



# **Jens Nonnenmann.**

**Physical Therapist \* Curriculum Vitae.**

# general info.

**address:** Waldwiesstr. 11  
70619 Stuttgart

**phone:** +49 15906120986

**mail:** jens@he4ds.com

**web:** www.he4ds.com

**date of birth:** June 26th, 1991.

**place of birth:** Ostfildern-Ruit; Germany.

**nationality:** German.

## LANGUAGES.

**English:** Level C2 | **French:** Level B2

**Spanish:** Level B2 | **Portuguese:** Level B2

# biography.

Jens Nonnenmann has been dancing since he was nine years old. Through his personal injury history, he has dedicated himself to understanding the human body and therefore became a physical therapist.

In 2007 he founded the internationally successful German Breaking crew by the name Tru Cru. Since 2014 he has been working in the dance medical field with the non-profit association Urban Dance Health, which has laid the foundation for creating the HE4DS method.

His goal is to educate dancers worldwide about dance and health to have less injured dancers on the planet.

**experience.**

**EDUCATION.**

**2018**

Chiroflexing (Mannheim)

**2017**

Easy Flossing (Munich)

**2016 – 2018**

Myoreflex therapist (Munich)

**2012 – 2015**

Physical therapist (Stuttgart)

# experience.

## WORK EXPERIENCE.

### 2019 – today

HE4D of Education at HE4DS GbR (worldwide)

### 2019 – today

Medical dance instructor, anatomy and biomechanics teacher and nutritional physiology teacher at New York City Dance Academy (Stuttgart)

### 2015 – 2020

Physical therapist at 'Haid Gesundheitswerkstatt', a clinic specialized in chronic pain patients, musicians and dancers (Stuttgart)

### 2014–today

Medical dance educator, instructor, lecturer and project manager at Urban Dance Health e.V. (worldwide)

### 2014

Scientific study assistant for CIT Research Institute (Stuttgart)

### 2009 – 2018

Hip-Hop dance and breaking instructor at various dance schools and academies (Stuttgart)

### 2007 – today

Founder, professional dancer, dance instructor and choreographer of Tru Cru (worldwide)