

Zoë Valerie
(née Androutsopoulou)
Curriculum Vitae

Contact Details

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Education

2016 Start a School 101, [Alternative Education Resource Organization](#)

2001-2002 MA Dance Studies Choreography, Choreological Studies and Dance in Education, [Trinity Laban Conservatoire of Music and Dance London](#) (née Laban Centre London)

1995-1999 BA (Hons) Dance Theatre Studies (2:1), Trinity Laban Conservatoire of Music and Dance London (née Laban Centre London)

Employment

Teaching, Choreographing, Performing and Therapy

I am the originator of [Ensoma](#); an amalgam of dance and movement methods, improvisation, choreological study and therapeutic bodymind techniques.

Ensoma cultivates perception, awareness and management of the bodymind and re-connects us with the wisdom we embody evolving our contact with our common sense, aesthetic intelligence and instincts. [I teach, perform and choreograph in various artistic, educational and therapeutic contexts with all ages](#) with and without particular conditions.

I work with dancers and ‘non-dancers’, musicians, families, athletes, autistic children, pregnant women, babies, couples, dying and terminally ill people, injured people, people in chronic pain or with a degenerative disease. I have worked a lot with neurological damage and degenerative neurological diseases such as quadriplegia, Myo-skeletal Atrophy, Parkinson’s disease, Cerebral Ataxia and more.

[More information on what Ensoma is.](#)

2009-present I co-direct the artistic, educational and cultural [projects](#) at [Casa Lucia](#) in Corfu, Greece led by international and local teachers, artists, scientists

and other specialists. The projects involve retreats, performances, festivals, classes, sessions, interdisciplinary collaborations, conferences, residencies, concerts, festivals, workshops, gatherings, circles, councils, film projections, lectures and much more. I also teach regular individual, couple and group classes and seminars for all ages here and participate in Casa Lucia's various collaborative, performance and research projects.

2018

With Prof. Dr. Isabel Dziobek I taught [Cultivating Empathy through Motion](#), an exploration of the role motor empathy, i.e. kinaesthetic empathy plays in social interaction.

I organized and participated in [EN EUDEC](#), a collaboration with artists and educators from all over Greece as part of [EUDEC18](#). Seven days of interconnected workshops, circles, projects and performances, August 2018, Crete, Greece.

2017-present

I am a founder and core member of [EUDEC Greece](#) and of the organizing team of [EUDEC18](#) in Greece.

I organized and participated in [The Spring Academy](#) '17 and '18.

2016-present

I founded ["EN"](#), an inter-age theatre collective active in theatre practice, education and research (in the broadest sense of 'theatre'). I direct, co-create and perform in an open score, trans-generational Workshop-Interactive Performance which has taken two forms so far:

- ["EN"](#) with Dimitri Gkogko (kanun), Zoë and Nefeli Valerie (dance), Giorgos Gargalas (beatbox, percussion and live electronica) at the [Vida Laska Festival](#) in July 2016, Corfu, Greece.

-["EN"](#) with Nefeli Petta, Melina Kirtata, Natali Mandila, Zoë and Nefeli Valerie, [Mariza Vamvoukli](#) and participants of the Academy at the [Spring Academy](#) in April 2017, Corfu, Greece

2009-present

I give individual and group **Ensoma** sessions and seminars for all ages in various schools, collectives, community, artistic and research centres in Corfu, Patras, Crete and in Festivals such as Freeflow Festival in 2014, [Corfu Dance Festival](#) in 2015, [Vida Laska Festival](#) in 2016 and more.

2013-2014

I taught individual and group sessions in experiential anatomy, movement, sense and breathing conditioning, creative movement and improvisation for the students and the teachers at the [Ilihtida Nursery-Kindergarten](#) in Corfu, Greece.

I taught group sessions introducing improvisation with open score choreography games at the 1st Elementary School, Corfu, Greece.

2014-2015

I taught individual and group sessions in experiential anatomy, movement, sense and breathing conditioning, creative movement and improvisation for the students and the teachers at the [Elementary School](#)

[of Fourfouras; the School of Nature and Colours](#) in Crete, Greece. Some of the results of my work in this school are the integration of Body Expression under the guidance of [Susana Abigador](#) into the curriculum and [the introduction of pilates balls](#).

