



# **Sophie Manuela Lindner.**

**Sports Physiotherapist, BSc MA \* Curriculum Vitae.**

# general info.

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**date of birth:** December 28th, 1988

**place of birth:** Oberndorf; Austria

**nationality:** Austrian

## LANGUAGES

**Spanish Level C1:** Resident in Spain: Madrid  
(2007/2008) and Barcelona (2013/2014)

**English Level C2:** First Certificate in English from  
the University of Cambridge (2006, Salzburg)

# biography.

Sophie Manuela Lindner studied sports physiotherapy (BSc MA) and is a professional dancer.

Through courses in myofascial osteopathy and dance medicine, Sophie specialized in dancers. Since 2012 she regularly gives health workshops and health check-ups at international dance events and supports professional dancers in their careers.

Since 1999 Sophie has been dancing ballet, jazz and contemporary, since 2002 various urban dance styles with the focus on Hip Hop and since 2007 in Breaking. With her dance groups Skill Sisters from Stuttgart and M.O.T. Crew from Salzburg she takes part in numerous battles and is successful on the international stage.

# experience.

## WORK EXPERIENCE.

**2019-2021** HE4D of Management, health and performance coach and instructor at HE4DS GbR (worldwide)

**2019-2021** Medical dance educator and health and performance coach at the Professional Dance Academy (Stuttgart)

**2012 - 2021** Founder, project management, medical dance educator, instructor and lecturer at Urban Dance Health e.V. (worldwide)

**2014 - 2021** Associate Researcher at the 'CIT Research Institute' (Stuttgart)

**2016 - 2019** Physiotherapist at 'Haid Gesundheitswerkstatt' (Stuttgart)

**2014 - 2017** Physiotherapist at 'Center for Integrative Therapy' (Stuttgart)

**2016** Physiotherapist at 'Ben Burgess Sports Physiotherapy'; Stuttgart)

**2013** 6 month internship at the High Performance Center CAR; (Barcelona)

# experience.

## EDUCATION.

**2018** Chiro-Flexing (Paracelsus School, Mannheim)

**2017** Flossing Instructor (Easy Flossing Academy, Munich)

**2014-2015** Interdisciplinary Fascia Therapy - myofascial osteopathy and HRV biofeedback (Center for Integrative Therapy, Stuttgart)

**2013 - 2014** Master in Sports Physiotherapy (University Gimbernat, Barcelona)

**2013 - 2014** Certificate in Dance Medicine (Tamed, Frankfurt)

**2012** KPM-concept - Applied Physiology course (FBZ, Salzburg)

**2011** Certificate in Kinesio-Taping (Salzburg)

**2009 - 2012** Bachelor in Physiotherapy (Fachhochschule Salzburg, Salzburg)