



Personal information

First Name(s): Lucía

Surname: Pineda Robles

Date of Birth: September 21, 1987

Nationality: Mexican

Place of residency: Mexico

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Education

Entry year 2020 / Leaving year 2022

Educational Institution: Eastwest Somatics Institute Mexico, endorsed by ISMETA and Yoga Alliance.

Academic qualification attained: **Somatic Movement therapist and Somatic Movement Dance Educator. (RSMT, RSDE).**

Subjects

Level 1: "Dancing to the core." Breathing work and bone system approach.

Level 2: "Teaching through touch" Craniosacral approach.

Level 3: "Somatic education and neuroplasticity for chronic pain" Anatomical approach on the pelvis.

Level 4: "The path of the educator" Pedagogy, communication and professional development.

Level 5: "The art of walking" Anatomical approach on the lower extremities.

Level 6: "Conscious tissues" Intuitive dance, subtle body and lineage of somatic movement.

Level 7: "Free the wings, the voice of the heart" Anatomical approach on the upper extremities.

Level 8: "Graduation" Case of study, integrating activities and hours of practice.

Entry year 2020 / Leaving year 2022

Name of Educational Institution: The Mindful Tourist. Nature-Based Wellness and Forest Bathing training.

Academic qualification attained: **Professional Shinrin Yoku (Forest Bathing) guide and instructor.**

Subjects

- 1.Guidance and Fundamentals.
- 2.TMT Guidelines and Code of Conduct.
- 3.Forest Bathing: The Benefits.
- 4.The science of nature and connectivity.
- 5.Design your Shinrin Yoku session I.
- 6.Your well-being and nature.
- 7.You and 5 senses.
- 8.Your values.
- 9.Your empathy.
- 10.Design your Shinrin Yoku session II.
- 11.Your passion and Leadership (Ikigai).
- 12.Your mission and vision.
- 13.Your unfair advantages.
- 14.Your why and your definition of success.
- 15.Completion (10 hours of practice).

Entry year 2018 / Leaving year 2019

Educational Institution: Institute of Mexican Culture (SEP) / Goethe Institut / National Autonomous University of Mexico.

Academic qualification attained: **Choreography, Dance and Performance Researcher.**

Subjects

Module I. Choreography and Dance. Field and Practice.

Module II. Choreographing problems: Thinking dance, moving ideas.

Meeting and working session with Robert Steijn.

Module III. artistic residency. Management, collaboration and modes of organization.

Meeting and working session with Juan Domínguez.

Module IV. Devices, tools and documentation in practice.

Module V. Performance politics.

Lecture: With Quim Pujol.

Module VI. Intermediality: corporal and choreographic strategies in the history of contemporary art.

Lecture: Bárbara Foulkes, Abraham Cruzvillegas, Benito González.

Module VII. Movement and Decoloniality: beyond the binary divide between contemporary and traditional.

Lecture: With Amanda Piña, Rigo de la Danza de Matamoros and Juan Carlos Palma.

Lecture: Curating in the Performing Arts (open to the public) With Nicole Haitzinger.

Meeting and work session with Nicole Haitzinger.

Module VIII. Choreography questions and problems for theater, exhibition spaces and public situations.

Master class with Xavier Le Roy and Scarlet Yu.

Master class with Ileana Diéguez.

Master class with Victoria Pérez Royo.

280 hours of both theory and practice.

Highest level of academic qualification

BA Hons equivalent, Performing dancer of Contemporary Dance.

Entry year 2012 / Leaving year 2016

Educational Institution: Contemporary Dance professional Training Centre, Contempodanza.

Final GPA: 8.8

Subjects

First semesterSecond semester

Graham - Contemporary Dance Technique IGraham - Contemporary Dance Technique II Classical

Dance Cuban Technique IClassical Dance Cuban Technique II

Pilates Technique IPilates II Technique

Physical Training IPhysical Training II

Stage Practices IStage Practices II

Music IMusic II

Third semester

Graham - Contemporary Dance Technique III

Classical Dance Cuban Technique III

Pilates III Technique

High Performance Dance I

Stage Practices III

Music III

Stage Production Workshop I

Fourth semester

Graham - Contemporary Dance Technique

IV Classical Dance Cuban Technique IV

Pilates Technique IV

High Performance Dance II

Stage Practices IV

Music IV

Stage Production Workshop II

Fifth semester

Graham - Contemporary Dance Technique V

Classical Dance Cuban Technique V

Pilates Technique V

Alternative Dance Technique I

Stage Practices V

Choreographic Composition I

Sixth semester

Graham - Contemporary Dance Technique VI

Classical Dance Cuban Technique VI

Pilates Technique VI

Alternative Dance Technique II

Stage Practice VI

Choreographic Composition II

Seventh semester

Graham - Contemporary Dance Technique VII

Classical Dance Cuban Technique VII

Pilates Technique VII

Alternative Dance Technique III

Professional Stage Practices I

Research Workshop I

Eighth semester

Graham - Contemporary Dance Technique VIII

Classical Dance Cuban Technique VIII

Pilates technique VIII

Alternative Dance Technique IV

Professional Stage Practices II

Research Workshop II

Current Employment 2022

Job Title: Dancer, Performer,
Choreographer Self-Employment
@luciapinedanza

Name: Plexos Disidentes
Job Title: Content creator, discussion
moderator Co founder
@plexosdisidentes

Name: The Mindful Tourist Mexico
Self-employment
Job Title: CEO of TMT branch in México, Shinrin Yoku Instructor
Dates of Employment: February 2022 to Present.
@themindfultourist.mexico

Name: Andanza
Self-employment
Job Title: CEO & Founder
Dates of Employment: January
2021 @andanza.mexico