- 2012-2014 I co-directed “Politehnosavata” at Politehno, “Turlubuki” at Casa Lucia and [“Firi-Firi”](#) in various locations which involved Theatrical Alchemy and Creative Circus performances and workshops with various artists and teachers for ages 0-127 years aiming at the development of the creative relationship between all ages: dance and acrobatics in the air and on the earth, music, song, puppet and object theater, interactive story telling and games, circus skills, juggling, stilts, costume making, theatre makeup, tight rope and more. Corfu, Greece.
- 2014 I performed [“Leyline”](#) in an Israel tour. Director: Shira Bejerano dancers-creators: Hagit Bar, Zoë Valerie and music-video: Maya Bar.
- 2009 I directed and performed “AN” an open score performance with Bernt Nellen (percussion), Marcello Windolph (double bass), Peter Huber (trumpet), dancers Sania Strimbakou and Zoë Valerie and artist Angeliki Tombrou at Casa Lucia, Corfu, Greece.
- 2005 I directed “Negombwe”, an open score performance with Marcello Windolph (double bass and live electronica), Eveline Kooren (voice and dance) and dancers Sania Strimbakou and Valeria Primost performed in Amsterdam, Holland.
- 2003-present I teach 'Jumparound workshops' and 'Alaloom workshops' [creative movement workshops with live music for families and not only](#) which focus on the expansion and cultivation of the creative relationship between parent and child and between different ages in general. In Amsterdam, Corfu, Patras and Crete.
- 2002-2003 I performed in 's gaze' with Ekphorize (choreography: Hagit Bar, music: [Lambros Pigounis](#), dance: Shira Mintzer and Zoë Valerie) in various theatres and festivals in London such as the Northern Exposure Contemporary Film and Dance Festival and the Solstice Festival, in the Quinzena de Danca de Almada International Festival, Almada, Portugal and in the Marato Festival, Barcelona, Spain.
- I co-choreographed and performed in 'Mozaeik', a site specific trio with able and disabled performers, Rotterdam, Holland.
- 2003-2009 I lead 'Score opening workshops' workshops for dancers, musicians, actors and others on active and flexible open scores and creative movement workshops and dance and music improvisation workshops for children and adults, Amsterdam, Holland.

I danced for [MEMO \(Memorable Momenten\)](#) a project bringing the performing arts into kindergartens and schools , Amsterdam, Holland.

I cared for a woman with a rare degenerative neurological disease who requires physical conditioning and rehabilitation. Together we developed methods of regaining lost abilities and developing proprioception; she also danced and sang in my productions, Heemstede, Holland.

- 2001-2002 I directed 'Pocketful of people', an open work developing flexible, adaptive compositional and performance strategies involving musicians, dancers and a writer performed at the City Gate Arts Cafe, Brighton, UK and the Multicultural Choreography Showcase at Chat's Palace, the Solstice Festival and other concerts at the Laban Centre, and the Greenwich and Docklands International Festival in London, U.K.
- 2000 Bouhayar Contemporary Dance Company, Corfu:
as choreographer and performer I took part in, amongst many others, 'Orpheus and Euridice' at the Old Fortress, Corfu, an outdoor site specific co-production of the Music Department of the Ionian University and Tanzwerkstaat of Inge Missmahl (Konstanz, Germany), 'Summer 2000 Kalamaria', Thessaloniki, Greece.
- 2000-2001 I taught private ballet and contemporary classes and creative movement workshops for children and for adolescents preparing for professional dance training, Corfu, Greece.
- 2000-2002 I gave individual sessions and creative movement workshops for an integrated group of children with and without learning difficulties (ages 3-7) at 'Anatoli' Creative Development Centre, Corfu, Greece.
- 1999 I co-choreographed and performed in an outdoor site specific piece for dancers and a percussionist as part of 'Cultural Evenings', a series of weekly cultural events throughout the old town of Corfu, Greece.
- I choreographed and performed 'Not Power Games' at the Nicaragua Relief Concert, St Paul's Church, Deptford, London, U.K.
- 1999-2001 I taught creative movement workshops, contemporary dance (release/Limon based), jazz and ballet classes for ages 4 -18; body conditioning for adults at Sotiris Bouhayar Dance School, Corfu, Greece.
- 1999-2001 I taught contemporary dance classes (Release/Limon based) for ages 11-30 at Jenny Theotoki Dance School, Corfu, Greece.

