



JANA BORONOVA

SHINE WITH ALEXANDER TECHNIQUE

ABOUT ME

Originally from Prague, Czech Republic, I graduated from the Melbourne School for F. M. Alexander Studies in December 2015. After all these years, it still amazes me to see how the Technique keeps changing my approach to yoga, swimming and skiing - activities I love to teach.

The Technique provides (among other numerous benefits) tools for the management of chronic and recurring pain. It helps reduce muscular tension and stress, and calms the nervous system. I find it absolutely invaluable and have been using it extensively both in working with my clients and for my own well-being.

Though the principles of the Alexander Technique constitute the core of my teaching, I also apply the knowledge of anatomy, biomechanics and a variety of somatic approaches that I have gained over the years.


PROFESSIONAL MEMBERSHIPS


- Australian Society of Teachers of the Alexander Technique (AUSTAT)
- Czech Registry of Fitness Professionals


LANGUAGES

Czech - native
English - proficient (C2)
German - intermediate (B2)
Russian - intermediate (B2)
French - basic (A1)

CONTACT

 info@janaboronova.com

 +420 605 832 595

 www.janaboronova.com

EXPERIENCE

Alexander Technique, yoga, swimming and skiing teacher Freelance | 2015 - now

Working with clients who suffer from neck and back pain, musculoskeletal disorders, multiple sclerosis, arthritis and Parkinson's disease

Using yoga, swimming and skiing based on the Alexander Technique to assist a wide range of clients with their health related concerns.

MFK Method & Massage Therapist Freelance | 2022 - now

Using the MFK Method combined with a variety of therapeutic approaches to help clients with chronic pain

Asistence o.p.s

Prague, Czech Republic | March - July 2021

Personal assistance, social rehabilitation - working with people with physical or combined disabilities.

School for FM Alexander Studies, Melbourne, Australia Assistant to the Director | 2016 - 2019

Administration and management of the Alexander Technique teacher training courses including teaching and working with students.

Live-in Carer & Assistant

Melbourne, Australia | 2012 - 2016

Provided care to a boy with severe developmental disabilities, provided care and assistance to a lady with dementia and an elderly couple with movement difficulties.

EDUCATION & QUALIFICATIONS

MFK Method, Czech Republic | 2022

MFK Method Practitioner

Physiotherapy for the 21st Century

Shaw Method Swimming, United Kingdom | 2019

Shaw Method Swimming Teacher Certificate

Teaching swimming to clients with different needs: beginners, fitness swimmers, clients with neuro-muscular disabilities (multiple sclerosis, arthritis, Parkinson's etc.)

ITHEA Melbourne, Australia | 2016-2017

Certificate IV. Working with people with Disabilities

School for FM Alexander Studies Melbourne | 2013-2015

Advanced Diploma in Alexander Technique Teaching &

Smart Yoga Teacher Certificate

Applied anatomy, biomechanics, observation & diagnostic skills and verbal & manual teaching

Association of Professional Ski Instructors of Czech Republic | 2011

Snowboard Instructor Certificate Licence C

Spiral Stabilization of the Spine, Czech Republic | 2011

Spinal Stabilization & Rehabilitation Exercises

FISAF Czech Republic | 2009

Aerobic and Fitness Instructor Certificate Level 1 Core

REFIT Massage school, Czech Republic | 1999

Certificate in Sports & relaxation massage