

Sofia Isabela Mahdavi sofiamahdavi.com

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DESCRIPTION

Coaching for 7 years around the world. Highly experienced, passionate and energetic elite coach with professional background in rhythmic gymnastics under USA Gymnastics. Works extremely well with all ages, competitive and recreational. Provides personalized training based upon the client's strengths and weaknesses. Professional dancer/choreographer. Detail-oriented and dedicated to quality training that's sustainable. Founder and Director of nonprofit org. helloselfproject.com, Co-Founder of RG Wellness, Founder of **Bella Body Technique**.

PROFESSIONAL EXPERIENCE

September 2023- January 2024

Head Rhythmic Gymnastics Team Coach

Alba Academy of Rhythmic Gymnastics

- Training competitive gymnasts, choreographing L4 routines, choreographing dance performances, recreational classes ages 3-14

June 2022- August 2023

Head Rhythmic Gymnastics Team Coach

Wendy Hilliard Gymnastics Foundation

- Training competitive gymnasts, choreographing routines, recreational classes ages 3-16 (primarily during summer sessions)

January 2017- 2023

Pro Rhythmic Gymnastics Coach/ Dance Instructor/ Social Media Manager

Champion Rhythmics - San Diego, CA (L3-L8 Competitive Team)

- Stretching and conditioning training to gymnasts, dancers, and ice skaters in group classes and private lessons; increasing range of motion, targeted strengthening, body skills and apparatus technique
- Choreographing and teaching new dances every week to improve musicality, artistry, and choreography retention: jazz, contemporary, lyrical, hiphop, latin ballroom, musical theater, etc.
- Choreographing and cleaning competition routines
- Managing and growing the Champion Rhythmics Instagram: 45k followers
- **Training pro gymnasts statewide and internationally, Mexico, Iran, Europe, etc. for intensives**

December 2021-Current

Strength and Flexibility Class - Bella Body Technique

Brickhouse NYC, Gramercy Dance Studios, and Modega

- Muscle conditioning, total body flexibility, rhythmic gymnastics training, pilates, floor barre, HIIT, targeted injury prevention for dancers

August 2018

Master Class: Pro Rhythmic Gymnastics Coach/ Dance Instructor

Rhythmic Gymnastics Academy of Iran - Tehran, Iran

- Beginner Latin Ballroom Classes, Contemporary Classes
- Improving strength, flexibility, body technique, and apparatus technique
- Choreographing and cleaning routines for competition

EDUCATION

NEW YORK UNIVERSITY - Tisch School of the Arts

Bachelor of Fine Arts // Tisch Dance Summer Residency Select