

Acro Mel

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Education and Formal Training

Doctor of Philosophy

Indiana State University

Terre Haute, USA

In progress

Diploma of Instructor in Circus Arts

Ecole Nationale de Cirque (ENC)

Montreal, Canada

December 2019

Master of Business Administration

University of Northampton

Northampton, UK

March 2016

Bachelor of Arts

University of Victoria

Victoria, Canada

October 2012

Diploma

Victoria School of Performing and Visual Arts

Edmonton, Canada

June 2006

Certifications

e-RYT 500 (Experienced Registered Yoga Teacher)

Yoga Alliance
September 2019

e-RYT 200 (Experienced Registered Yoga Teacher)

Yoga Alliance
March 2017

YACEP Continuing Education Provider

Yoga Alliance
March 2017

Yoga 300 Hour Teacher Training (500 hour certified)

Yama Yoga (certified by Yoga Alliance)
Doha, Qatar
July 2016

Fitness Instructor Specialist

Canadian Fitness Professionals
Vancouver, Canada
January 2016

Pole Instructor Certification

Gravity Vertical Education (certified by the Canadian Pole Fitness Association)
Vancouver, Canada
January 2016

Rigging Fundamentals for Aerial Performance

High Performance
Letterkenny, Ireland
June 2015

Yoga 200 Hour Teacher Training

Association for Yoga and Meditation (certified by Yoga Alliance)
Rishikesh, India
January 2014

Atmospheric Yoga Teacher Training

Cadence Fitness
Victoria, Canada
September 2012

Gymnastics Coach Level 1

Whistler Gymnastics

Whistler, Canada

June 2007

First Aid

Continual upgrade

Regular Contracted Teaching

Kula Yoga

Al Badah, Saudi Arabia

2024 - present

Acrofit Studios

Thuwal, Saudi Arabia

2024 - present

Safaa Golf Clubhouse

Thuwal, Saudi Arabia

2021 - 2023

The Pole & Aerial House

Thuwal, Saudi Arabia

2019 - 2022

Island Recreation Center

Thuwal, Saudi Arabia

2018 - 2023

Harbor Dance Studio

Thuwal, Saudi Arabia

2018 - 2020

Bounce Fitness Qatar

Doha, Qatar

2017 - 2018

Yama Yoga Studios

Doha, Qatar

2017 - 2018

Ritz Carlton Sharq Six Senses Spa

Doha, Qatar

2017 - 2018

Niya Yoga

Doha, Qatar

2017 - 2018

StrongBox Qatar

Doha, Qatar

2015 - 2018

Yama Yoga Studios

Doha, Qatar

2014 - 2015

Ritz Carlton Sharq Six Senses Spa

Doha, Qatar

2014 - 2015

Doha Dancers, Artistic Director

Doha, Qatar

2013 - 2015

B/Attitude Dance Studio

Doha, Qatar

2013 - 2014

University of Calgary in Qatar

Doha, Qatar

2013

Cadence Fitness

Victoria, Canada

2010 - 2012

Vikes Recreation

Victoria, Canada

2008 - 2012

UVic Dance Company

Victoria, Canada

2007 - 2011

Whistler Gymnastics

Whistler, Canada

2006 - 2007

All Canadian Flying Trapeze

Whistler, Canada

2004 - 2006

Bungy Trampoline Zone

Whistler, Canada

2003

Teaching and Visiting Instructor

Calgary Circus Studio

Calgary, Canada

October – November 2024

R.Song Studios

Calgary, Canada

October – November 2024

Ascension Fitness

Calgary, Canada

October – November 2024

Sharma Circus School Dubai

Dubai, UAE

September 2024

Taking Flight Performing Arts School

Dublin, Ireland

August 2024

Aerial Cirque

Dublin, Ireland

August 2024

Circomedia Circus School

Bristol, UK

June 024

National Center for Circus Arts (NCCA)

London, UK

June 2024

Hairhanging Retreat Sweet Retreats

Puerto Escondido, Mexico

May 2024

Brava Studios

Doha, Qatar

April 2024

Aerotique Aerial Studio

Columbus, USA

April 2024

Studio Rouge

Columbus, USA

April 2024

National Center for Circus Arts (NCCA)

