

## **Nica Gimeno Curriculum Vitae**

1978-1981 studied gestural theatre at the Institut del Teatre of Barcelona

1983 had her first lessons in the Alexander Technique

1988 graduated as a teacher of the Alexander Technique from The Constructive Teaching Centre, London

A.T. teacher at the Conservatory of Music of Terrassa, in the Andalusian Theatre Centre (CAT)

1989-2001 member of the faculty of the Department of drama of l'Institut del Teatre of Barcelona teaching Alexander Technique and movement

2003 founded l'Estudi, Integraci3n Psicof3sica de Barcelona, the first Alexander teacher training course in Spain

Four year training as a Gestalt therapist at the Gestalt Institute and graduated in Psycho-corporeal Integration led by Marc Costa. Both in Barcelona

Five years training with Ray Castellino in pre and prenatal somatic imprints and in training with De Dana about Polyvagal theory of Steven Porges