

# ROXY MENZIES

[www.roxymenzies.com](http://www.roxymenzies.com)  
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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  
2008/2009 2010 Level 1 GYROTONIC® Certification

## MIND BODY FITNESS INSTRUCTION

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

## TEACHER TRAINING WORKSHOPS / GUEST INSTRUCTION

2011	Cirque du Soleil 'Saltimbanco'	<i>Istanbul, Turkey</i>
2008/2009	Mars Athletic Club	<i>Istanbul, Turkey</i>
2008/2009	CityZen Pilates Studio	<i>Istanbul, Turkey</i>

## ADDITIONAL CERTIFICATION (selection)

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

# 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 20<sup>th</sup> 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	<i>Paris, France</i>
National Dance Theatre Company of Jamaica	<i>Kingston, Jamaica</i>
Broadway Dance Center	<i>New York, U.S.A</i>
Katherine Dunham Technique Seminar	<i>St. Louis, U.S.A</i>
Ballet Creole	<i>Toronto, Canada</i>