

Thais Alexander Brinch-Hvid – 22/05/1989  
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## Curriculum Vitae of Teaching Thais Alexander Brinch-Hvid

I am a freelance dancer and teacher based in Denmark and working all around the world. My personal practice is inspired by my background in Capoeira, Parkour and Contemporary Dance, all of which I have been practising and teaching for over a decade. My teaching method is dynamic and contextual. I always strive to adapt my classes to the given students and situation based on my personal experience, academic studies in physiology and pain science, philosophy and my intuition. I am interested in how practice shapes theory and vice versa. Due to my incorporation of complexity I have gained a status as a highly competent teacher with a profound understanding of the arts as well as teaching processes.

### Education related to teaching

*August 2011 -  
June 2015*

**Bachelor from Amsterdam School of the Arts**

Choreographers and teachers (among others): Tabea Martin, Ugo Dehaes, Leine & Robana, Heidi Vierthaler, Katie, Duck, Liat Waysport and Itamar Serussi.

*August 2011*

**Adapt Level 1 Parkour Teacher Certificate, Denmark**

Teahers workshop organized and funded by the company Street Movement for their experienced teachers.

### DISCIPLINES AND CLASSES

#### Contemporary dance and floor acrobatics

*2016 – Now*

**House choreographer and teacher at Gerlev Performance Team, Denmark**

A Danish junior company that I run together with Sophia Mage.  
The company combines Contemporary Dance, Street Dance and Parkour.

*Feb 2019*

**Teaching morning classes at Danish Dance Theater, Denmark.**

Classes for the company dancers at DDT in The Danish Royal Opera.

*Oct 2018*

**Partnering Classes with Sophia Mage, Danish School for Performing Arts, Denmark**

Classes for the 1<sup>st</sup> and 3<sup>rd</sup> year students at the Bachelor of Performing Arts program.

*Oct 2018*

**Contemporary Dance classes at Trybe HK, Hong Kong**

Guest teacher in contemporary Dance at the Trybe movement gym in Hong Kong

*2017 – 2018*

**Acrobatics and dance classes at The Danish Circus School – AFUK, Denmark**

Three months of practical classes in dance, acrobatics, conditioning and coordination, combined with lectures in injury management and training periodization.

*Apr 2017*

**Workshops for dancers at Ramallah Contemporary Dance Festival, Palestine**

Classes for professional and semi-professional dancers as part of the festivals program.

*2017 – Now*

**Morning Classes for professional dancers at Dansehallerne, Denmark**

Floorwork, improvisation and acrobatics classes for professional dancers.

#### Lecture: “Injuries and Rehabilitation – There Is No Quick Fix”

A lecture presenting the complexity of injuries and injury recovery as well as how to schedule traing cycles and periodization in the context of more multifaceted disciplines like circus, dance and parkour.

*Dec 2018*

**Copenhagen Contemporary Dance School, two-hour lecture, Denmark**

*July 2018*

**The movement festival Move Copenhagen, two-hour lecture, Denmark**

*2017 – 2018*

**The Danish Circus School – AFUK, 3 x 3 hour lecture, Denmark**

## **The Bamboo Body – Strength, mobility and acrobatics classes and workshops**

The Bamboo Body was founded in Barcelona in 2015 together with Anna Prozraka, who now runs the Bamboo Body Gym. It later became my personal platform for collaboration with different teachers, who I felt had a high level of practical experience as well as a high theoretical level in physiology, didactic methodology and general reflection related to their own practice and the practice of their student.

- Jan – Feb 2018*      **Bamboo Body Classes – Floorwork and Mobility, Denmark**  
Two months of bi-weekly classes covering floorwork, acrobatics and mobility from beginner level to advanced. Taught with Ida Haugen.
- Oct 2017*      **Bamboo Body workshop, in House of Concrete, Denmark**  
A workshop by invitation at the training and movement facility, House of Concrete. The workshop was a two-day introduction to our approach to gymnastic strength, mobility and floorwork. Taught with Julius Hjernø.
- Sep – Oct 2017*      **Bamboo Body Classes – Bamboo Humans, Denmark**  
Two months of bi-weekly classes covering gymnastic strength, mobility and floorwork, from beginner level to advanced. Taught with Julius Hjernø.
- March 2017*      **Bamboo Body Workshop – Floorwork and Floor Acrobatics, Denmark**  
A two-day introduction to our approach to floorwork, acrobatics and mobility. Taught with Julius Hjernø and Sophia Mage.
- Jan – Feb 2017*      **Bamboo Body Classes – Handstand and Ring Strength, Denmark**  
Two months of bi-weekly classes covering gymnastic strength and handstand work, from beginner level to advanced. Taught with Marcus Grandjean and Julius Hjernø.
- March 2016*      **Bamboo Body Workshop – The Spine, Denmark**  
A one day workshop on spine re- and prehabilitation training. Taught with Marcus Grandjean.
- October 2015*      **Bamboo Body Workshop – Strength and Mobility, Spain**  
The first Bamboo Body workshop. Taught in The Barbell Club and La Caldera in Barcelona. Covering gymnastic strength, handstand tools and mobility work. Taught with Anna Prozraka.

## **Parkour**

- 2014 – Now*      **Parkour and Dance teacher with “The Games We Play” tour, Norway**  
Teaching parkour and dance in the Norwegian educational system as part of a national project to engage youth with culture and a physical and playful approach to learning.
- 2009 – Now*      **Coach and teacher at Street Movement, Denmark**  
As one of the earliest members of Street Movement, and one of the first parkour practitioners in Denmark, I have been teaching weekly classes and workshops all around Denmark and abroad. From beginners' classes to advanced and with everything from kids to adults and all women's classes. Street Movement pride themselves of their high level of feedback and sparring within the group, in order to constantly improve our teaching product.
- 2011 – 2013*      **Teacher at Progression Stunts, Netherlands**  
While studying my Bachelor of Performing Arts in Amsterdam, I was recruited by Progression Stunts to teach classes and workshops all around The Netherlands. I have been teaching everything from classes at the University of Sports in Amsterdam to workshops and classes for kids.

## **Capoeira**

- 2007 – 2010*      **Teacher at Capoeira Senzala, Denmark**  
Having started Capoeira from age 12 I started teaching beginners' classes already at age 17. I have taught classes for beginners, intermediate, advanced, kids' classes and workshops.