London, UK

March 2024

Emerald City Trapeze

Seattle, USA

March 2024

New Moon Movement Arts

Seattle, USA

March 2024

Aerial Life Studio

London, UK

February 2024

Capitol City Circus School

Washington, DC, USA

December 2023

Monarca In Flight

Falls Church, USA

December 2023

Reverie

Riyadh, Saudi Arabia

October 2023

Peak Aerial Fitness

Kelowna, Canada

July 2023

Calgary Circus Studio

Calgary, Canada

July 2023

Cosmic Fit Club

New York, USA

June 2023

Aloft Circus Arts

Chicago, USA

June 2023

National Center for Circus Arts (NCCA)

London, UK

May 2023

Parc du Cinquanteenaire

Brussels, Belgium

May 2023

Dutch Acrobatics Convention

Arnhem, Netherlands

May 2023

Vasim Circus Sapce

Nijmegen, Netherlands

May 2023

Dutch Acrobatics Preconvention

Beuningen, Netherlands

May 2023

Manchester Aerial & Acrobatics Convention

Manchester, UK

April - May 2023

Flying Fantastic

London, UK

April 2023

Commonwealth Circus

Boston, USA

April 2023

Esh Circus Arts

Boston, USA

April 2023

Gravity Aerial Arts

Denver, USA

March 2023

Peak Aerial Fitness

Kelowna, Canada

December 2022

Sometimes Aerial & Pole

Oslo, Norway

September 2022

Aerial Silks Vienna

Vienna, Austria

June 2022

Little European Acrobatics Program (LEAP)

Prague, Czechia

May 2022

Manchester Aerial & Acrobatics Convention

Manchester, UK

May 2022

Graystone Sports Academy

Manchester, UK

May 2022

Cloud Aerial Arts

Manchester, UK

May 2022

Aloft Circus Arts

Chicago, USA

April 2022

In the Dark Circus Arts

Baltimore, USA

March 2022

Flip Factory

Calgary, Canada

March 2022

Loca Studios

Jeddah, Saudi Arabia

January 2022

London Dance Academy

London, UK

December 2021

National Center for Circus Arts (NCCA)

London, UK

November - December 2021

Graystone Sports Academy

Manchester, UK

November 2021

Dubai Acro

Dubai, UAE

November 2021

Brava Studio

Doha, Qatar

October 2021

King Abdullah University of Science and Technology Winter Enrichment Program

Thuwal, Saudi Arabia

January 2021

Aerial Arts Jeddah

Jeddah, Saudi Arabia

February 2020

Calisthenics Park

Dubai, UAE

December 2019

F45

Doha, Qatar

December 2019

Feather Aerial Studio

Kuwait City, Kuwait

November 2019

Brava Studio

Doha, Qatar

October 2019

Seychelles International School

Praslin, Seychelles

September 2019

Aerial Arts Jeddah

Jeddah, Saudi Arabia

September 2019

Canadian Acro Intensive

Vancouver, Canada

August 2019

Okanagan Gymnastics

Kelowna, Canada

July - August 2019

Westcoast Flying Trapeze

Vancouver, Canada

August 2019

Whistler Gymnastics Treeline Aerial

Whistler, Canada

August 2019

Dutch Acrobatics Preconvention

Beuningen, Netherlands

June 2019

Aerial Arts Jeddah

Jeddah, Saudi Arabia

May 2019

Manchester Aerial & Acrobatics Convention

Manchester, UK

May 2019

The Circus House

Manchester, UK

May 2019

National Center for Circus Arts (NCCA)

