

ALONDRA VALERIA GALVAN

ALONDRAVGALVAN@GMAIL.COM

Valid Safeguarding Certificate, Valid First-Aid Certificate, Valid Enhanced DBS,
Volunteer Chaperone License, Overseas Police Clearance

EDUCATION

2023 Trinity Laban Conservatoire for Music and Dance, London, UK

Master of Fine Arts in Choreography (Merit)
2-year long program, Choreographic Methodologies, Research Lab, Research and Development, Synergies and Transformations, Examining Practice.
Thesis Supervised by Alison Curtis-Jones, Charles Lineham

2021 University of South Florida (USF), Tampa, FL, USA

Bachelor of Fine Arts in Dance (Summa Cum Laude)
4-year long program, Classical Ballet, Modern Techniques (Dunham, Cunningham, Horton, Limon, Graham), Choreography, Improvisation, Pedagogy, Ballet History, Technical Theatre, Senior Seminar
Skills: Assistant Stage Manager, Technical Production, Lighting Direction, Producing, Marketing and Advertising, Branding, Proposal Writing, Pedagogy, Career Development.

2020 University of South Florida Dance in Paris Semester Program, Paris, FR

Semester-long (16-week), Modern Techniques, Ballet Techniques, Choreography, Modern Dance History, World Dance Forms, Yoga, Somatic Practice, Body Weather, and other Non-Western Dance Practices.

TEACHING

(2025-Now) BailaME.X Choreographer/Director, Mestizo Restaurant, London, UK

Co-founder/Director of Mexican Contemporary Dance Collective performing weekly.

The Playground- Choreographer, Rambert HQ, London, UK

Invited to lead, share my dance practice, and direct a small performance with 25+ artists.

(2024-Now) Nursery Ballet Teacher, Rainbow Angels Nursery, Shoreditch, UK

Recurring ballet technique and creative movement for 5+ nursery students.

Dance Teacher/Assistant, Thomas's Battersea, London, UK

Assisting and devising RAD ballet and modern syllabus for Year 2-Year 8.

Dance Teacher/Assistant, Angelina Jandolo Dance Company, London, UK

Assisting and devising ballet IDTA syllabus for Preparatory to Grade 4 students.

Curating and teaching all levels of Adult Tap, Advanced Ballet, and Pointe.

Choreographed and curated 3 pieces of choreography for end of year recital.

(2023-Now) GymBox Rhythm Instructor, London, UK

Recurring cover teacher for Beats on Pointe and Callback classes.

2025 The Playground - Choreographer, Rambert Studios, London, UK

Formulated a 3-hour workshop for dancers and collaborated with Nikki Forova.

Contemporary Pro-Class, Adore Dance London, UK

Pro-class (5 classes) for being the Artist in Residence.

2024 Adult Contemporary Dance Class, Lost in Yoga, London, UK

Recurring for 5 months, all-levels class produced for the Southwark community.

Jazz MASTERCLASS, Song and Dance Inc., Wesley Chapel, FL

15 students, 12-18-year-old, created and devised an hour-long jazz technique class.

Artistic Practice Lecture, USF Studio, Tampa, FL

40+ incoming and graduating students, lecture on artistic path after graduation.

2023 Inclusive Creative Workshop, London, UK

Facilitated 'Climate Change: Mexico,' with Magpie Dance Company, integrating diverse perspectives on climate change with Aztec traditional dance steps.

Contemporary Pop-Up Class, BASE Studios, London, UK

Designed and executed a contemporary technique, dynamics, and flow class.

Harmonious Movement Class, USF, Tampa, FL

Shared modern techniques and improvisation tasks to 30+ BFA & BA dance students.

Contemporary/Improvisation MASTERCLASS, Song and Dance Inc., Tampa, FL

15+ students, 12+ year old, Formulated and presented improvisation tasks to develop contemporary dance techniques.

TL Sessions: The Pilot Session, Trinity Laban, London, UK

Facilitated a 3-hour workshop crafted through collaborative tasks with 4 dancers and a musician leading to showcasing a final 7-min performance.

2021 Teaching Internship, Howard W. Blake High School, Tampa, FL

Taught and devised a lesson plan of modern techniques to year 2 and 3- BA Dance students.

2019 Rehearsal Assistant, Tampa, FL

Facilitated rehearsals by note-taking, queuing music, preserving the Mexican choreographer, Claudia Lavista's vision, authenticity, and coordinated lighting cues.

CHOREOGRAPHY

2025 **"Danzon No.2"** Duet, Mestizo Restaurants, London, 5 min

2024 **"Sapphic Symbiosis"** Duet, Video, London, 8 min

2024 **"La Catrina"** Solo, Dia de los Muertos Festival, Hackney, 4 min

2024 **"La Llorona"** Solo, Blackheath Halls, Blackheath, 5 min

2024 **"Woman Loving Women"** Solo, MODArts Collective Thread Festival, NYC, 7 min

2023 **"Finding the (Vibe)rations"** Ensemble, MFA Showcase, Laban Theatre, London, 30 min

2023 **"The Righteous Wrath of an Honorable Man"** Solo, Video, London, 3 min

2023 **"SHEAR"** Quartet, Laban Studio, London, 7 min

2023 **"Exploring the Whale"** Ensemble, Laban CoLAB, London, 20 min

2022 **"aLONE_ly"** Solo, Laban Studio Theatre, 11 min

2021 **"Perception of Action"** Quartet, Laban Studio Theatre, London, 11 min

2021 **"Estados de Animo"** Solo, USF BFA Showcase, Florida, 6 min

2021 **"Tadow: MUJER"** Quartet, USF Student Dance Concert, Florida, 5 min

2020 **"Punto De Vista"** Ensemble, USF BFA Showcase, Florida, 7 min

2020 **"Juego"** Duet, USF Student Dance Concert, USF Theatre, Florida, 5 min

2019 **"QUEEN"** Ensemble, USF Student Dance Concert, USF Theatre, Florida, 6 min

AWARDS

2024 **Clod Ensemble Catalyzer Programme and Bursary Recipient**

2021 **Leverhulme Trust Grant**

2020 **Simmons International Leadership Scholarship Recipient**

2019, '20, '21 **USF Talent Grant Recipient**

ADDITIONAL EXPERIENCE

2024 **Clod Ensemble Catalyzer Programme Attendee, London, UK**

1 of 25 artists chosen to participate in a developmental programme for 2-weeks.

2020 **Student Dance Production Marketing Director, USF, Tampa, FL**

Directed marketing initiatives and communication efforts to enhance visibility and attendance for dance concerts.

2019 **Student Dance Production Marketing Officer, USF, Tampa, FL**

Steered marketing initiatives that led strategic campaigns to boost event awareness and attendance.