

ROXY MENZIES

www.roxymenzies.com
pilateswithroxy@gmail.com

Movement Therapist Pilates – Dance – Massage – Licensed GYROTONIC® Instructor

EDUCATION

2001 Honours Bachelor of Fine Arts Degree, York University Canada

2001/2008 Stott Pilates Certification in All Equipment, Canada

2010 Level 1 GYROTONIC® Certification , Germany

MIND BODY FITNESS INSTRUCTION

| | | |
|-------------|------------------------------------|-------------------|
| 2008 – 2010 | Zeynep Tanbay Dans Project | Istanbul, Turkey |
| 2008/2009 | Mars Athletic Club | Istanbul, Turkey |
| 2007/2008 | The Pilates Studio & The Core | Bangkok, Thailand |
| 2006/2007 | Motus Wellness Centre | Istanbul/Bodrum, |
| 2005/2006 | Element Paris | Paris, France |
| 2003 | World Health Club | Calgary, Canada |
| 2002 –2004 | Calgary Pilates Centre | Calgary, Canada |
| 2000–2001 | Stott Pilates Certification Centre | Toronto, Canada |
| 1998–2001 | York University Dance Dept. | Toronto, Canada |

TEACHER TRAINING WORKSHOPS/GUEST INSTRUCTION

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|-----------|------------------------|------------------|
| 2008/2009 | Mars Athletic Club | Istanbul, Turkey |
| 2008/2009 | CityZen Pilates Studio | Istanbul, Turkey |

ADDITIONAL CERTIFICATION (selection)

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|------|-----------------------------------|----------------------|
| 2009 | Axis of Life | Rome, Italy |
| 2008 | Prenatal Yoga/Pilates | Bangkok, Thailand |
| 2008 | Thai Massage in the Side Position | Chiang Mai, Thailand |

DANCE

FILM/TELEVISION (selection)

Independent Dance Film 'Woman In a Red Dress' dir. Duygu Etikan, Canada/Turkey

Eurovision's Kenan Dogulu 'Shake It Up, Sekerim' Turkey

Kardinal Offishall 'Hustlin' Music Video Canada

Nike Dance Istanbul Turkey

Doritos/MuchMusic Commercial Canada

CBC, Comedy Network, MuchMusic, Ooh La La, City TV, Shine TV Canada

DANCE/STAGE/PRODUCTION (selection)

TURKEY: The Hall, SupperClub

CANADA: Alberta Dance Explosions, Eko Dance Projects, Decidedly Jazz Danceworks 20th Anniversary Jam, Dance Montage, Dance Immersion, Jack Singer Concert Hall, fFida Fringe Festival of Dance, Calgary Cares, Scooby Doo and the Ghost in the Attic, Air Canada Centre, CNE, Kingswood Music Theatre

TEACHING (selection)

University of Calgary

E.P. Scarlett High School

Decidedly Jazz Danceworks

FreeHouse Dance Plus

City of Calgary

Recreation York

Rum Puree Thailand

TRAINING

Centre Mombeye Paris, France

National Dance Theatre Company of Jamaica Kingston, Jamaica

Broadway Dance Center New York, U.S.A

Katherine Dunham Technique Seminar St.Louis, U.S.A

Ballet Creole Toronto, Canada