



CREATIVE DANCE AND YOGA FOR TEENAGERS IN THORNBURY

My name is Kathy Vlassopoulos and I specialise in teaching teenagers creative dance and yoga. I have been teaching at Mangala Studios in Carlton for many years and have now relocated to Thornbury at the Croxton Hall on St.Georges Rd.

The type of dance I facilitate is non-competitive, non-gender specific and all-inclusive. Yoga is integrated into every class with time for reflection and body/mind centering. Creative Dance integrates props, ideas, imagination, themes and various genres of music provided to stimulate body movement. Collingwood College students have attended my classes in the past.

I have VIT registration, am the Australian representative for daCi (dance and the Child international), hold a M.Ed in Dance and teach at preschool, primary and secondary levels, and lecture in Dance Education at the main Universities. I run my own Creative Dance school, Kroma Dance, where I teach in various locations in and around Melbourne.

Contact:

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