



Curriculum Vitae

Personal details:

Name: Miss. Sara Beatrice Larsson
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Date of birth: 4 February 1978

Educational background

May 2022: Practitioner Level in Thai Yoga Massage, The School of Thai Yoga Massage
London, UK

Oct 2019: Level 3 Specialist support for teaching and learning in Primary schools (NVQ)
London, UK

July 2015: Level 3 Diploma in teaching Yoga (QCF). YMCA Fitness Industry Training
London, UK

September 2012: Zumba Fitness Basic Level 1
Brighton, UK

April 2009: Associate Freestyle dance teacher qualification IDTA
London, UK

January 2002 to December 2004: Bachelor of Arts in Liberal Arts and Sciences. Specialising in Dance
SDSU, San Diego, CA, USA

August 1999 to December 2001: Associate in Arts, General Studies. Specialising in Dance,
Palomar College, San Marcos, CA, USA

April 1999: Certificate of completion of course; English for Academic Purposes (EAP)
SDSU, San Diego, CA, USA

April 1999: Completion of courses in Dance at Open University
SDSU, San Diego, CA, USA

August 1997 to July 1998: Certificate of completion of professional studies in Dance.
Academy of Ballet, Gothenburg, Sweden

April 1998: Test of English as a Foreign Language, TOEFL Examination
Score result: 553

August 1994 to June 1997: A-level studies in the field of Performing Arts, specialising in Dance,
Boras, Sweden

Employment History (United Kingdom)

Thai Yoga Massage Therapist
May 2022 ongoing
Sara is a private Massage Therapist working independently running her own business

SA Dance
Co-founder, Dance teacher, Choreographer
Dec 2008 ongoing
Sara is the co-founder and Senior Teacher for SA Dance, a dance school offering classes in Ballet, Modern and Contemporary
Dance from toddlers to adults. www.sa-dance.co.uk

Yoga instructor
Sep 2015 ongoing
Sara teaches Yoga lessons both groups and individual privately and for fitness centres.

Zumba Instructor
Oct 2012 ongoing
Sara teaches Zumba fitness, has worked long for Everyone Active Ltd, and also taught at other fitness centres and other venues.

Oaklands Primary School

Teaching Assistant
Sep 2018-Sep 2019

Teaching assistant in Early Years Education. Sara worked across the nursery and the reception classes.

After School Clubs
Dance Teacher
Sep 2008 to July 2019

Sara has taught independent after school clubs for children centres, primary schools, college and University.

Pinnacle Performing Arts
Dance teacher
Oct 2008

At Pinnacle Performing Arts Sara has taught children and adults, classes consisted of jazz/ballet technique exercises and creative dance plus rehearsing for a yearly dance show. Sara continues to support PPA in teaching after school classes and cover.

Women's Exercise Group
Jan 2010 to Jul 2016

For Women's Exercise group, an exercise class for women only, Sara was offering a variety of exercise including Hatha Yoga, Zumba, Aerobics, strengthening and stretching fitness classes.

Stretch Yoga
Jan 2010 to Jul 2016

For Stretch Yoga Sara taught toddler dance, mum and baby classes, and after-school Dance clubs in Ballet and Modern.

Ealing Adult Learning
Jan 2011 to Jul 2011

For EAL Sara taught classes especially designed for adults with learning disabilities.

Older Tenant's Forum
May 2009 to Aug 2011

For OTF Sara ran Chair-based exercise classes for elderly ages 55+.

Croydon Performing Arts
Oct 2008 to Jul 2011

For CPA Sara taught a workshop in Dance and Physical Theatre at a High School. This workshop aimed to deal with subjects such as bullying and street violence in using movements and dance to express the emotions and events connected with violence amongst young people. For CPA she also taught Contemporary dance and Jazz dance as well as Dance for children.

Active Ealing
Oct 2008 to Jul 2011

Extreme Ability was a unique 3 year disability project which ran from (2008-2011), which targeted people with disabilities and additional needs in Ealing. Sara was involved as a dance teacher providing dance classes for different people and groups around Ealing.

Brunel Dance
Oct 2008 to Jul 2010

For Brunel Dance Sara was appointed the position for Contemporary dance teacher in which she taught the students in beginning/intermediate levels. Her class is built around a number of Contemporary techniques which she has acquired throughout her career as a Contemporary dancer/choreographer.

Ealing Dance Studio
Sep 2008 to Dec 2009

At Ealing Dance Studio Sara was teaching Street Dance for children ages 5-10, and 10-16.

Red Onion Dance Studio
Jan 2008 to Aug 2009

At Red Onion Dance Studio Sara was running dance classes for toddlers and children, styles taught were Jazz and Freestyle dance.

