



Beatrice Bernstein

What Beatrice can do for you...

Bespoke Beatrice Mind Body Wellbeing Sessions are an integrative approach that are conducted in collaboration between Beatrice and her clientele in person and/or over Zoom. She utilizes a combination of elements from the numerous holistic healing trainings she has completed over the past twenty years to help her clients to attain optimum results. As a Mentor and Multi-Disciplinary Professional Coach, Beatrice helps her clients to clarify their focus, direct their intentions, and aids them in finding self-empowerment in order to manifest their goals and dreams. She also offers pure Gyrotonic and Gyrokinesis movement sessions. Gyrotonic and Gyrokinesis flow exercises help to create a sense of inner balance and enhance one's proprioception, agility, strength, flexibility and coordination.

Over time, clients enjoy improvements in their alignment and overall body function, alleviated compression in the spine, increased self-awareness and applicable improvements in all of their desired physical and artistic pursuits. Improved breath work and heightened mental focus can also be achieved through this holistic practice. The beginning series of exercise sequences gently opens and unwinds the body to help release daily stresses and to allow for greater challenges later in the sessions.



Community Outreach Gyrokinesis Workshop Series, Sweaty Betty, King's Cross Location

Philosophy...

My classes, private sessions, mentoring, and coaching sessions are carefully composed based on the *Whole Person* I see in front of me and are tailored to everyone's individual needs even within a group context. I love that Gyrotonic and Gyrokinesis methods are applicable to all body types and are complementary to any lifestyle. I enjoy teaching and coaching people of all ages, abilities and backgrounds. I have extensive experience working with performers from all disciplines, as well as with corporate, legal system, education, and healthcare professionals, young people, special needs, pre/post-natal, parents and seniors, and I am also myself the mother of a young daughter. I have experienced and recovered from many minor and several major injuries sustained both from being a professional dancer and from childbirth. I strongly believe that movement, positivity and accessing one's own unlimited life energy has infinite power to heal and to create the life you wish to experience. I am passionate about helping others and am committed to serving as a guide for people who wish to nurture a healthy, positive relationship with their body, mind, and spirit. In addition to offering Bespoke Beatrice Mind Body Wellbeing Sessions over Zoom, I am very grateful to be teaching alongside an outstanding team of teachers and therapists at Golborne Place in Notting Hill, London, UK. I have a sliding scale for my fees and offer everything from one-to-one sessions to global community webinars.

You can find me on the web at: www.golborneplace.com/html/classes-gyro-beatrice.html

Qualifications and Experience

- ◆ Gyrotonic Pre-Trainer
- ◆ Certified Gyrotonic Level 1 Trainer
- ◆ Certified Gyrokinesis Level 1 Trainer
- ◆ Gyrotonic Level 2, Programme 1 and 2

- ◆ Specialised Equipment from the 'Gyrotonic Expansion System': Jumping-Stretching Board, Archway, Leg Extension Unit and the Gyrotoner
- ◆ Gyrotonic Pre/Post-natal
- ◆ Therapeutic Course: Application of the 'Gyrotonic Expansion System' for the Pelvic Girdle and Lumbar Spine, Shoulder Girdle, Scoliosis, Dancers, and Breast Cancer Survivors
- ◆ Life Coach Training, The Coaching Academy
- ◆ Meditation and Mindfulness Coach, New Skills Academy
- ◆ Certified Kids Yoga Instructor, Rainbow Yoga
- ◆ Certified Mother and Baby Yoga Instructor, Birthlight Diploma



About Beatrice...

Beatrice is an internationally recognized mind body wellbeing coach, dancer, actor, and choreographer with over twenty years of experience. She has a multidisciplinary certified training which includes GYROTONIC®, GYROKINESIS®, Yoga, Meditation, Mindfulness and Life Coaching. Her integrative wellbeing sessions serve as support for clients from all backgrounds and of all ages. However, as a long-standing member of the creative industry she has a special passion for helping fellow artists from all artistic disciplines. She has extensive experience in the areas of Injury Prevention and Rehabilitation, Stress Management, Career Support, Career Transition Coaching, Young Person Mentoring, Professional Mentoring, Life Coaching, and Family Support.

