, communication, and collaboration skills
- Organisational expertise in managing rehearsals, performances, and dance events
- Holistic focus on physical, emotional, and artistic development

### Professional Experience

#### Self-Employed Dance Teacher

*Poland & London*

*September 2009 – Present*

- Teaching contemporary dance, ballet, and improvisation to students of various ages
- Leading workshops in movement dynamics, choreography, and self-expression
- Developing tailored lesson plans for different skill levels
- Organising student performances, showcasing creativity and progress
- Collaborating with educators to design comprehensive dance programs

#### Contemporary Dance Teacher

*Youth Cultural Centre, Puławy (Poland)*

*September 2004 – 2012*

- Provided high-quality contemporary dance instruction for youth groups.
- Designed and led classes focusing on contemporary dance, improvisation, and performance techniques.
- Choreographed and organised performances at local festivals and cultural events.
- Supported the development of young dancers through mentoring and personalised guidance.

## **Dance Instructor & Choreographer**

*Dom Chemika Cultural Centre, Pulawy, Poland*

*October 2006 – October 2007*

- Taught contemporary dance in an international cultural exchange program.
- Choreographed large-scale productions and directed rehearsals.
- Managed logistics and collaboration for international dance projects.

## **Dance & Movement Instructor**

*Maria Grzegorzewska Special Education Centre, Pulawy, Poland*

*September 2006 – May 2007*

- Designed and taught dance programs for children with disabilities.
- Collaborated with therapists to create inclusive dance experiences.
- Managed student showcases, highlighting their progress.

## **Founder & Director**

*Theatre Body & Soul Manufacture, Pulawy, Poland*

*July 2011 – July 2014*

- Founded and directed a contemporary dance theatre focused on improvisation and body awareness.
- Designed and directed performances combining various elements of contemporary dance.

## **Education**

- **Postgraduate Study:** Critics of Ballet & Dance, *The Fryderyk Chopin University of Music, Warsaw, Poland* (completed 1 year of 2-year program)
- **BA in Health and Social Prevention Pedagogy**

*The topic of my BA dissertation: "The Therapeutic Use of Dance by Educators: A Case Study"*  
*School of Higher Education, Pulawy, Poland*

- **Higher National Diploma in Contemporary Dance**

*The subject of my diploma dissertation: "Modern and Postmodern Dance and Their Influence on the Development of Contemporary Dance in Poland"*  
*National College Study for Educating, Kalisz, Poland*

## **Certifications & Training**

- Five Rhythms by Gabrielle Roth: Movement Meditation
- Laban Movement Analysis, Viewpoints, Meisner Technique
- First Aid Certified
- Argentinian Tango (London Tango Academy)

## **Languages**

**Polish:** Native; **English:** Advanced; **Russian:** Basic