



Alicia Head began her journey with mind/body exercise in 1989 when a dance injury introduced her to the Pilates method. She became a certified Pilates instructor through Marie-José Blom and her Long Beach Dance Conditioning studio in 1994 and continued with her **GYROTONIC®** certification in 1999. Alicia became a **GYROKINESIS®** master trainer in 2004 and is also a master trainer for the **GYROTONIC®** Archway and Jumping Stretching Board. Alicia trained in classical ballet from the age of 5 and danced with several companies in California. She was on the faculty of Lauridsen Ballet Centre in Torrance, CA for 17 years as well as the Maple Conservatory in Irvine, CA. Alicia

also taught ballet as a lecturer for California

State University, Long Beach. Alicia's continuing education includes the Dance Medicine Practicum course with Marika Molnar, Progressing Ballet Technique, courses with Lisa Howell, and the Art of the Port de Bras workshop at American Ballet Theatre, New York. Alicia was a guest master teacher for the LINES Summer intensive for 8 years and also taught workshops for the LINES BFA and Training programs. She has also taught for the ABT summer intensive programs in Orange County, CA and remains on the year-round faculty of the ABT Gillespie School. In 2018, Alicia presented original material on arabesque at the International Association of Dance Medicine & Science conference and continued with presentations on Turnout in 2022, and Dynamic Alignment in 2023. From 2013-2021, Alicia owned and operated Up Studio (formerly Long Beach Dance Conditioning), which featured a movement space dedicated to both the Pilates Method and the **GYROTONIC®** Expansion System as well as a ballet studio. In 2021, Alicia inaugurated The Inner Life of Ballet™, a continuing education program, with "Port de Bras - the Gateway to Artistry." Subsequent courses have featured arabesque and turnout. Currently, Alicia sees clientele at **GYROTONIC®** South Bay in Manhattan Beach, CA and teaches courses and workshops in the U.S. and abroad.