

# FRANCESCA JANDASEK

Curriculum Vitae - GYROTONIC® & GYROKINESIS® METHOD

www.SourceStudioAltadena.com

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## **PROFESSIONAL OBJECTIVE**

To bring the art of movement to people of ages and abilities through teaching GYROTONIC® & GYROKINESIS® exercise.

## **GYROTONIC® & GYROKINESIS® TEACHING EXPERIENCE**

**SOURCE STUDIO, Altadena, CA (November 2014 - Present)**

**Owner, GYROTONIC® & GYROKINESIS® Pre-Trainer**

- Run daily business at SOURCE STUDIO
- Teach GYROKINESIS® and GYROTONIC® exercise classes, workshops and private sessions to clients of all ages and abilities
- Conduct GYROTONIC® and GYROKINESIS® pre-trainings

**Cal State LA, Los Angeles, CA (2019 - Present)**

**GYROKINESIS® Pre-Trainer**

- Teach GYROKINESIS® workshops to the Theatre and Dance Department Students.

**California Institute of the Arts, Valencia, CA (2019)**

**GYROKINESIS® Pre-Trainer**

- Teach GYROKINESIS® workshops to the Dance Department Majors.

**CSULB, Long Beach, CA (2019)**

**GYROKINESIS® Pre-Trainer**

- Teach GYROKINESIS® workshops to the Dance Department Majors.

**AXIS Classical Pilates, Long Beach, CA (November 2017 - Present)**

**GYROTONIC® & GYROKINESIS® Pre-Trainer**

- Teach GYROKINESIS® and GYROTONIC® private sessions to clients of all ages and abilities

**Bodyscape Integrative Physical Therapy, Pasadena, CA (June 2014 - June 2016)**

**GYROTONIC® & GYROKINESIS® Instructor / GYROTONIC® Pre-Trainer**

- Teach GYROKINESIS® and GYROTONIC® and Pilates exercise classes, workshops and private sessions to clients of all ages and abilities. Bodyscape is a unique facility which specializes in clients with MS, Parkinson's and other neurological disorders.
- Work closely with Physical Therapists to rehabilitate clients from injuries and progress them in their movement goals

**Orange County School of the Arts - Classical and Contemporary Dance Conservatory, Santa Ana, CA (August 2014 - June 2016)**

**Dance Instructor, GYROKINESIS® Instructor, Choreographer**

- Choreograph for Level 2 (pre-professional high school students)
- Teach GYROKINESIS® exercise classes and workshops to OCSA Students (7th and 8th grade)
- Develop Modern Dance Curriculum and teach Modern Dance Classes to OCSA Students (7th and 8th grade)

**Pilates Eagle Rock, Eagle Rock, CA (August 2014 - July 2016)**

**GYROTONIC® & GYROKINESIS® Instructor / GYROTONIC® Pre-Trainer**

- Teach GYROKINESIS® and GYROTONIC® exercise classes, workshops and private sessions to clients of all ages and abilities

**Southern California Health Conference, Pasadena, CA (July 2014)**

**GYROKINESIS® Instructor**

- Serve on Young Women's Health Commission to increase current programming to address health needs of women ages 25 - 40
- Teach GYROKINESIS® movement workshop to 500 participants of all ages during opening speeches

**In-Spiraling Movement Arts, Santa Monica, CA (August 2014 - May 2015)**

**GYROTONIC® & GYROKINESIS® Instructor / GYROTONIC® Pre-Trainer**

- Teach GYROKINESIS® and GYROTONIC® exercise classes, workshops and private sessions to clients of all ages and abilities.

**Synetic Theater, Crystal City, VA (August 2013 - June 2014)**

**Dance and GYROTONIC® Instructor**

- Teach GYROKINESIS® exercise workshops to administrative staff and theater company members
- Teach Tango workshops and private lessons to theater company members

**Mime Fest, (International Mime Festival) Czech Republic (2013)**

**GYROKINESIS® Instructor**

- Teach intensive GYROKINESIS® workshops with an emphasis on acting and performance to mime students and mime instructors.

