

Jimena L. Carías

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Objective: To obtain a position as a dancer, instructor or assistant that will utilize my education, interpersonal/organizational skills and experience.

EDUCATION:

2018 Zumba Toning and Zumba Gold Certification
2017-2018 Adult Ballet at Twin Rivers Dance Academy
2011 **Zumba Fitness® Certified Instructor**
2011 **Hot Hula Fitness® Certified Instructor**
2010 **Masala Bhangra® Certified Instructor**
2010 **Broadway Dance Center, NYC, United States**
Train in Belly Dance and Ballet.
2004-2009 **Danza Libre Foundation, Tegucigalpa Honduras**
Trained in belly dance, mambo, tango salsa contemporary, among others
2003-2004 **National Theater School, Tegucigalpa, Honduras**
Acting workshops, stage development, body expressions.
2000- 2006 **National Dance School Mercedes Agurcia Membreño, Tegucigalpa, Honduras**
Trained in Ballet, Contemporary, Tap, Flamenco, Honduran Folklore, Human Anatomy, Dance History.

WORKSHOPS:

2004-2008 Belly Dance basic training in Danza Libre (Honduras)
2007-2008 Belly Dance intermediate technique in Shambala Studio (Honduras)
2007-2008 Belly Dance and Contemporary workshop in Academia de la Danza (Nicaragua)
2008 Egyptian Belly Dance in Zamira's Bellydancers (San Salvador)
2009 Tribal Belly Dance Technique with Spanish dancer Serta Huertas (Honduras)
2009 Belly Dance workshops in Venezuela (FELDAV) with Randa Kamel, Samir Abutt, Rania Superstars among others.
2009 Belly Dance Workshops with Amira Amor (USA)
2010 Belly Dance Workshop Romano style with Belly Queen instructor Kaeshi (USA)
2011 Belly Dance workshop at Vivafit Studio with Teuta (USA)
2012 Sadie Marquardt Belly Dance Workshops (Honduras)
2013 Ranya Renee Belly Dance Workshop (Honduras)
2014 Fat Chance Belly Dance class in San Francisco ATS Method
2015 ATS Method workshop with Ivette Rivas (Honduras)

OTHER EDUCATION:

New York Film Academy, Los Angeles Campus
Master of Fine Arts in Screenwriting, May, 2016
New York Film Academy, Manhattan, NY
Certificate in Screenwriting, August 2010
National Autonomous University of Honduras, Tegucigalpa, Honduras
Bachelor in Journalism, September, 2008

WORK EXPERIENCE:

- September 2018-
Present **LA FITNESS, Pennsylvania, USA**
Instructor
Zumba and Aquafit instructor.
- September 2017-
Present **Finish the Line Center, USA**
Instructor
Bellyrobics and Zumba instructor.
- September 2016-
July 2017 **LA FITNESS, Pennsylvania, USA**
Instructor
Zumba and Aquafit instructor.
- January 2012-
2017 **BELLY JEWELS HONDURAS, Tegucigalpa Honduras**
Co-Founder- Instructor
Promote classes and teach Belly Dance, Zumba, Hot Hula Fitness and Bhangra.
Produce several shows to promote the school and the art of belly dance.
Wrote and direct the shows: *Belly Dance* and *Everything for Love*.
Wrote the web series “Belly Jewels”.
- November 2012
January 2015 **EQUILIBRIUM, Tegucigalpa, Honduras**
Instructor and Dancer
Zumba and Belly Dance Instructor at the studio.
Co-Direct the play “Arabian Nights”.
Participate as a dancer in many of the Company’s plays including: *Collage*,
Matices, *Danzas de Abril*.
- August 2009
November-2011 **VIVAFIT LLC, New Jersey, United States**
Assistant and Instructor
Promote the studio. Increase studio package sales.
Organize events inside and outside the studio, such as Belly Dance Galas.
Belly Dance instructor for kids and grownups.
Zumba instructor for grownups and kids.
Work with the creative department in advertising the studio creating newsletters and meetups.

Skills:

- * Strong follow-up skills
- * Responsible and thorough worker
- * Great Performance Skills, having a broad experience on stage, restaurants, birthday parties, baby and bridal showers in different countries.
- * Organizer of shows and events coordinating kids and grownups.
- * Great communications skills.
- * Proactive and caring.
- * Great Team Player.
- * Knowledge of Adobe Photoshop, Adobe Premiere, Constant Contact, MailChimp and social media.
- * Fluent in Spanish and English.