In the following Special Education Centers I initiated Creative Dance Movement Workshops, creative dance has never before been part of their education programs.

- 1999-2001 ['Melissa' Special Education Centre, Corfu:](#)
I gave creative workshops for adolescents and adults, and individual sessions with physically disabled students aged 13-28, with various disabilities. In June 2000 and June 2001 I created music-dance-theatre pieces with the students, performed in the Municipal Theatre of Corfu; this was part of a project for social integration through public performance that I initiated.
- 1999-2000 State Kindergarten for Special Needs, Corfu:
creative movement workshops for children aged 6-10.
- 2000 Mitropolis Centre for Severely Disabled Children and Adults, Corfu:
creative movement workshops for ages 6-24.
- As a student:
- 1996-1997 I performed in [Sarah Rubidge's](#) 'Passing Phases' an interactive installation presented at the Queen Elizabeth Hall, London and in 'Intimate Memories' directed by William Thorburn an open work by Rubidge assigned to different directors, performed at the Bonnie Bird Theatre, London
- 1996 I performed in Lea Anderson's 'An Audience with the Victims of Death' for the Reverse Effect at the Queen Elizabeth Hall, London
- 1995-1999 I performed and choreographed for student concerts, ceremonies and 'Solstice-A Celebration of Dance' at the Laban Centre, London.
- 1992-1995 I was a member of the Bouhayar Contemporary Dance Company, performing extensively in Corfu and Athens.

Seminars, Conferences and further training

- 2018 [Nomadic College - Axis Syllabus:](#) Annual one month long intensive trans-disciplinary research and training platform concerned with the practice, study and teaching of bio-mechanics as they apply to a body in motion and the art of dancing - for movement artists, health professionals and researchers in the moving and healing arts. With the Axis Syllabus International Research Community of teachers, Patras, Greece.
- [Agile Learning Facilitator course](#), Evia, Greece.
- [EUDEC18](#), the European Democratic Education Conference, Crete, Greece.
- 2017-2018 I participated in a year of monthly [Agile Learning Weekends](#)

- 2017 **The Art of Expression – Non Violent Communication Seminar** with Giorgos Tsitsiringos, Pelloponese, Greece
- [Vinyana: Spiritual Accompaniment in end-of-life care](#) with Tew Bunnag and Dr Vicente Arraez of the Vinyana Association of Spain, Corfu, Greece
- [Axis Syllabus Summit](#), Berlin, Germany.
- [EUDEC17](#) (European Democratic Education Conference), Paris, France.
- [Agile Learning Facilitator course](#), Evia, Greece.
- 2016 **AGORA: Foster Intercultural and Social Dialogue in your Community by Joining Art, Non-Formal Education and Formal Work**, with [Via Brachy](#), Toulouse, France.
- [Sensing In Festival-Ways of Knowing](#), Berlin, Germany. With Nita Little, Francesca Pedullà, Filippo Serra, Frey Faust, Kevin O'Connor, Antoine Ragot, Galiya Tzur, Diana Thielen.
- Alexander Technique** with Kamal Thapen, Corfu, Greece.
- Voicing your body** with [Meri Nikula](#), Corfu, Greece.
- [Axis Syllabus Intensive](#) with [Frey Faust](#) & [Francesca Pedullà](#) “Forms and Fractals”, Patras, Greece.
- In The Beginning there was Air** a workshop on voice and breath with [Lamia Bedioui](#), Corfu, Greece.
- 2015 **Restoring our core rhythmicity, DMT, Trauma and the social nervous system** - integrating body based and creative arts approaches (neurobiological research such as Stephen Porge’s Polyvagal Theory, Dance/Movement Therapy, Somatic Psychology, Continuum Movement and Embodied Developmental Psychology) into working with survivors of trauma with [Amber E.L. Gray](#), Amsterdam, Holland
- Workshops and sessions in the [Diamond Logos Teachings](#) on inner child therapy with Vedanta Aspioti, Alexander Kostis and Nikolaos Athanassakis, Corfu and Athens, Greece.
- 2014 [Ilan Lev Method](#) classes with Ilan Lev, Tel Aviv, Israel
- 2011, 2013 and 2018 **Nomadic College - Axis Syllabus:** Annual one month long intensive trans-disciplinary research and training platform concerned with the practice, study and teaching of bio-mechanics as they apply to a body in motion and the art of dancing - for movement artists, health professionals and

