

Olivia Holland

Teacher

Olivia is a former professional ballet dancer and trained at the Royal Ballet School in London. She danced professionally with the Royal Ballet of Flanders and Northern Ballet, before travelling to New Zealand from the UK in 2015 to embark on a new chapter beyond her dancing career.

Olivia has over 10 years in the teaching field and is a qualified ballet teacher with the Royal Academy of Dance after completing the Professional Dancer's Postgraduate Teaching Certificate in Sydney, Australia. Since leaving her ballet career, Olivia has been on a journey to rediscover her path within movement which lead her to study with BASI Pilates on the Global Comprehensive Course in London. She has experience teaching in some of the leading Pilates studios across London, including the BASI headquarters in Wimbledon, and runs her own Pilates For Dancers Workshops designed to help dancer's gain strength and awareness of movement through Pilates & ballet coaching.

CREDENTIALS

- Graduate of BASI Pilates Comprehensive Program
- BASI Pilates Certificate Course: Injuries & Pathologies (Samatha Wood)
- Professional Dancer's Postgraduate Teaching Certificate
- Royal Academy of Dance Registered Teacher
- Associate of the Royal Academy of Dance (ARAD)
- Level 6 Diploma in Professional Dance
- Royal Ballet School Graduate