

# Ilona Glinarsky

## LIVING TANGO ® METHOD

### CONTACT

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### SUMMARY

I am an award-winning dance educator, life coach, mindfulness facilitator and public speaker. My personal commitment is to foster creativity, wellness and authentic connection, while building a diverse and equitable community one step, one dance at a time.

### QUALIFICATIONS

- 25 years of experience as a dancer
- 20 years of experience as a teacher
- Workshop facilitator
- Mindfulness facilitator (MBSR certification in progress)
- Public speaker & Corporate trainer

### WORK HISTORY

#### LIVING TANGO (R)

CREATOR & PRINCIPAL 2015 - PRESENT

- Teaching weekly tango classes
- Organizing and hosting ongoing social dance events
- Producing public presentations and performances
- Creating and producing educational video content

#### TANGO TO SUCCESS

CREATOR & CORPORATE TRAINER 2018 - PRESENT

- Developing dance-inspired programs for businesses and corporations
- Facilitating Mindfulness in Workplace workshops and programs
- Team Building & Leadership Development programs

#### MUSIC CENTER, LOS ANGELES

GUEST DANCE INSTRUCTOR & PERFORMER 2005-PRESENT

- Teaching at the largest community building event - 500 plus attendees
- Co-producing as a community partner for Music Center

#### LA PUBLIC LIBRARY

PRESENTER & PERFORMER 2019 - PRESENT

- Offering presentations, classes, performances

#### AEROSPACE CORPORATION

ARTIST IN RESIDENCE - 16 WEEKS 2019

- Teaching movement to employees
- Team building & Embodied Leadership

#### MATTEL INC.

ARTIST IN RESIDENCE - 12 WEEKS 2018

- Teaching movement to employees
- Team Building & Embodied Leadership

#### BEST YOU EXPO, LOS ANGELES

PRESENTER 2018

#### AGAPE SPIRITUAL CENTER, LOS ANGELES

GUEST EDUCATOR & PERFORMER 2013-2017

#### SOUTH BAY ADULT SCHOOL

TANGO INSTRUCTOR 2009-2011

- Teaching weekly group classes for beginners

#### 3RD STREET DANCE, BEVERLY HILLS

DANCE INSTRUCTOR 2000-2015

- Teaching weekly classes, master workshops, performances

#### TERRANEA RESORT, PALOS VERDES

TANGO PRESENTATION/WORKSHOP 2015

#### SLS HOTEL, BEVERLY HILLS

TANGO LESSON FOR EMPLOYEES 2014

### ACADEMIC BACKGROUND

#### UNIVERSITY OF SANTA MONICA, CA

MASTER OF SPIRITUAL PSYCHOLOGY 2003

#### CAL STATE NORTHRIDGE

BA IN PSYCHOLOGY 1982

#### KIEV MUSIC ACADEMY (UKRAINE)

DIPLOMA ACHIEVED 1968-1978

## EVENTS CREATED & PRODUCED

### MILONGA LAX - MONTHLY

MONTHLY ARGENTINE TANGO EVENT 2012-2021

- 150-200 dancers

### LA TANGO MARATHON, CA - ANNUAL

ARGENTINE TANGO FESTIVAL 2012-2019

- 400-500 dancers attending
- Pop-up flashmob around LA / indoor and outdoor dances

### POP-UP FLASHMOB AROUND ICONIC LA

ANNUAL EVENT 2012-2019

### DISABILITY FESTIVAL, SCUSB

ADAPTIVE TANGO WORKSHOP 2018

### "OTROS AIRES" - BAND FROM ARGENTINA

CONCERT, MILONGA, WORKSHOPS 2018

- 500 dancers attending

## AWARDS & ACHIEVEMENTS

- Best Dance Educator Award - Expertise 2018-2021
- Tango Community Builder Award 2019
- Winner of People's Award for short film at PAH Film Festival 2015
- Southern California Argentine Tango Championship Finalist 2018
- 100% positive reviews on Yelp

## ARTICLES BY ME

- Our South Bay 2016
- Conscious Dancer Magazine - issue #20 2015

## ARTICLES ABOUT ME

- The LA Times 2020
- Voyage, LA 2018
- The Beach Reporter 2017
- The Easy Reader 2014
- The Argonaut 2013

## SKILLS & COMPETENCIES

- Life & Relationship Coach
- Dance Event Producer & Promoter
- Music Educator
- Web design & marketing
- Fundraising & securing sponsorships
- Languages: Russian, Ukrainian, Spanish

## SOCIAL MEDIA & MARKETING

- Facebook - pages + groups: 10K followers
- Instagram - 1,145 followers
- Youtube - 3.28K subscribers / 2.050K views
- Twitter - 126 followers
- Email database - 2,378 subscribers

### TANGO FOR PEACE

PUBLIC DEMONSTRATION, FEDERAL BUILDING, LA 2017

### VALENTINE'S FLASHMOB, LAX AIRPORT

PUBLIC PRESENTATION & SHOWCASE 2016

### VALENTINE'S TANGO, WHOLE FOODS

COMMUNITY BUILDING WORKSHOP & PERFORMANCE 2015

### TRUTH ABOUT TANGO - ESMOA, EL SEGUNDO

PUBLIC WORKSHOPS & GROUP PERFORMANCE 2013

### "TANGO FOR TATAS"

FUNDRAISER FOR BREAST CANCER RESEARCH 2012

## MEDIA & APPEARANCES

### HEALTHY TANGO PODCAST

DANCE VISIONARY & COMMUNITY BUILDER 2021

### WALT GRASSLE PODCAST

DANCE VISIONARY & COACH INTERVIEW 2018

### GET BALANCED WITH DR. MARISA PEI

TANGO & SEXUAL HEALING - INTERVIEW 2016

### LA TALK LIVE, LOS ANGELES

3 GUEST APPEARANCES - EXPLORING WELLNESS ASPECTS OF SOCIAL DANCE 2013-2015

### SOUTH BAY SHOW PODCAST

THE ART & HEART OF ARGENTINE TANGO 2015

### YOGI CAMERON TV SHOW

TANGO INSTRUCTION / SHOW PARTICIPANT 2013

### DR. ELIZABETH LAMBAER PODCAST

LIFE IMITATES DANCE 2013

ADDITIONAL VIDEOS AND SAMPLES OF WORK AVAILABLE UPON REQUEST