



**ANNA-JULIA IGNATOV**

Anna-Julia has had a love for movement from an early age. In 2010, she joined Faubourg School of Ballet, where she studied ballet, contemporary, jazz, and hip-hop, under the instruction of Watmora Casey, Tatyana Mazur, Ernesto Quenedit, Victor Ramirez, Maray Gutierrez, Camille Turner, and Karlo Familara. Throughout her eight years of rigorous dance training, Anna-Julia performed lead and supporting roles in numerous theatre productions, such as Paquita, Swan Lake, and Don Quixote, to name a few. Her accomplishments on the competition stage include classical and contemporary dance awards, such as Top 12 Award (YAGP, 2012), Grand Prix Award (Reklama Russian Dance Festival and Competition, 2012), Outstanding Artistry Award (Reklama Russian Dance Festival and Competition, 2012), and Outstanding Dancer Award (NYCDA, 2013). Over her years as a dance student, Anna-Julia also had the opportunity to volunteer and work closely with the Autism Movement Therapy group and assist with the dance education and stage performances of children with Autism.

In 2022, she graduated from Grand Valley State University (GVSU) in Grand Rapids, Michigan with a B.S. in Behavioral Neuroscience. During her time at GVSU, Anna-Julia discovered a passion for yoga and proceeded to study and practice yoga for three years before completing her 200-hour yoga teacher training course. Currently, Anna-Julia is a Yoga Alliance certified instructor and teaches at CorePower Yoga. Anna-Julia uses her background in ballet technique training to shape her yoga sequences into an experience that builds strength, flexibility, mental perseverance, and to promote creative flow and expression. She believes yoga to be a great way to facilitate healthy body alignment and a healthy mindset, as well as a powerful supplement to other rigorous forms of exercise.