



CHARLOTTE JONES

Community dance artist and Yoga teacher

An experienced movement practitioner, yoga teacher and multidisciplinary workshop leader who loves empowering individuals to look after themselves and encouraging communities to celebrate creativity and movement.

TEACHING

Sep 2023 - Present	The Northern School of Contemporary Dance, <i>lead tutor</i> Yoga for Cert HE and BA students
Apr 2023 - Present	Leeds Playhouse, <i>lead artist</i> Creative movement and Yoga for adults with learning disabilities
Apr 2019 - Present	Yorkshire Dance, <i>co-lead artist</i> Dance classes for adults with learning disabilities for "Leaps and Bounds"
Sep 2017 - Present	Schools, nurseries and Yoga studios, <i>project manager and lead tutor</i> Yoga classes for adults, children, staff and pupils across Leeds
Sep 2018 - Jul 2023	West SILC, <i>project manager and lead artist</i> Weekly dance classes for children with learning disabilities
May 2020 - Jan 2023	Yoga classes on YouTube, <i>project manager and lead artist</i> 🌐 Click to view classes on YouTube
Oct 2020	Mind The Gap, <i>workshop leader</i> Creative movement and Yoga for adults with learning disabilities
Feb 2018 - Mar 2020	The Northern School of Contemporary Dance, <i>lead tutor</i> Saturday school for children aged 4-6 years
Jan 2020 - Feb 2020	Seaglass Collective, <i>co-lead artist</i> Dance classes for adopted children within Leeds
Jan 2020 - Feb 2020	Live Well Leeds, <i>Workshop Leader</i> Yoga and mindfulness classes for adults with hearing impairments

PROJECT MANAGEMENT

Sep 2023 - Present	Dance Partner Project, <i>project manager and lead dance artist</i> Collaboration with Jem Clancy, with funding from Yorkshire Dance
Feb 2023 - Jul 2023	Dance film, <i>project manager and lead dance artist</i> Collaboration with West SILC students and film maker
Oct 2021	Dance Futures conference, <i>workshop leader and speaker</i> "The value of a person-led practice" at Yorkshire Dance
Sep 2019 - Dec 2019	Together Finding, <i>project manager and lead dance artist</i> Workshops for people with disabilities, funded by Arts Council



PROFESSIONAL DEVELOPMENT

Oct 2021	Inclusive Activity award, <i>Scope</i>
Nov 2021 - present	Ongoing CPD workshops for inclusive activities, <i>Scope</i>
Mar 2020	Liz Clarke and Skye Reynolds, <i>Early Years dance workshop</i>
Feb 2017, Oct 2016	Inclusive Practice teacher training day, <i>StopGap Dance Company</i> (2017) and <i>Candoco Dance Company</i> (2016)

TRAINING AND QUALIFICATIONS

Ongoing	DBS, Safeguarding for children & young people (LSCP), Emergency first aid at work, Paediatric first aid (St. Johns ambulance)
Aug 2016 - May 2022	Yoga teacher qualified in Ashtanga, Vinyasa, Restorative, Yin, Meditation, Baby, Toddler and Children's Yoga
Sep 2014 - Jul 2017	The Northern School of contemporary dance, BA (Hons)

CONTACT DETAILS

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