MARINA KAVVADIA

ATHENS, GREECE | kvd.mrn@gmail.com | marina-in-kinesis.com
Dance Artist, Movement Educator and Researcher

PROFESSIONAL SUMMARY

Dance artist, movement educator and doctoral researcher with professional training in contemporary dance and classical ballet and an academic background in food science and human nutrition. Teaches children and adults in Athens. Research interests include somatic approaches to dance, anatomical imagery in improvisation, and access to dance education in adulthood.

EDUCATION

Agricultural University of Athens **Athens, Greece** | 2025
Integrated Master's Degree in Food Science and Human Nutrition

- Thesis: Systematic Review of the Long-Term Effects of High-Intensity Interval Training on Postprandial Glycemia in Individuals with Type 1 and Type 2 Diabetes

Higher Professional Dance School Choros **Athens, Greece** | 2022
Diploma in Dance Education and Performance

- Three-year professional program accredited by the Greek Ministry of Culture. Training in classical ballet and contemporary dance, with coursework in pedagogy, developmental psychology, anatomy and dance history.

PROFESSIONAL EXPERIENCE

Spirit of Dance, Technochoros, Bindu Shala and Apoichos Dance Studio **Athens, Greece** | 2025–Present
Dance Instructor and Movement Educator

- Teach across age groups, from young children to adults, adapting movement tasks to learners' experience and developmental needs.
- Lead open contemporary dance and improvisation and anatomy-based movement practice at Bindu Shala. Teach open-level ballet at Apoichos Dance Studio.
- Draw on movement anatomy and Orff-based music and movement work when designing classes.

Previous Dance Teaching Appointments **Athens, Greece**

- Pneumatiki Kinisi Voreion Proastion (2019–2025), Studio Cumana (2023), Choros Maro Grigoriou Dance School (2020–2022) and Dance Athens (2021)

Movement Supervisor and Choreographer 2019–2023

- Designed movement and staging for youth ensembles in school theatre productions.

RESEARCH AND CONFERENCE PRESENTATIONS

- Kavvadia, M., Poulia, A. K., & Papakonstantinou, A. (December 2025). Systematic review of the effects of high-intensity interval training on postprandial glycemia in individuals with type 1 and type 2 diabetes. Poster presentation, 18th Hellenic Congress of Nutrition & Dietetics, Athens, Greece.
- Kavvadia, M. Imagery, alignment and embodied cognition: A narrative review of somatic practices in the choreographic process. Research manuscript in preparation.

PROFESSIONAL DEVELOPMENT

Topf Technique® / Dynamic Anatomy Oct 2026–Present

- Independent Study Track, remotely with New York–based mentor Jaime Ortega. Training in experiential anatomy and somatic movement within an ISMETA-registered training program.

Movement Research **New York, USA**

- Foundational classes in Klein Technique, Alexander Technique and Topf Dynamic Anatomy.

Orff Schulwerk Continuing education

- Professional seminars in music and movement education for children.

Selected Creative And Performance Work

- 2025 Traffic Lights, solo choreography and performance, Technopolis City of Athens dance residency.
- 2024 Hot Spot, dancer in the feature film directed by Agnieszka Smoczyńska.
- 2023–2024 Electric Wrath, performer in Sofia Kouloukouri's work at MIR Festival (2023), M54 and Roma Diffusa Festival (2024).
- 2023 Diorama, performer in Ingri Fiksdal's work at MIR Festival. Danceathon, performer at KIDF.
- 2023 Rooting (in) carnes, co-creator with Lila Savoulidou and Miranta Zisimopoulou and performer, Handmade and Recycled Theater Festival.
- 2023 The Bacchae, second assistant director to Elli Papakonstantinou.
- 2022 Omphalios Loros, performer in Lila Savoulidou's work at To Treno sto Rouf.
- 2021 Chair Dance, solo for camera.
- 2020 Kratiras, performer in Vitoria Kotsalou's work, Syntagma Square.
- 2019 Hi Jack — an intimate version, performer in Androniki Marathaki's work at TAF Athens.
- 2016 Special Olympics opening and closing ceremonies, ensemble dancer, Panathenaic Stadium, Athens.