

# HJORDIS SEDA CARMEN

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**Current work permit**

**OBJECTIVE**

To provide dance and movement based classes and support groups that promote personal growth and discovery in creative and safe environments.

**DANCE/MOVEMENT EXPERIENCE**

2015-2016	<b>Movimiento y Desarrollo</b> , San Sebastián/Donostia, Spain	Biodanza
2009-Pres.	Sport Centres & classes in general, San Sebastián, Spain & York, UK	Pilates, Belly dancing and Bollywood
2002-2006	Practice circles, Colorado, USA	Authentic Movement
1997-2006	<b>Silk Road Oriental Dance Company</b> , Colorado (dance company), USA	Oriental/Belly Dance
1997	<b>Gabrielle Roth</b> & her students, Colorado, USA	5Rhythms
1991-1997	<b>Naropa University</b> , Colorado, USA	Authentic Movement, modern dance, yoga, Contemplative Movement Practice, creative dance, Contact Improvisation, Tai Chi
1989-1991	<b>Sam Houston State University</b> , Texas, USA	Ballet, Modern Dance, Pilates, folkdancing, creative dance, choreography
1986-1989	<b>Z-Helene Blue Wave Dancers</b> , Texas, USA (dance company)	Dance fusion including modern dance, middle eastern, and eastern Indian dance forms
1985-1988	<b>University of Texas</b> , USA	Belly dancing
1985-1987	<b>Austin Ballet Theatre</b> , Texas, USA:	Ballet, Modern dance
1982-1984	<b>Southwest State University</b> , Texas, USA	Modern dance, aerobics
1977-1979	<b>Pittsburg State University</b> , Kansas, USA	Modern dance
1966-1971	<b>Academia Real de Ballet</b> , DF (Mexico City), México	Ballet

**WORK EXPERIENCE**

2015-2016	<b>Movimiento y Desarrollo</b> , Donostia/San Sebastián, Spain Co-instructor/facilitator for dance/movement workshops & classes
2010-2016	<b>Tandem, Centro de Idiomas</b> , Donostia/San Sebastián, Spain English Teacher
2010	<b>Txuri Urdin</b> , Donostia/San Sebastián, Spain Dance and Expressive Movement Teacher (Olympic training ice skating program)

- 2008-2009 **The English School**, Donostia/San Sebastián, Spain  
Assistant English Teacher, 3-4 year olds class
- 2006-2008 **Shambhala Koeln** (Buddhist centre), Cologne, Germany  
Volunteer organizer & teacher for children's activities and programs
- 2004-2006 **Mental Health Center of Boulder County**, Colorado, USA  
Early Childhood Consultant
- 2002-2004 **Colorado Coalition for the Homeless**, Colorado, USA  
Family Therapist
- 2001-2002 **Boulder Housing Partners**, Colorado, USA  
Literacy Consultant
- 1999-2001 **Washington Bilingual School**, Colorado, USA  
Volunteer English Teacher Assistant
- 1997-1999 **Women's Choice of Boulder Valley**, Colorado, USA  
Bilingual Abortion Counsellor
- 1992-1997 **The Naropa University**, Colorado, USA  
Federal Perkins Loans Administrator (student loans program)
- 1991-1992, 1997 **University of Colorado Continuing Education Program**, Colorado, USA  
Spanish Teacher
- 1989-1991 **Educational Videos Network**, Texas, USA  
Translator, writer and educational video editor for Spanish educational videos
- 1988-1989 **Holt, Rinehart & Winston Publishing Company**, Texas, USA  
Writer for Spanish and French school text books
- 1981-1984 **Southwest Texas State University**, Texas, USA  
Spanish and French teacher
- 1977-1979 **Pittsburg State University**, Kansas, USA  
Language Lab Assistant

## **ACADEMIC FOUNDATION**

- 1991-1997 **Masters in Somatic Psychotherapy (MA/DT – Dance/Movement Therapy)**  
Naropa University, Colorado, USA  
Placements: 1991-1993 Friendship House (Mental health residence)  
1994-1995 Good Samaritan (Assisted living residence for elders)
- 1989-1991 **Post-graduate studies in Dance, Psychology and Anatomy/Physiology**  
Sam Houston State University, Texas, USA
- 1981-1984 **Masters in Arts of Teaching Languages (MAT)** (all but thesis)  
Southwest Texas State University, Texas, USA
- 1975-1979 **Bachelor of Science in Education (BSED)**  
(Specialized Foreign language teacher)  
Pittsburg State University, Kansas, USA

## **LANGUAGES**

**English & Spanish:** Bilingual  
**French:** Proficient