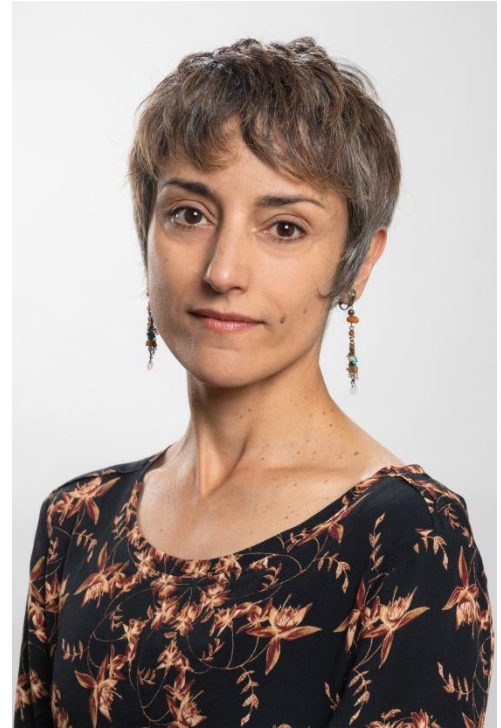


Francis Guardia

Born in Argentina, Ms. Guardia started her Ballet studies at the age of 11 in a private school under the supervision of Nenufar Fleitas.

To continue her studies she traveled to Europe and received a scholarship to Académie de danse Classique Princesse Grace de Monaco.

From 1983 to 1987 she continued studying in Paris with teachers such as Attilio Labis, Gerard Wilk, Gilbert Meyer and Yvonne Cartier and always Nenufar Freitas from whom she learned her floor barre method.



EXPERIENCE

As a professional dancer she worked in Calgary City Ballet, Irish National Ballet, Bat Dor dance company and from 1999-2010 in the Finnish National Ballet performing from Corps de Ballet to Principal roles in a variety of styles.

After retiring from the stage in 2010 she started working as a ballet master with the Finnish National Ballet.

The floor barre method she teaches was developed by Mrs. Nenufar Fleitas and a team of sports medicine specialists in Argentina taking in consideration the particular esthetic and technical demands of classical ballet. In this method, based on classical ballet exercises, the student learns to feel the movement instead of looking at it from the outside. The floor works as a reference point to find the most convenient alignment in connection to classical ballet, helping to strengthen the center of the body and working the muscles through elongation.