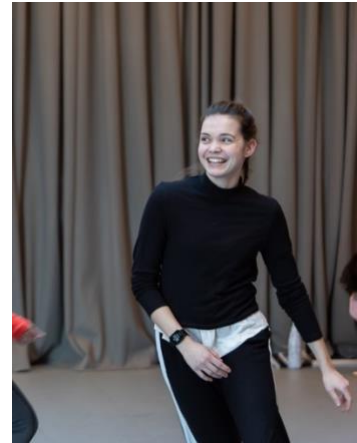


Ana Beatriz Meireles

Movement Teacher | Movement Director | Dance Artist

Equity No. M00432486

Beatrizmeireles@netcabo.pt



TRAINING

2018 - 2020 The Royal Central School of Speech and Drama, MA Movement: Directing and Teaching

2009 - 2012 London Studio Centre, University of the Arts London, 1st Class B.A (Hons) Theatre Dance

2004 - 2009 Royal Academy of Dance, Advanced II Diploma in RAD syllabus

MOVEMENT EXPERIENCE

2020 Movement Coach: Hamlet by William Shakespeare - Royal Central School of Speech and Drama. Collaborated with director Michael Fry and with BA Acting MT 2nd year students working online, staging the dumbshow, supporting character work and facilitating movement warm-ups.

2020 Movement director: Heroines in Limbo by Nicole Acquah - Royal Central School of Speech and Drama. Collaborated with MA/MFA ATP directors and respective team of actors to generate a response to the play.

2020 Movement director: Sleepwalking by Hannah Kalhil, directed by Audrey Sheffield at the Hampstead Studio. Worked with the company in creating the physical life of the play.

2020 Actor movement teacher: Mentored by Rose Ryan - Guildford School of Acting. Worked with BA (Hons) Acting 1st year students, leading seven 1'45" sessions on Observation and Translation and Laban Efforts.

2019 Movement assistant to Mandy Gordon: Boudica by Tristan Bernays, directed by Jon Pashley at the Courtyard Theatre (Royal Central School of Speech and Drama) and Leicester Curve. Worked with BA (Hons) Acting Musical Theatre 3rd year students, supporting preparation and delivery of the movement work.

2019 Movement director: The Cosmonaut's Last Message to the Woman He Once Loved in the Former Soviet Union by David Greig, directed by Nadia Papachronopoulou at the PATS Theatre, Guildford School of Acting. Mentored by Rose Ryan, worked with BA (Hons) Acting 3rd Year students in creating the physical life of the play, ranging from character to ensemble work.

2019 Actor movement teacher: Mentored by Debbie Green - Royal Central School of Speech and Drama. Worked with BA (Hons) Acting 1st Year students, leading seven sessions on Free-flow in the movement fundamentals curricula.

2019 Researcher/ movement facilitator: 1-Everyone-1 - An investigation on how advancing the individual rhythm can facilitate and develop the ensemble.

OTHER PRODUCTIONS AS A MOVEMENT DIRECTOR/ CHOREOGRAPHER

2016 Co-choreographer/performing artist at KWAM Collective. *Fugue State*. Sound and Music – The National Charity for new music at the Omnibus Clapham – Studio theatre, London.

2014 Co-choreographer/performing artist at KWAM Collective. *Circe* at Emerge at The Space and Baltic Art Form Festival, London.

2013 Co-choreographer/performing artist at KWAM Collective. *Cameleon I/ II* at the Raw Festival and Resolution! 2013/2014 and The Place, London.

AS A MOVEMENT TEACHER

2021 Rambert Home Studio, UK. Dance and Movement Teacher – Movement Improvisation.

2021 Guildford School of Acting, UK. Movement Workshops: Laban Motion Factors and Devising - Foundation Acting, Summer Term.

2021 Guildford School of Acting, UK. Physicality through text: Foundation Acting, Summer Term.

2021 Guildford School of Acting, UK. Pilates and Body Conditioning: BA Musical Theatre Yr-1, Summer Term.

2021 Royal Central School of Speech and Drama, UK. Visiting Lecturer: Movement Fundamentals on BA Acting Year 1, Spring Term.

2021 Guildford School of Acting, Pilates Teacher: MA Musical Theatre, Spring Term.

2019 Buckinghamshire University, UK. Contemporary Dance Teacher, Audition Workshop.

2016-Present Heartcore Fitness Ltd, London. Dynamic Reformer Pilates and Barre Instructor.

2015 Turnstyles Creative Arts Dance and Drama, London. Teaching Street Dance, PE, Ballet – KS1 & KS2.

2014 Opera de Lorraine: Contemporary Dance Teacher for the company in the R&D of *Toy Box*. Directed by Dee & Delacour, London.

2005-2009 CDVS, Portugal. Teaching Baby Ballet to Grade 4 – RAD.

SELECTED PERFORMANCE EXPERIENCE

2018 National Theatre: *Julie*. Directed by Carrie Cracknell; Movement Direction - Ann Yee (London, UK)

2016 Wittmann Dance Company: *Fugue State*. Sound and Music – The National Charity for new music. (Omnibus Clapham – studio theatre, London)

2015 – 2016 The Young Vic: *Macbeth*. Directed by Carrie Cracknell; Movement by Lucy Guerin (The Young Vic, Birmingham Rep Theatre, HOME Manchester)

2015 Cascade Dance Theatre R&D - Choreography by Phil Williams and Jem Treays (The Riverfront, Newport)

2015 Wittmann Dance Company: *Circe*. Baltic Art Form Festival (London, UK)

2015 Renaud Wisser Dance Company: *Who Killed Bambi? & Metropolis*. Choreography by Renaud Wisser (Dance City Newcastle, Bournemouth Pavilion Theatre, London GDA)

BIOGRAPHY

Ana is a movement teacher, movement director, dance and theatre artist, and Dynamic Reformer Pilates facilitator. Following completion of a 1st class B.A (Hons) Dance Theatre degree from UAL in 2012, Ana worked professionally in dance and theatre productions including site-specific work, stage and screen. She has performed for companies such as Renaud Wiser Dance Company and Cascade Dance Theatre, and in recent years, in Macbeth at the Young Vic and Julie at the National Theatre. Ana has continuously been involved in the making and showcasing of KWAM Collective's work. She has taught various dance styles to a wide demographic and currently teaches Dynamic Reformer Pilates and movement improvisation. Whilst on the MA Movement course, Ana has furthered her movement practice through actor movement placements across drama conservatoires in both movement teaching and movement direction contexts. She has since been engaged as visiting lecturer at RCSSD and GSA working across varied year groups and courses.

Ana's professional experience in contemporary dance and theatre settings, her expertise in functional movement and interest in anatomical and somatic approaches, largely influence her current and developing practice. She seeks to continue investigating and dreaming effective approaches to movement, both in movement teaching and movement directing contexts.

SKILLS

Devising, Choreography, Contact Improvisation, Dynamic Reformer Pilates, Barre, Dance – ballet (advanced), contemporary (Limón, Graham, Cunningham, Release - professional), jazz (advanced), tap (intermediate), music reading (basic).