Beatrice is the Founder of The Healthy Young Dancer Project (THYDP), a global, inclusive, safe space community that supports optimal mental and physical health, wellbeing and elite performance for dancers and artistic performers of all ages and genres and that also offers support and networking opportunities for all members and their families worldwide. We can be found on Facebook at:

www.facebook.com/groups/318316518763979 and on Twitter and Instagram at: @thydp_beatrice

We are over 770 members strong worldwide and we look forward to warmly welcoming you to our THYDP tribe!



Photo Credit: Urban Ruths

The joys of dance, theater, film, music, and movement has been a part of Beatrice's life from a young age and she is grateful to have had an international career as a professional dancer, actor, and choreographer for over twenty years. Beatrice is a graduate of the North Carolina School of the Arts and has danced for such companies as The Washington Ballet, Orlando Ballet, The Metropolitan Opera Ballet, Pfalztheater Kaiserslautern, and as a guest artist with the English National Ballet. Currently, Beatrice loves being part of The Playground Community at Rambert and TWV meets The Playground as a dancer, choreographer and integrative mind body wellbeing practitioner. Beatrice also works in film and television. Her favourite recent projects include *Goodbye Christopher Robin*, as a featured dancer and as a choreographic assistant to Caroline Pope, *Tomb Raider*, *The Darkest Hour*, and as a dancer and choreographer on *The Durrells* Season 3. She was also honoured to have been part of *Rambert Live 2019* which was streamed on BBC #DancePassions.



Photo Credits: Urban Ruths

Beatrice is currently a Leverhulme Arts Scholar in the MFA Creative Practice Programme at Trinity Laban Conservatoire of Music and Dance under the mentorship of Dr Naomi Lefebvre Sell. Additionally, Beatrice is a proud member of the International Dance Council CID, Equity, IADMS, One Dance UK, and World Performing Arts Group.

Beatrice was introduced to GYROTONIC® while dancing for The Washington Ballet and after experiencing how helpful the method is for recovering from injury and how great it is for self-care, she decided to become a certified trainer. Beatrice is delighted to be a longstanding Gyrotonic Trainer at Golborne Place, Notting Hill and has been enjoyed teaching GYROTONIC® and GYROKINESIS® since 2006. Beatrice is a Gyrotonic Pre-trainer in Master Trainer Jackson Kellogg's network. Trained by Master Trainers Leda Franklin and Debra Rose, she has taught at both of their studios, and taught dance, and worked as a mentor and professional coach internationally for over 20 years. She has also developed her own *Therapeutic Technique Classes* for dancers and actors of all backgrounds. Her current MFA research project at Trinity Laban is about *The Integration of the Healing Power of Dance with Embodied Choreographic Experiences, Outcomes and Offerings*. In 2014, she presented *A Young Dancer's Guide: What every young dancer needs to know about injury prevention and rehabilitation* at the International Association of Dance Medicine and Science Annual Meeting in Basel, Switzerland and at Performing Arts Medicine Association in 2015. In 2019, she was a guest speaker at the Osteopathic Performing Arts Care Association Education Day *Born to Dance – Examining the young ballet dancer*; she also offered the attending osteopaths a workshop about the application of Gyrokinesis for dancers

as injury prevention and as part of a collaborative rehabilitation program. Over the last 6 years, Beatrice has intensively studied and incorporated in her daily self-care practice Zen Buddhism, Mindfulness, Meditation, NLP, CBT, numerous somatic practices, and experienced extensive energetic healing work.



Choreographic Collaboration, Trinity Laban/ Architectural Association School of Architecture

Please feel to reach out to me with any questions or to book a free introductory session!

I look forward to being of service!

With love, light, and gratitude ~ *Namaste* ~



Photo Credit: Urban Ruth

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mobile: +44 (0) 07938952564 // email: bespoke.beatrice@gmail.com