researchers in the moving and healing arts. With the Axis Syllabus International Research Community of teachers: Frey Faust, Francesca Pedulla, Kira Kirsch, Baris Mihci, Kelly Keenan, Lalu Simcik, Matt Smith and others. In 2011 in Patras, Greece and in 2013 in the Ukraine.

- 2013 I studied with Ajahn Pichest Boonthumme **Thai Massage** Master and through intensive treatment with Ajan Bunjong Pun (Khun Ni), **Chi Nei Tsang** Taoist Abdominal Massage Master, Chiang Mai, Thailand.
- Rhythm and Time** with [Julyen Hamilton](#), Berlin, Germany.
- "The art of story telling and the invisible side of magic tales"** with [Lily Labrelli](#), Corfu, Greece.
- 2012 and 2013 **Dance Technique & Improvisation** annual intensive training with [Julyen Hamilton](#), Arlequi, Spain.
- Axis Syllabus Intensive** annual intensive training with [Frey Faust](#), Patras, Greece.
- 2012 **Chronological Architecture**, with [Frey Faust](#) and [Francesca Pedulla](#), Patras, Greece.
- Contact Improvisation** with [Ann Cooper Albright](#), Corfu, Greece.
- Monthly Seminars in **Body Expression** and **Danza Vital** με τη Susana Abigador, Corfu and Crete, Greece.
- 2011-2015 **One Small Step**, annual urban dance festival Seminars and Master Classes with Ermi Malkotsi, Gianni Karouni, Martin Kilvady, [RootlessRoot](#) (Fighting Monkey) Linda Kapetanea and Jozef Fucek and others, Corfu, Greece.
- 2011-present **Voicing** with Niskriya Elena Kazantzidi, Corfu, Greece.
- 2010 **Improvisation in Movement and Sound** with [Julyen Hamilton](#) and Marjolaine Charbin, Athens, Greece.
- 2009-present I participate in international meetings, councils, conferences and workshops on **alternative education** (Steiner, Montessori, democratic, free and forest school principles and more).
- 2007 and 2009 **Movement Technique and Improvisation Intensive** yearly intensive training with [Julyen Hamilton](#), Amsterdam, Holland.
- 2006 **Xing Shen Zhuan Chi Kung** with Dr. Wang, Amsterdam, Holland.

Body Weather with Frank van de Ven, Amsterdam, Holland.

Stillness, Story and Space with Lily Kiara, Amsterdam, Holland.

Magpie Music and Dance Improvisation with Mary Oliver and Hans Bennink, Amsterdam, Holland.

Take back your back-Feldenkrais Method with Hannie Kos, Amsterdam, Holland.

2006 and 2004

Forsythe Improvisation Technologies with Amy Raymond in 2006 and Maurice Causey and Alan Barnes in 2004, Amsterdam, Holland.

2003-2009

Bi-annual intensive training in **Improvisation, Dance Web, Flying Low and Passing through** with [David Zambrano](#) Amsterdam, Holland

2003-2006

Annual **Technique and Contact Improvisation** and **Axis Syllabus Intensive** with [Frey Faust](#), Amsterdam, Holland.

2005-2008

Workshops, lectures and conferences on **pregnancy, birth and breastfeeding** with various specialists such as [Ina May Gaskin](#), [Jennifer Walker](#), [Lillith Turk](#), [Bhaven Heeremans](#), Jacky Bloemraad-de Boer.

