## INTERNATIONAL TEAC WEEK



West University of Timisoara ROMANIA



Cesi is a lecturer at the Faculty of Physical Education and Sport, specializing in gymnastics, dance, and outdoor activities. A former member of Romania's Artistic Gymnastics National Team, she has won numerous national and international medals, contributing to Romanian sports' global prestige. Her academic interests focus on body aesthetics, blending science, movement, and artistic expression. In her free time, she enjoys moments with her daughter, exploring nature on mountains or bikes, and traveling on motorcycles, keeping her spirit vibrant and free.

**IDW Topics**:

- Romanian Traditional Dances
- Cha Cha Cha Adapted for Students of the Faculty of Physical Education and Sport