

Bio and Resume

Andrea Franchini is a Dancer, Yogini and Teacher

Andrea began her practice of dance at a very young age. Movement gave her solas during traumatic life experiences and illnesses she faced as a youth. Dance became a catalyst for a lifelong journey and interest in body, mind, spirit unity. In 2001 she received her BFA in Dance from the State University of NY. During her studies she traveled to Jamaica to study Carribean dance and culture. She attended renowned dance festivals where she was exposed to dancers and artist from all over the world, and actively sought out holistic practitioners that fed her interest in body/mind/spirit connection, and who helped bridge the gap in her own disconnect. "My intrigue with dance was less about performance and more about the stories our bodies tell, how the practice of movement can create art, catalyze spiritual exploration and awakening, and facilitate empowerment and healing".

In 2003, she received her RYT yoga teacher certification and started teaching full time. "I have always been fascinated by the body and the wisdom we hold deep within our bones, our muscles, and our cells. Sharing Yoga was a great way to inspire people to empower their lives, to re empower a lost connection to their physical, mental and emotional health and harmony.

While living in California from 2007 -2010, Andrea began to study Cranial Sacral Therapy, Reiki and other subtle movement and energy practices. She found integrating energy work empowered sight and sensitivity both as a practitioner and teacher. "My understanding was deepened to how the most subtle movements with conscious attention can create profound shifts not only in the physical body but in the emotional body.

Andrea's movement classes are a somatic emotional unwinding and repatterning. Yoga , creative movement , Improvisational dance become tools to inspire a curiosity to look deeper within at issues and emotions that can get lodged in the body as physical, emotional or energetic blocks. Through the process of conscious movement we can explore, reveal, and shift our emotional and physical experience to heal and rewrite our personal and collective stories. When healing happens, we begin to repattern our containers to experience emotions of joy, compassion and live more harmoniously with self and nature.

"I believe the body is a container for the spirit and a vessel for our prana (life force)
May we all dance through this life with ease of body, freedom in mind and fullness of spirit."

*Andrea Franchini
Dancer/Yoga Teacher/Educator
Founder of "Soul Movement Project"*

Objective

To share the tools and teachings of my life's journey as a student and educator of Movement and Self - Awareness. Teaching and creating Integrated (Body/Mind/Spirit) Movement, to inspire, support and motivate personal and collective healing and positive change. To create a container to share skills and stories in local communities and in the world community, fostering positive cultural connection and exchanges for cultural survival.

Education

- *Baltimore School for the Arts*
 - *High School*

- *State University of NY at Brockport*
 - *BFA in Dance*
- *Edna Manley School of Dance of Jamaica*
 - *Study abroad*
- *Tranquil Space, Washington DC*
 - *RYT 200 hour Yoga teaching certification*
- *Anusara Yoga*
 - *500 hour Yoga Teacher Training and Therapeutic yoga training*
- *Reiki 1 and 2 certification with One World Yoga, CA and Bloom Post, NC*
- *Craniosacral Therapy*
 - *Level 1 and 2 from Upledger Institute, FI*
- *Visionary Craniosacral*
 - *Level 1 with Huge Milne from the Milne Institute, CA*
- *Earth Activist Training with Starhawk*
- *Five Changes NLP Training with Caitriona Reed and Michele Benzamini- Miki of Manzanita Village, CA*

Dance Teachers

- *Sandra Fraleigh; somatic studies at SUNY, Brockport. Author of Dancing Identity: Metaphysics in Motion (2004); Dancing into Darkness: Butoh, Zen, and Japan (1999); Researching Dance (1998); and Dance and the Lived Body (1987).*
 - *Maida Withers; choreographer/ dancer /director and Professor at George Washington University in Washington DC.*
 - *Arsenio Andrade; Professor of Modern and Cuban dance at Edna Manley*
 - *Barry Moncrieffe; Professor of Caribbean Folk dance at Edna Manley*
 - *Kista Tucker; Choreographer, dancer at Kista Tucker Dance inc.*
 - *Garth Fagan; Choreographer at Garth Fagan Dance*
 - *Doug Varone ; Choreographer, dancer*
 - *Eddie Taketa; Choreographer , dancer*
 - *Dr. Sherrill Berryman Johnson, Founder of the Howard University Dance Major*
 - *David Dorfman; Choreographer, dancer*
 - *Sandra Lacy; Choreographer, dancer*
 - *Giselle Mason; Choreographer, dancer*
- *Dance and Movement techniques studied*
 - *Modern dance*
 - *Ballet*
 - *African dance*
 - *Caribbean Folk dance*
 - *Improvisational dance*
 - *Butoh, Japanese classical dance*
 - *Walking Meditation*
 - *Qi Gong*
 - *Choreography*
 - *Somatic Movement*
 - *Alexander Technique*
 - *The Feldenkrais Method of Somatic Education*
 - *Body Mind Centering*
 - *BodyStories the work of Andrea Olsen*
- *Yoga/Pranayama/Meditation*
 - *Vinyasa Yoga*
 - *Iyengar Yoga*
 - *Kundalini Yoga*
 - *Therapeutic Yoga*
 - *Acro- Yoga*

- *(Pranyama) Breathwork*
- *Insight Meditation*
- *Walking Meditaion*

- *Yoga Teachers*
 - *Sianna Sherman*
 - *John Friend*
 - *Desiree Rumbaugh*
 - *Toi Lynn*
 - *Katchi Ananda*
 - *Para Somma*
 - *Doug Keller*
 - *Lillah Schwartz*
 - *Cindy Dollar*
 - *Joe Taft*
 - *Sierra Hollister*

- *Work History Dance*
 - *Dancer at Kista Tucker Dance inc*
 - *Dancer at Gesel Mason Performance Projects*
 - *Dancer at ClancyWorks*
 - *Dancer at Projects*
 - *Dancer at EdgeWorks Dance*

- *Work History Yoga*
 - *Private Yoga Practice*
 - *Teacher at Happy Body, Asheville NC*
 - *Scripting Yoga Video for Three Minute Egg Yoga Props*
 - *Chakra Yoga with Geri Little-John of Green Grass Flutes and Linda Go of Asheville Sound Healing, Asheville NC*
 - *Guest Yoga/Movement Teacher with Green Grass Flutes at the Eden Arts Festival, Black Mountain NC*
 - *Teacher @ Forestdance with theARTbeatCollective*
 - *Cliffs Communities Wellness Center at Walnut Cove, Asheville, NC*
 - *Yoga for recovery with Lia Del Priore @ Swain Recovery, Swannanoa, NC*
 - *One Center Yoga, Asheville, NC*
 - *Happy Body, Asheville, NC*
 - *Lighten Up, Asheville, NC*
 - *Asheville Yoga Center Donation, Asheville, NC*
 - *Asheville Community Yoga*
 - *Yoga Sangha, San Francisco, CA*
 - *Yoga Kula, Berkeley, CA*
 - *Flow Yoga, Washington, DC*
 - *Tranquil Space, Washington, DC*
 - *Georgetown Yoga, Washington, DC*
 - *Guest Teacher @ Manzanita Village Retreat Center, Warner Springs, CA*
 - *Retreat Leader @ Hanaq Pacha, Peru*
 - *Retreat Leader @ Terra De Milagros, Costa Rica*

- *Work with Youth*
 - *Malcolm X Elementary School, After School Yoga Program, Berkeley, California*
 - *Girls Inc. Yoga program, Oakland California*
 - *Volunteer @ Casa De Milagros, Peru*
 - *Yoga Seva Project in local schools , Treasure Beach, Jamaica*

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