

# Ana Sofia Herdy

## Personal information:

**Name:** Ana Sofia Duarte Herdy Saraiva Bento

**Age:** 13 years old

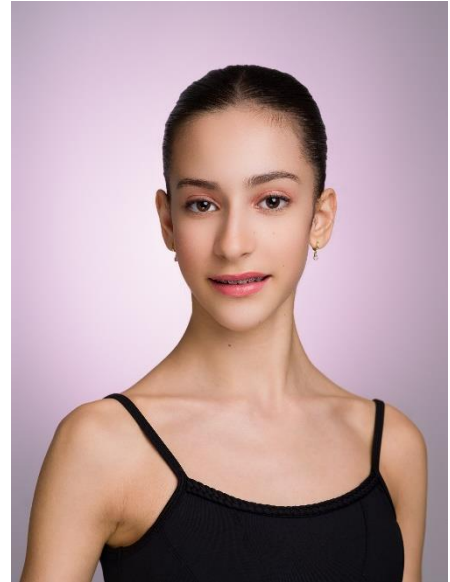
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3045-517 Coimbra - Portugal

**Phone number:** +351 916379751

**Email:** micheleherdy@hotmail.com

**Nationality:** Portuguese

**Date of birth:** 26/10/2011



## Ballet Career:

**Years of study:** 10

**Hours of class per week:** 8h of classical ballet, 1,5h of classical repertoire, 1,5h of carater, 3h of contemporary dance and 1h of pilates.

**Teachers:** Teresa Gouveia

### Ballet schools:

2014-2015: Centro Norton Matos CNM

2015- Now: DNA Dance n'Arts School

## Additional Training:

July 2018 - Summer Course at Conservatório Annarella Sanchez – Portugal

(1 week)

December 2018 - DNA Winter Course with Larissa Lezhnina – Portugal

(1 week)

August 2019 - Summer Course at Conservatório Internacional Annarella Sanchez – Portugal (2 weeks)

December 2019 - DNA Winter Course with Emmanuel Thibault – Portugal

(1 week)

December 2020 - Winter On-line Vaganova Academy Course (1 week)

April 2021 - Spring On-line Vaganova Academy Course (2 weeks)

July 2021 - Summer On-line Vaganova Academy Course (2 weeks)

July 2022 - Summer Intensive Course Russian Master Ballet - Alicante

(3 weeks)

July 2022 - Summer Course at Conservatório Annarella Sanchez - Portugal

(1 week)

December 2022 - Winter On-line Vaganova Academy Course (1 week)

January 2023 - Winter Intensive Course Russian Master Ballet – Alicante  
(1 week)

July 2023 - Summer Intensive Course Russian Master Ballet - Alicante  
(3 weeks)

December 2023 - Winter Intensive Course Russian Master Ballet – Nacho Duato  
Academy - Madrid (1 week)

February 2024 - Masterclass with Yannick Boquin

March 2024 - Masterclass with Daria Klimentova

March 2024 – Spring Intensive Escola de Dança do Conservatório Nacional, Lisboa (1  
week)

July 2024 -Summer School Opera de Paris (1 week)

July 2024 - Summer Intensive Course Russian Master Ballet - Alicante  
(3 weeks)

## **Competitions and Awards:**

July 2021 – 2nd place solo dancer (classical and contemporary) at the Algarve  
Internacional Dance Competition *Dança*

April 2022 – 3rd place solo dancer (classical and contemporary) at the Algarve  
Internacional Competition *Dança*

April 2022 - 3rd place solo dancer contemporary at Alldance, Portugal

February 2023 – 2nd place solo dancer classical ballet at Global Dance, Portugal

February 2023 - 3rd place solo dancer contemporary at Global Dance, Portugal

April 2023- 3rd place solo dancer contemporary at Alldance, Portugal

February 2024 - 2nd place solo dancer classical ballet at Global Dance and Global Grand  
Prix Nomine Award, Portugal

February 2024 - 1st place classical pas de deux at Global Dance, Portugal

February 2024 – 3rd place solo dancer classical ballet at Final Tanzolymp, Berlin

## **Scholarships:**

2022 - Summer Course at Conservatório Annarella Sanchez – Portugal (1 week)

2022 - Summer Intensive Course Open World Dance Foundation – Burgas (3 weeks)

2023 - Summer Intensive Course Russian Master Ballet – Alicante (3 weeks)

2024 - Summer Intensive Course Russian Master Ballet - Alicante (3 weeks)

2024 - Scholarship concerning the admission fee at the competition: Premio Internazionale Danza Città di Rieti, Italy- Mrs Luna Rochi YAGP artistic advisor

2024 – Spring Intensive Escola de Dança do Conservatório Nacional, Lisboa