Theatre Studio West
Feb 2008 to Jun 2008

At Theatre Studio West Sara worked with children between the ages of 7 and up to 19 in different groups. Styles taught were Jazz, Freestyle, Street and Contemporary dance.
Employment history Sweden

List of dance productions and performances

SA Dance shows 2010, 2011, 2012, 2013,2014,2015,2016,2017,2018,2019,2020,2021,2022: Dancer, Choreographer

Croydon Performing arts: dancer 3rd September, 2009

Of Dance and Ritual: a sequential interlude: dancer 25th September, 2008

On the Edge: dancer, December 2005.

University Dance Company (UDC) Concert: dancer, May 2005

Reflections: dancer, March 2005

All in a Moment: production manager, choreographer and dancer, December 2004

Allyson Green and Dancers; In memory of an exhibition: solo dancer, April 2004

UDC Concert: dancer, February 2004

Patricia Sandback and Dancers in Concert: dancer, December 2003

Ghost of the Gods: dancer and actor, April 2003

UDC Concert: dancer, December 2002

Falling Forward Looking Back: dancer, October 2002

Wireless City; a high-tech experiment: dancer, choreographer and actor, February 2001

Palomar College Student Choreography Show: dancer and choreographer, December 2000

Palomar College Drum and Dance Ensemble: dancer, November 2000

Palomar College Student Choreography Show: dancer and choreographer, December 1999

Östlyckeskolan's Cabaré: choreographer 1994-1998

Östlyckeskolan's Cabaré: dancer 1992-1994

Employment History (Sweden)

Dansforum, Sweden

Jan 2007 to Jun 2007

Dansforum is one of Scandinavia's largest dance studios, it offers up to 175 classes per week and employs over 30 dance teachers. Sara ran evening and weekend classes in Contemporary Dance at beginner's and intermediate levels.

Move dance studio, Sweden

Aug 2006 to Jun 2007

Move Dance studio is a privately run dance studio offering classes for children aged 2 to adults, the school has a total of 600 students enrolled in classes running throughout the day. The Studio also offers dance lessons to primary and secondary schools all over the city of Gothenburg. Sara was part of a team of teachers and Studio staff running the studio 7 days per week.

Tuve-Säve School of Arts

Jan 2006 to Jun 2006

Tuve-Säve School of Arts is run by the City of Gothenburg local authorities, it offers classes in performing arts as well as an after-school community centre for children aged 13 and up. Sara was hired as a dance teacher for children aged 4 to 12 teaching Modern Dance.

Öckerö School of Arts

Jan 2006 to Jun 2006

Similar to Tuve-Säve, Öckerö School of Arts offers classes in the performing arts exclusively on an after-school basis. The school was set up to serve the children living on the somewhat secluded 'Ten Islands' outside Gothenburg. Sara was hired as the dance teacher for children aged 7 to 13 on a part-time agreement. Extending beyond my weekly classes, she was responsible for the dance choreography presented in an end-of-term student show, which also went on tour to Denmark in the summer of 2006.

Lerum exercise centre

Feb 2006 to May 2006

Lerum has facilities for gym, an exercise studio and two swimming pools. Sara ran weekend classes in Modern Dance for children ages 5-13 years of age.

Alströmergymnasiet

Autumn of 1998

Prior to her move to the United States Sara worked as the dance teacher at the local upper secondary school on the program for performing arts (equivalent to British A-level studies). Here she was expected to plan a class syllabus with a grading system as the students were evaluated at the end of the term. They also had to prepare their own written report on a dance related subject which was handed in to me and graded. Students performed a final choreography at the end of term.

Alingsås School of Arts

Autumn of 1998

Sara was hired as a part-time dance instructor for the school's dance students aged 7-20 years. Each class had a separate class plan suitable for the age group which she developed. At the end of the term the students had a dance performance at the local theatre where they presented choreography from the class syllabus.

Östlyckeskolan

Aug 1994 to Dec 1998

During her final years of secondary school and a couple of years beyond that Sara did work experience at Östlyckeskolan, a lower secondary school for children ages 12 to 15. Despite her relatively limited experience and young age, she was independently running weekly classes in dance for a number of students. The classes resulted in choreographies presented in the yearly student production involving over 150 children performing theatrical sketches, musical arrangements and dances; all on a stage with professional lighting and sound. Sara was responsible for setting up the classes, as well as the extra weekend rehearsals. The choreographies were entirely her artistic work prepared within the frame of the production. She started with a few students, but over time her groups grew, and at the last performance she was responsible for around 50 student

Languages

Full proficiency:

Swedish (native speaker)

English

(USA resident 7 years, UK resident 15 years)

Limited understanding:

German

Norwegian

Danish

References and certificates available upon request.