



CHARLOTTE JONES

Community dance artist, Arts Project Manager and Yoga Teacher

Renowned for my inclusive teaching, I create spaces that foster movement, connection, creativity, and autonomy. Committed to making dance, art, health, and well-being accessible to all, I nurture community projects that celebrate collective creativity and support. Together, we can build vibrant, connected communities through the power of creative expression.

HARD SKILLS

- Community Dance Artist and Facilitator
- Dance Education
- Dance Performance
- Yoga and Meditation Teacher
- Arts Project Management

SOFT SKILLS

- Leadership and Collaboration
- Adaptability and Communication
- Empathy and Mentorship
- Community Building
- Public Speaking and Workshop Leader

EDUCATION

- The Northern School of Contemporary Dance, BA (Hons). Sep 2014 - Jul 2017

TRAINING AND QUALIFICATIONS

- Qualified Yoga Teacher in Ashtanga, Vinyasa, Restorative, Yin, Meditation, Baby, Toddler and Children's Yoga
- Ongoing DBS
- Safeguarding for Children and Young People
- Safeguarding Children and Young People with SEND
- Emergency First Aid at Work
- Paediatric First Aid

REFERENCE

Hannah Robertshaw
Creative Director and Co-director of
Yorkshire Dance
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CONTACT

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- 🌐 www.amalamovement.com
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PROFESSIONAL EXPERIENCE AND PROJECT MANAGEMENT

Yoga and Wellbeing, **Project Manager and Content Creator**
Aug 2016 - Present

- Taught classes to students of all ages in studios, community centres, higher education settings, and schools for the past 8 years.
- Launched a YouTube channel in 2020, curating and uploading new yoga classes weekly. [YouTube Channel]
- Currently create content for an online membership space, featuring weekly meditations, journaling, and Yin Yoga classes. [Membership Space]

Moving in Colour, **Project Manager and Collaborating Artist**
Sep 2023 - Present

- Secured £15,000 from Yorkshire Dance's Dance Partner Project and the Arts Council to co-create a collaborative installation with an artist with autism.
- Successfully oversaw and delivered this project, ensuring all objectives were met on time and within budget.
- Worked closely with children with special educational needs (SEN), as well as a musician, photographer, filmmaker, and sensory book artist, to achieve our goals. [Read more].

To Infinity and Beyond, **Project Manager and Lead Artist**
Feb 2023 - Jul 2023

- Funded directly by West SILC, this project brought together children with SEN and a filmmaker with autism to create a dance film.
- The film was showcased at Northern Ballet's Expressions. [Read more]

Together Finding, **Project Manager and Lead Artist**
Sep 2019 - Dec 2019

- Obtained £12,000 from the Arts Council to research inclusive movement, improvisation and performance.



CHOREOGRAPHY AND PERFORMANCE

As a versatile performer and collaborator, I engage in inclusive and innovative projects, seamlessly integrating movement and storytelling across various communities and artistic disciplines.

- Once Upon a Twisted Tale, **Tangled Dance Company** (Research and development, and Performer)
- **Raised Integrated Dance Collective** (Performer)
- Corporation, by **Rod Dixon** (Performer)
- A stage In-Between, by **Joan Cleville** (Performer)
- Performing Gender, by **Nataša Živković** (Research and development, and Performer)
- Small Acts of Repair, by **Laila Diallo** (Performer)
- The Factory, **GraceFool Collective** (Performer)
- I am, We Are and Look Up to the Stars (Co-created by **Charlotte Jones, Ellen Turner, Mati Torres** and **adults with Learning Disabilities**)

WORKSHOPS AND COLLABORATIONS

Delivered specialised movement and well-being workshops for a range of organisations, including:

- Mind The Gap [**England's leading learning disability performance and live arts company**]
- Sunshine and Smiles [**Leeds Down Syndrome Network**]
- Buzz [**Leeds Playhouse**]
- Move and Play [**Rachel Dean**]
- Different Strokes [**Stroke Charity supporting Stroke Survivors**]
- Healthy Holidays [**Leeds City Council**]

LONG TERM TEACHING PROJECTS

I deeply value the long-term impact of extended projects. They foster deeper relationships with participants, supporting sustained growth and meaningful outcomes. This ongoing engagement often leads to lasting personal, artistic, and social development.

Leaps and Bounds, Yorkshire Dance, **Lead Artist**
Jan 2017 - Jul 2024

- Built strong professional relationships and trust with participants in dance classes designed for adults with learning disabilities.
- Empowered participants to deepen their mind-body connection, enhance their creative abilities, and boost their physical confidence and skills. [Read more]

West SILC, **Project Manager and Lead Artist**
Sep 2018 - Jul 2024

- Delivered weekly classes for children with SEN and autism, both in-person and online, engaging over 100 students.
- Oversaw the entire programme and collaborated with assistant artists to enhance the children's experiences.

The Northern School of Contemporary Dance, **Lead Tutor**
Sep 2023 - Mar 2024

- Conducted weekly Experiential Anatomy and Yoga classes for Cert HE and BA students.

Dance Futures Conference, **Guest Speaker**
Oct 2021

- Delivered a workshop on the value of a person-led practice.

The Northern School of Contemporary Dance, **Lead Tutor**
Feb 2018 - Mar 2020

- Led weekly creative dance classes for NSCD's Saturday school provision for children aged 4-6.

Seaglass Collective, Yorkshire Dance, **Collaborating Artist**
Jan 2020 - Mar 2020

- Engaged with adopted children aged 5-16 years in a dance project.
- Completed adoption training with Barnardo's.