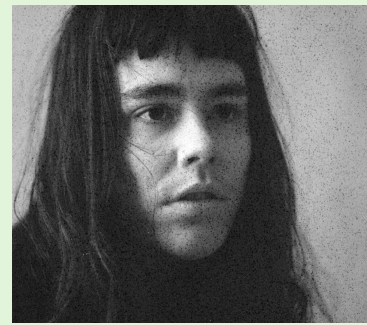


# CURRICULUM VITAE



## Personal Information

Alma Charlotte Schlegel

e-mail: [almacharlottecirque@gmail.com](mailto:almacharlottecirque@gmail.com)

go to:

Performance & Choreography

Coaching & Mentorship Experience

Funding

Circus Education

Education Psychology

Other

Social Work Experience

## Performance & Choreography

**Holzmarkt Cabaret 25**, Berlin Germany, 2025

Aerial Hoop soloist, with singer Mine (ICH WEISS ES NICHT)

**Aerial Arts Festival Berlin**, 2025

Aerial Rope soloist (Miserere)

**Member of 7 Women Company** ongoing

Aerial hoop, contortion, group and theatre performance in NORA (contemporary circus and theatre show)

Internationale Kulturbörse Freiburg, 2025

Theater Ravensburg, 2025

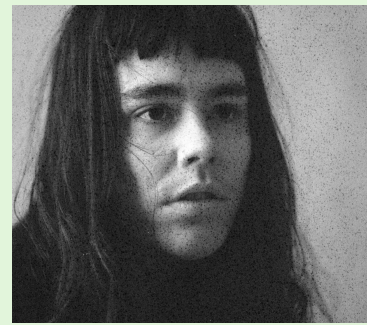
**DISSONANZ**, An Grianan Theater, Letterkenny Ireland, 2024

Choreography, production and performance of short Duo-show with Tasnim Al-Bagikni, supported by Emma Insley Award 2024 (Fidget Feet)

**Katapult Cabaret**, Berlin Germany, 2024

Aerial hoop soloist (Silent Screeches)

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**Zirkus Mond**, Berlin Germany, 2023

Aerial hoop soloist (Silent Screeches)

**Showcase Fl'air Studios**, Berlin Germany, 2023

Aerial hoop soloist (Silent Screeches), choreography, coach

**Irish Aerial Dance Festival** An Grianan Theater, Letterkenny Ireland, 2023

Performance of *Silent Screeches* (hoop solo)

**Birthday Performance**, Lüneburg Germany, 2023

Contortion performance

**50 Jahre Rauch Haus festival**, Berlin Germany, 2022

Aerial Rope soloist (El camino de mi Alma)

**Wedding Performance**, Zwenkau Germany, 2022

Aerial Hoop soloist (Sweet Love)

**Contemporary Dance Performance**, Potsdam Germany, 2022

Dance Group Performance

**Circus Travados** 2005-2015, Unna Germany (no own choreography)

Partner and group acrobatics

Floor acrobatics and dance

Contortion, 2012-2015

## Coaching & Mentorship Experience

**Authentic Movement Practice** (psychology and circus)

Workshop, Dresden Germany, 2025

Workshop, Aerial Silk Vienna, 2024

**Spinning Workshop**, Dresden Germany, 2024

**Private Coaching**, Berlin Germany, 2023-present

Rope, hoop, creative mentorship

**Culture Moves Europe**, Berlin Germany, 2024

Mentorship of Julie O'Connell Kent's contemporary circus show *Treatment Resistant*

**Substitute Instructor**

Urban Gladiators, Berlin Germany, 2022 - present

IMA, Berlin Germany, 2024 – present

LUFT, Berlin Germany, 2024 – present

Q-Space, Berlin Germany, 2025 - present

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**Theaterbündnis Blumenstrauß e.V.**, Berlin Germany, 2022 - present

Circus camps, weekly school classes for children

Aerial hoop, Aerial silks, hammock and floor acrobatics instructor

Showcase choreographer

**Fl'air Studios**, Berlin Germany, 2022 – 2024

Aerial hoop instructor beginner/intermediate

**Buckingham Bullets Cheerleading**, Buckingham UK, 2016-2018

Flexibility coach of the team

**Circus Travados**, Unna Germany, 2015

General acrobatics for children

## Funding

**Neue Künste Ruhr**, Ministerium für Kultur und Wissenschaft NRW, 2025

funding to make and premiere SPiEGELSPiEL, full length contemporary circus show integrating literature and fine arts

**Emma Insley Fund**, Fidget Feet 2024

funding to make DISSONANZ and showcase a work in progress

## Circus Education

**Intensives**, 2024

Hoop, Hoop Dynamics, Rope, Spiral, Creative mentorship, vertical dance, harness work

**Intensives**, 2023

Hoop, Hoop Dynamics, Silks, Spiral, Handstands, Creative mentorship, Dance bungee

**Private Coaching**, 2021-present

Rope, Handstands, Straps, Floorwork, Contortion, Duo Acrobatics

**Workshops**, 2019 - present

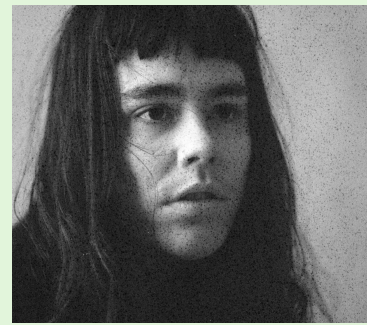
Contemporary Dance, Harness work, Partnering & Counterweight, Rope, Silks, Hoop, Creativity, Straps, Handstands

**Regular classes**

2005-2015: Floor acrobatics, Dance, Partner & Group acrobatics, contortion (2012-2015)

2019-2021: Rope, Hoop

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## Education Psychology

**Psychodrama Institut Berlin**, Germany, 2024 – ongoing

Training to become a Psychodrama Therapist

**International Psychoanalytic University**, Berlin Germany 2019-2022

MA in Clinical Psychology

**University of Buckingham**, England 2016-2018

BSc in Psychology / Minor in English Literature

## Other

**Ballet**, 2003-2006

**Piano** (including regular concerts) 2001-2015; 2021-2022

**Violin**, 2003-2015

**Theater**

two school plays, film adaptation in school (including scriptwriting, filming, editing, and acting), university drama society (three short plays)

**Cheerleading**, 2016-2018

**Yoga**, 2014-present

**Creative writing**

Various creative writing courses and a self-published zine (2020)

## Social Work Experience

**Leuchtturm-Mitte e.V.**, Berlin Germany, 01/2023-12/2024

socio-pedagogical specialist, working with underage unaccompanied refugees

**Diakonie für Familien- und Lebensfragen**, Soest Germany, 2019

5 week internship at a counselling centre

**Arhöna (natural horsemanship stables)**, Mansbach Germany, 2016

2,5 month internship, including equine therapy and camps for children

**Equine Therapy**, Cordoba Argentina, 2016

One month internship

**Montessori Kinderhaus**, Unna Germany, 2012

50 hours social internship