

INTERNATIONAL TEACHING WEEK

Dancing

 **Janita Frantsi**

**University of Alberta
CANADA**



Janita is a contemporary dance artist and university lecturer in University of Alberta, Canada. She has a Bachelor's in Sport Sciences with studies in dance pedagogy from the University of Jyväskylä, Finland, and a Master of Arts in Dance from the University of Alberta, Canada. She creates, performs, teaches, and researches dance with the mission of questioning common ideals of the dancing body and expanding on how and where dance is practiced, presented, and seen in our society. Alongside her teaching, Janita dances professionally with companies such as Mile Zero Dance, KO Dance Projects, and Edmonton Opera. She is also a Pilates and fitness instructor with 15 years of experience. When Janita is not dancing, she can be found hiking or baking.

IDW Topics:

- 1 Hip Hop
- 2 Mindfulness in Dance



Faculty of Physical
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