**Elements Wellness and Fitness Center, Washington, DC (2010 -2014)**

**GYROTONIC® & GYROKINESIS® Instructor / PT AIDE / GYROTONIC® Pre-Trainer**

- Teach GYROKINESIS® and GYROTONIC® exercise classes, workshops and private sessions to clients of all ages and abilities
- Work closely under Dr. Justine Bernard to rehabilitate clients from injuries and progress them in their movement goals
- Conduct GYROTONIC® pre-trainings

**Pilates Room, McLean, VA (2010 -2014)**

**GYROTONIC® / GYROKINESIS® Instructor**

- Teach GYROKINESIS® and GYROTONIC® exercise classes and private sessions to clients of all ages and abilities

**Joy of Motion, Bethesda, MD (2004 -2014)**

**Dance Instructor, GYROKINESIS® Instructor, Choreographer**

- Choreograph for Youth Dance Ensemble (pre-professional high school students)
- Teach GYROKINESIS® exercise classes and workshops
- Teach Pre-Ballet, Ballet, Modern and Broadway Jazz to K through 12<sup>th</sup> grade students
- Substitute for Adult and Children Jazz, Modern and Ballet classes

**TRAINING: GYROTONIC® and GYROKINESIS® METHOD and Pilates**

**Gyrotonic Archway Specialized Equipment Certification - Level 2 (2022)**

- Studied under master trainer Jackson Kellogg.

**Gyrotonic Archway Specialized Equipment Certification - Level 1 (2022)**

- Studied under master trainer Elizabeth Jackson.

**Jumping Stretching Board Specialized Equipment Certification (2021)**

- Studied under master trainer Alicia Head.

**GYROTONIC® Exploration into the Extremes (2019)**

- Studied under master trainer Abel Horvath.

**GYROTONIC® Pre and Post Natal Applications (2019)**

- Studied under master trainers Christina Stroh, Valéria Mauriz, Gina Paolillo.

**GYROKINESIS® Essentials (2019)**

- Studied under master trainer Alicia Head.

**Yoga Narada (2017, 2019)**

- Studied under founder Hilary Carwright.

**GYROKINESIS® Pre-Trainer Certification (2017)**

- Studied under master trainer Alicia Head. This certification and license requires yearly professional development updates with master trainer, Alicia Head

**GYROKINESIS® Level 2 Certification Course (2015)**

- Studied under creator of the Gyrotonic Expansion System, Juliu Horvath

**PILATES Teacher Training (2015)**

- Studied under Stephanie Yezek Jolivet (BASI Pilates) of SAYEZZ Pilates and Beyond

**GYROTONIC® Applications for Dancers, Format 1 (2015)**

- Studied under master trainer Adrianna Thompson

**GYROKINESIS® Level 2 Beginner Certification Course (2015)**

- Studied under master trainer Jackson Kellogg

**PILATES for Rehabilitation (2014 - 2016)**

- Studied under physical therapist, Leslie E. Frank, DPT. Her approach focuses on clients who are in need of rehabilitation as well as those who have neurological disorders such as MS and Parkinson's

**GYROTONIC® Pre-Trainer Certification (2014)**

- Studied under master trainer Tracy Monaco. This certification and license requires yearly professional development updates with master trainer, Tracy Monaco

**GYROTONIC® Level 2, Program 1 and 2 (2013-2014)**

- Studied under master trainer Tracy Monaco

**GYROKINESIS® Certification Course (2013)**

- Studied under master trainer Maria Rosa Guglielmi

**GYROKINESIS® Foundation Course (2012)**

- Studied under master trainer Nathan Martin

**GYROKINESIS® Pre-Training Course (2012)**

- Studied under master trainer Tracy Monaco

**GYROTONER® Course (2012)**

- Studied under master trainer Nathan Martin and Tracy Monaco

**GYROTONIC® Application for Osteopathy Course (2011)**

- Studied under master trainer Sylvia Frosali

**GYROTONIC® Osteoporosis Application Course (2011)**

- Studied under master trainer Justine Bernard

**GYROTONIC® Certification (2010)**

- Studied under master trainers Justine Bernard, Tracy Monaco and Sebastian Plettenberg

**GYROTONIC® Foundation Course (2008)**

- Studied under master trainer Justine Bernard

**GYROTONIC® Pre-training Course (2008)**

- Studied under Pre-Trainer Michelle Silva

**EDUCATION**

**California State University, Long Beach, CA (August 2018)**

- Master of Fine Arts, Dance
- Phi Kappa Phi Honor Society
- Graduate Dean's List

**Goucher College, Towson, MD (1992-1996)**

- Bachelor of Arts in Spanish and International / Inter-cultural Studies
- National Dean's List

**LANGUAGES**

- Speak, read and write fluent Spanish and Czech
- Understand and read Slovak
- Learning Romanian

*References available upon request.*