



Tanja London



teaching

★ STOTT Pilates

since 2019	Qualia - Healing Arts [own business] Fascial Pilates, Fascia Flow, Medical QiGong	Oakland, CA
2018 - present	Re:action Pilates / San Francisco Pilates Roxanne Graziano Studio / New Classical Pilates	Oakland/SF, CA Oakland, CA
2017 - 2020	Blue Sparrow Pilates / STOTT Pilates Training Center	Oakland/SF, CA
2013 - present	YOLO Pilates	Salt Lake City, UT
2011 - 2013	9th & 9th Pilates	Salt Lake City, UT
2009 – 2010	Tone Zone Pilates	North Hampton, NH
2008 – 2010	Synergy Health & Fitness	Exeter, NH
2007- 2008	Spinlates	Portsmouth, NH

I love to facilitate somatic experiences in order to nourish a deep physical connection and the ownership of one's own dynamic alignment. In that regard I have been focusing my studies on how to develop strength and length at the same time, including topics like fascial connections and cell health through movement. I am invested in teaching ways of moving that create an organic agility and joy in movement - in every day life or within the context of your athletic goals. I love to support people with their recoveries from injuries or to manage and improve physical challenges due to scoliosis, arthritis or other physical limitations.

★ **STOTT Pilates**

2019	Blue Sparrow Pilates STOTT Pilates Certification Center <u>focus</u> Cadillac	San Francisco, CA
2017	Blue Sparrow Pilates STOTT Pilates Certification Center <u>focus</u> Fascial Movement	San Francisco, CA
2007- 2009	Northeast Pilates Certification Centers <u>focus</u> STOTT Pilates Mat (Essential-Advanced Repertoire) Reformer (Essential-Intermediate Repertoire) Chair (Essential-Intermediate Repertoire) <u>certification</u> STOTT Pilates Instructor	S. Hamilton, MA

★ **Somatics**

2020	Medical QiGong / Noble Movement Academy David Beaudry	Shasta, CA/USA online
2019	Body Mind Centering Workshops, Lee Morgan	San Francisco, CA
2014	Lou Sturm Independent Dance Artist, Somatic Teacher and Practitioner Body Mind Movement , Sugarspace	Salt Lake City, UT
2002	ak'M (Academy for Motopadagogy and Mototherapy) general use of the trampoline in „Psychomotorik“	Marburg, Germany

★ **Dance**

2010 – 2013	MFA University of Utah, Modern Dance Department <u>thesis</u> “Concept Translation: A methodology for integration of theoretical and studio research” <u>screen dance certificate</u>	Salt Lake City, UT
1998- 2001	London Contemporary Dance School, University of Kent BA(Hons) course for Contemporary Dance <u>focus</u> choreography <u>degree</u> BA (Hons) of Arts in Contemporary Dance <u>independent project</u> „German Identity after 1945“ (research paper and choreography)	London, UK
1996-98	DIE ETAGE e.V., School for Performing Arts professional Modern Dance training	Berlin, Germany

Higher Education

2021	TAPS, University of Stanford Masterclasses Improvisation for the Camera Concept Translation	Stanford, CA online
2018	Beijing Dance Academy Choreography Workshop (2 weeks) co-taught with Dr. Katherine Mezur	Beijing, China
2015	Medical Ethics Department, University of Utah Masterclass on the experience of Injuries	Salt Lake City, UT
2014	Beijing State University The Kinesthetic Camera Workshop co-taught with Prof. Katherine Mezur	Beijing, China
	Medical Ethics Department, University of Utah Masterclass focused on Touch	Salt Lake City, UT
2013	Medical Ethics Department, University of Utah Masterclass focused on Ability and Disability	Salt Lake City, UT
2012-2013	Department of Modern Dance, University of Utah Teaching Assistant Kinesiology (theory and 4 cadaver lab visits) Dance in Culture	Salt Lake City, UT
2012	Department of Modern Dance, University of Utah Freshmen Introduction to Pilates Equipment	Salt Lake City, UT
2011	Department of Modern Dance, University of Utah Non-major Composition	Salt Lake City, UT
2007	University of Virginia Masterclasses Release based Technique	Charlottesville, VA

 **Dance & other Movement related subjects**

2019	<p>Hortus Conclusus Festival Choreography workshop: Live Improvisation Scores co-taught with Daiane Lopes da Silva</p>	Novi Ligure, Italy
2016	<p>Performática Festival Choreography Workshop: sociopolitical choreography co-taught with Rose Pasquarello Beauchamp</p>	Puebla, Mexico
2007- 2009	<p>MusicalArts / Performing Arts Academy Pre Dance with focus on Creative Movement Ballet for 6-12 year olds (Beginner) Release based Technique and Improvisation for 14+ year olds (Beginner) Intro to Dance for 12+ year olds (Beginner Ballet, Jazz & Release based Technique)</p>	Exeter, NH
2008	<p>MusicalArts / Performing Arts Academy Aladdin Disney Junior production (staging, dance, costume, set)</p>	Exeter, NH
2007	<p>Portsmouth School of Ballet Released based Technique</p> <p>Phillips Exeter Academy Masterclasses Release based Technique</p>	Portsmouth, NH Exeter, NH
2002 – 2006	<p>Youth Welfare Office of the City of Düsseldorf various Social Work Facilities dance workshops for teenagers and young adults aged 12-25</p>	Düsseldorf, Germany
2004	<p>AWO (Worker’s Welfare Association) creative dance classes for children aged 3-6</p>	Düsseldorf, Germany
2002 – 2004	<p>Association for Healthsports injury prevention classes for adults</p>	Düsseldorf, Germany
2001 – 2003	<p>Association for Healthsports various classes to improve sensory motor and social skills for physically and socially challenged children aged 6-12 (some classes finalized in movement performances, other were structured by the use of a big trampoline)</p>	Düsseldorf, Germany