

# Evangelia Mosiou



# Contact Details



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## A few words about Evangelia

Evangelia Mosiou, originally from Greece and born in 1994, started her path as a child in Rhythmic Gymnastics and later she became a member of the National Rhythmic Gymnastics Team of Greece. After completing her studies in the field of Economics and Business, at the age of 22, she discovered circus and felt a strong will to follow that path.

For 5 years she was training hand to hand with her partner, handstands and aerial acrobatics. To dive deeper into that magical world, she attended the professional circus course at INAC (Instituto Nacional de Artes do Circo) in Portugal, for two years, with a specialization in hand balance.



She is also a Yoga, Aerial Yoga & Acrobatics Teacher with Yoga Alliance RYT-200 certification, as well as a qualified Rhythmic & Acrobatic Gymnastics Coach. She has been teaching in various countries and to different groups of people, sharing her passion for movement exploration, physical and mental connection.

She loves to explore various movement practices thus she participates in seminars, courses and workshops to broaden her perception of the creation process.



## Art field



Circus performer, Handbalancer, Hand to Hand flyer, Aerial Sling

## Education

- 2020 - 2022: Instituto Nacional de Artes do Circo (Portugal)
- 2019: Coaching Diploma in Acrobatic Gymnastics
- 2018: Coaching Diploma in Rhythmic Gymnastics
- 2016: Aerial Yoga Teacher Training
- 2017: Yoga Alliance RYT-200h Certification in Vinyasa Yoga
- 2012 – 2017: University of Thessaly, Department of Economics



# Workshops

- Creation laboratory with Roberto Magro (2022)
- Contemporary Dance & Soft Acrobatics Workshop with Akira Yoshida (2022)
- Stage de Main à Main with Manu Buttner (2021)
- Performance Lab with Ioannis Karounis (2020)
- Physical theater training "Self with Others" with Thekla Gaiti (2019)
- 5-day Handstand Seminar in Dynamo Circo (2018)



# Job Experience

- Handbalancing act in Cabaret Shows, Athens, Greece 2018-19.
- Aerial silks in group show, Athens, Greece 2019.
- Hand to Hand act in several events, Athens, Greece 2019-2020.
- Group show in Festival Vaudeville Rendez-Vous, Famalicão, Portugal, 2021.
- Group show in Circo Potavel, Famalicão, Portugal 2021.
- Handbalancing act in Casa das Artes, Famalicão, Portugal, 2022.
- Handbalancing & contortion duo act in hotel, Porto, Portugal, 2022.