London, UK

May 2019

Aerial Life Studio

London, UK

May 2019

Karama Yoga

Jeddah, Saudi Arabia

April 2019

San Francisco Circus Center

San Francisco, USA

April 2019

San Diego Circus Center

San Diego, USA

April 2019

Womack and Bowman: The Loft

Los Angeles, USA

April 2019

Aerial Physique

Los Angeles, USA

April 2019

Kinetic Theory

Los Angeles, USA

April 2019

The Aerial House

Los Angeles, USA

April 2019

Pitch Catch Circus

Asheville, USA

March - April 2019

Inspire Studio

Asheville, USA

April 2019

Empyrean Arts

Asheville, USA

April 2019

King Abdullah University of Science and Technology Saudi Leadership Program

(In collaboration with the University of California, Berkeley)

Thuwal, Saudi Arabia

March 2019

Hercinia Arts Collective

Toronto, Canada

March 2019

Cirque du Soleil Headquarters

Montreal, Canada

February 2019

Ecole Nationale du Cirque

Montreal, Canada

February 2019

Trapeze Le Voltigeur (Victor's Studio)

Montreal, Canada

February 2019

Cirque Verdun

Montreal, Canada

February 2019

Karama Yoga

Jeddah, Saudi Arabia

January - February 2019

Aerial Arts Jeddah

Jeddah, Saudi Arabia

January 2019

King Abdullah University of Science and Technology Winter Enrichment Program

Thuwal, Saudi Arabia

January 2019

Delhi Rock

Delhi, India

March 2018

Lake Country School of Dance

Lake Country, Canada

February - March 2018

Okanagan Pole Dance

Kelowna, Canada

February - March 2018

Okanagan Gymnastics

Kelowna, Canada

February - March 2018

Ox Fitness Lab

Doha, Qatar

October 2017

National Center for Circus Arts (NCCA)

