

INTERNATIONAL TEACHING WEEK

Dancing



Kristýna Janečková

**Palacký University Olomouc
CZECH REPUBLIC**



Kristýna is a PhD student at our faculty, researching the meaning in life among elite athletes. She has been passionately engaged in rhythmic and aesthetic group gymnastics for most of her life—both as a competitor and a coach. Her career highlights include competing in the World Championships. Kristýna teaches experiential dance education, rhythmic gymnastics, international student dance classes, communication skills, and outdoor activities such as windsurfing. She is also an instructor of summer experiential courses.

Beyond academia, Kristýna finds joy in choreographing dance routines, engaging in outdoor sports, and inspiring children through movement.

IDW Topics:

- 1 Step Into the Joy of Polka! A Dance That Will Lift Your Spirits!



Faculty of Physical
Culture

Palacký University
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