2004

Vitalising the Invisible with [Kenzo Kusuda](#), Amsterdam, Holland

Yoga with Lesley Herron, Corfu, Greece.

Technique, Practice, Poetics-Contact Improvisation with [Karl Frost](#), Amsterdam, Holland.

Improvisation with Michael Schumacher, Amsterdam, Holland.

Contact Improvisation with Esther Hinzmann, Amsterdam, Holland.

2003

International Conference 'Pulses and Impulses for Dance in the Community' by the Dance Department of F.M.H.-Technical University of Lisbon and Quinzena da Danca de Almada, Almada, Portugal.

2002

Music and dance improvisation with Magpie Music Dance Company: Katie Duck, Vincent Cacialono, Michael Schumacher, Eileen Standley, Mary Oliver, Han Bennink, Michael Moore, Alex Waterman, Wilbert DeJoode, Amsterdam, Holland.

2001

Contemporary Dance Seminar with Michalis Nalbandis at the Yiannis Metsis Studio, Athens, Greece

'International Dance Month' at the International Dance Centre of Kalamata, Greece: including Contemporary Dance Seminars with Paul Douglas and Jeremy Nelson and workshops and seminars with Akram Khan, Wim Vandekeybus, Juan Carlos Garcia, Jerome Bel, Steriani Tsinjiloni

'Theatre as an Experience for the Child' with Yiannis Petsopoulos (three one-day Seminars) at 'Anatoli' Creative Development Centre, Corfu, Greece

2000

'International Dance Month' at the International Dance Centre of Kalamata, Greece: including a Contemporary Dance Seminar with Tom Thayer; workshops and seminars with Rosemary Butcher, Liat Dror & Nir Ben Gal, Ballet de l' Opera National de Lyon, Companie Marie Chouinard, Trisha Brown Dance Company; the 'Transdance' Seminar and the 'e-phos' Festival with lectures on the Body and New Technology .

'From Education and Vocational Direction to Work Placement' the 'Melissa' Special Education Centre, Corfu, Greece.

1999

'Early Prevention Methods', Corfu: by the Pedagogic Dept of Nursery School Teachers of Greece of the Aristotelean University of Thessaloniki, Greece.

European Seminar and Artistic Festival 'Open Stage' by the Greek Spastics Society in cooperation with Very Special Arts, Hellas, Athens: including 'Movement Observation: Contact & Transformation' workshop with Walli Meier.

A day's work experience directed by Marie Ware at **Dance Voice**, Bristol, U.K.

1991-present

Bi-annual intensive **T'ai Chi, QiGong and Meditation training** with Tew Bunnag, Corfu, Greece.

1992-2016

Collaborations, classes and seminars in Contemporary Dance, Physical Theatre, Ballet, T'ai Chi, QiGong, Meditation, African Dance, Body Conditioning, Aerial Yoga, puppet theatre, voice, breath, object animation, Contact Improvisation, Capoeira, Aikido, various therapies, Improvisation, Pilates, Alexander, Baby massage, Acrobatics, Circus Arts, Yoga and other practices with teachers: Sotiris Boyhayar, Angeliki Pouli, Harris Mandafounis, Alik Kazouri, Anat Gaiger, Thimitris Kaminaris, Hamilton Monteiro, Napoleon Xifara, Paul Douglas, Sania Strimbakou, Kerry Nicholls, Filip Van Huffel, Val Osborn, Caroline Merry, Dafni Stefanou, Kinthissa, Evangelia Nikiforou, Michael Konarkowski, Katerina

Hatzilia, Cheryl Rivers, FiRdin MiGdiN Puppet Theatre Company, Treis Laloun, Teatro Anapoda, Cheryl Rivers, Rosemary Butcher, Ana Sanchez-Colberg, Apostolia Papadamaki, Emilio Bouratino, Pauline Huguet, Theodosia Stathi, Teatro Mu, Dromocósmicas, Eftichia Anifadi, Sonia Rafferty, Katerina Karadzi, Gill Clarke, Jeremy Nelson, CandoCo, Lauren Potter, Inaki Azpillaga, Rick Merrill, Ivan Wolfe, Angelique Willkie, Jack Gallagher, Vaggelis Lekakis and others.