London, UK

July 2017

Aerial Life Studio

London, UK

July 2017

My Aerial Home

London, UK

July 2017

Pineapple Dance Studio

London, UK

July 2017

Secret Society of Cabaret

London, UK

July 2017

Cloud Aerial Arts

Manchester, UK

July 2017

TILT Aerial Festival

Birmingham, UK

July 2017

Rogue Play

Birmingham, UK

July 2017

StrongBox Qatar

Doha, Qatar

June 2017

Pole Fit Dubai

Dubai, UAE

June 2017

Pitch Catch Circus

Asheville, USA

April - May 2017

Empyrean Arts

Asheville, USA

April 2017

Toy Boat Circus

Asheville, USA

April 2017

Anytime Fitness

Doha, Qatar

March 2017

Milan Pole Dance Studio

Milan, Italy

March 2017

Lululemon Qatar

Doha, Qatar

February 2017

Lake Country School of Dance

Lake Country, Canada

January 2017

Okanagan Gymnastics

Kelowna, Canada

December 2016

Vancouver Circus School

Vancouver, Canada

December 2016

Circus West

Vancouver, Canada

December 2016

Steve Nash Fitness Clubs

Vancouver, Canada

December 2016

Flip Factory

Calgary, Canada

December 2016

Calgary Circus Studio

Calgary, Canada

December, 2016

North Gymnastics Center

Calgary, Canada

December 2016

Cat Dance Pole & Aerial Studio

Beijing, China

October - November 2016

Calgary Circus Studio

Calgary, Canada

October 2016

Flip Factory

Calgary, Canada

October 2016

Strut Fitness

Calgary, Canada

October 2016

Calgary Pole Junkies

Calgary, Canada

September 2016

YMCA Canada

Kelowna, Canada

September 2016

Lake Country School of Dance

Lake Country, Canada

August - September 2016

Lake Country Gymnastics

Lake Country, Canada

August - September 2016

Okanagan Gymnastics

Kelowna, Canada

August - September 2016

Unity Acro Fest

Enderby, Canada

August 2016

Studio X

Kelowna, Canada

August 2016

Yama Yoga Bulgaria

Veliko Tarnovo, Bulgaria

July - August 2016

Edinburgh Acro Fest

Edinburgh, Scotland

July 2016

Taking Flight

Dublin, Ireland

July 2016

Gravity Circus Center

London, UK

May 2016

Dutch Acrobatics Preconvention

Beuningen, Netherlands

May 2016

Gorilla Circus

London, UK

April 2016

London Acro

London, UK

April 2016

Pineapple Dance Studio

London, UK

April 2016

Cloud Aerial Arts

Manchester, UK

April 2016

London Dance Academy

London, UK

April 2016

Doha Yogathon

Doha, Qatar

November 2015

Samrya Gardens Dance Studio

Doha, Qatar

November 2015

Pole Fit Dubai

Dubai, UAE

June 2015

Acro Yoga Dubai

Dubai, UAE

June 2015

Dutch Acrobatics Convention

Arnhem, Netherlands

May 2015

Dutch Acrobatics Preconvention

Beuningen, Netherlands

May 2015

Acro Yoga Workshop

Doha, Qatar

November 2014

Qatar Exhibition Center Circus and Flying Trapeze

Doha, Qatar

September 2014

Anand Prakash Yoga Ashram

Rishikesh, India

January 2014

Qatar Canadian School

Doha, Qatar

May 2013

Qatar Sports Day

Doha, Qatar

February 2013

Professional and Formal Training

Professional Hairhanging Training

Sweet Retreats

Puerto Escondido, Mexico

May 2024

Partner Acrobatics Training

Little European Acrobatics Program (LEAP)
Prague, Czechia
May 2022

Partner Acrobatics Training

Pitch Catch Circus: School of Acrobatics
Asheville, USA
March - April 2019

Partner Acrobatics Training

Pitch Catch Circus: School of Acrobatics
Asheville, USA
April - May 2017

Professional Circus Residency

Beijing International Arts School
Beijing, China
October - November 2016

Professional Aerial Program

Gravity Circus Centre
London, UK
January - April 2016

Aerial Dance Training

Irish Aerial Dance Festival (IADF)
Letterkenny, Ireland
June 2016

Aerial Dance Training

Irish Aerial Dance Festival (IADF)
Letterkenny, Ireland
June 2015

Dancer

Victoria Contemporary Dance Company
Victoria, Canada
2011 - 2012

UVic Dance Company

University of Victoria
Victoria, Canada
2006 - 2011

Competitive Dance

Soul Funktion Dance Studio
Whistler, Canada
2006 - 2007

Competitive Cheerleading

Victoria School of Performing and Visual Arts
Edmonton, Canada
2003 - 2006

Victoria Pom Dance Team

Victoria School of Performing and Visual Arts
Edmonton, Canada
2003 - 2006

Competitive Dance

Lecky School of Dancing
Edmonton, Canada
2003 - 2006

Competitive Gymnastics

Storm Gymnastics
Whistler, Canada
2000 - 2003

Provincial Level Competitive Gymnastics

Whistler Gymnastics
Whistler, Canada
1994 - 2003

Competitive Dance

Whistler Dance Academy
Whistler, Canada
1995 - 2003

Other Workshops & Training

Partner Acrobatics Workshop with Niko Douwes

Dubai, UAE
November - December 2019

Speaking and Movement Workshop with Davide Marranchelli

Thuwal, Saudi Arabia
October 2019

Leslie Tipton Contortion Training

San Francisco, USA
April 2019

Catie Briar - The Dos and Don'ts of Teaching Flexibility

Online
April 2018

Yoga Workshop with Dylan Werner

Doha, Qatar
September 2017

Acro Yoga Workshop with Pascal Weiss

Doha, Qatar
February 2017

Yoga Workshop with John Scott

Doha, Qatar
November 2016

Contortion Training with Pixie Le Knot

London, UK
January - May 2016

Yoga Workshop with Michael Gannon

Doha, Qatar
November 2014

Acro Yoga Workshop

Doha, Qatar
November 2014

Yoga Intensive Retreat

Veliko Tarnovo, Bulgaria
July 2014

Acro Yoga Lunar Immersion

Bali, Indonesia
March 2014

Edge Performing Arts Center

Los Angeles, USA
March 2010

Edge Performing Arts Center

Los Angeles, USA
March 2008

National Cheerleading Association (NCA) Cheerleading Camp

Portland, USA
July 2005

All Canadian Flying Trapeze

Whistler, Canada
1996 - 2006