



## AMANDA CHICOINE

### *Yoga and Jazz-Tap*

Amanda discovered yoga just over three years ago when she was transitioning out of a full-time professional dance career. Now a certified Hatha yoga instructor focusing on anusara-style principles, Amanda believes that everyone can benefit from practicing yoga. She has realized, through her own practice, that yoga not only increases body awareness and appreciation but it also invites each of us to tap into our authentic selves.

Amanda was a professional commercial/variety dancer in Montreal for over 15 years. She has appeared on television shows such as *La Fureur*, the *Célébration galas* and in *Radio-Canada's Bye Bye specials*. She performed in Casino stage shows including *Danse-Sing* at the Casino du Liban in Lebanon and performed for the Canadian Armed Forces in Labrador, the North Pole and in Bosnia. She was a cheerleader with the Montreal Alouettes for 9 consecutive seasons. She has also acted in over 20 commercials and starred as Fiona in an episode of MTV's *Undressed*. Amanda currently works in event planning at Global Events, a special events company in Montreal.