



VLACHOU ANASTASIA

Thessaloniki, GREECE
Date of birth: 03/08/2011
Height: 1,50 cm
Weight: 34 kg

(+30) 6948247680 (guardian)

anastasiav.ballerina

an.vlachou2011@gmail.com

(personal e-mail)

mariamavidou1981@gmail.com

(guardian's e-mail)

Profile

Anastasia Vlachou started attending ballet lessons at the age of 4. Later at the age of 6, she started contemporary dance classes. Since then, she consistently attends both ballet and contemporary dance classes.

(During the pandemic and the lockdowns, she was taking private online lessons). All these years, she has been practicing not only in group classes but also in individual private classical and contemporary dance lessons.

Education

• Student of the 2th grade of the Art Junior High School "Dimitris Horn" Thessaloniki, Greece. Accepted after entrance exams (Department of Dance)

• Student of Indancestral Dance School. Attending Classical dance lessons (Vaganova System) and contemporary dance classes since September 2015.

Languages

Greek: Native

English: Fluent

French: Intermediate level

Competitions

• Balkan Classic Contemporary Festival (Thessaloniki)

2025: Paquita Variation-Ballet Solo Choreography- 1st Place
Medora Variation- Ballet Solo Choreography- 1st Place
In Blue- Solo Contemporary Choreography-1st Place
Improvisation-1st Place

Invitation to attend an audition for the Vienna State Opera Ballet Academy.

• Terpsihoris Erga 2025 (Athens)

2025: Paquita Variation-Ballet Solo Choreography-2st Place
In Blue- Solo Contemporary Choreography-2st Place

**Scholarship one- week lessons from Zurich University of the Arts
Scholarship one-week lessons from Palucca University of Dance**

• Nationals 2025 (Athens)

2025: Paquita Variation- Ballet Solo Choreography-1st Place Elite Gold Award
Medora Variation- Ballet Solo Choreography-1st Place Elite Gold Award
In Blue- Solo Contemporary Choreography-1st Place

Scholarship English National Ballet Summer Intensive 2025 or 2026

• YAGP Spain Barcelona 2024

Scholarship Summer Intensive Courses 2025, Mosa Ballet School, Liege, Belgium

• Veria Dance Competition

2024: Paquita Variation-Ballet Solo Choreography-1st Place
Exclusive invitation to International Greater Winners Competition Optimum 2025
In Blue- Solo Contemporary Choreography-1st Place

2023: Sylphe - Ballet Solo Choreography - 2nd Place
Enchanted - Solo Contemporary Choreography- 2nd Place

2022: Snowflake - Ballet Solo Choreography - 2nd Place
Wiegala -Solo Contemporary Choreography- 2nd Place

• Balkan Classic Contemporary Festival (Thessaloniki)

2024: Paquita Variation-Ballet Solo Choreography-1st Place
Free Entrance to Sibiu Dance Competition 2024
In Blue- Solo Contemporary Choreography-1st Place

2023: Sylphe - Ballet Solo Choreography - 2nd Place
Enchanted - Solo Contemporary Choreography- 2nd Place

2022: Snowflake - Ballet Solo Choreography - 2nd Place
Wiegala - Solo Contemporary Choreography - 2nd Place

• Nationals 2023(Athens)

2023: Sylphe - Ballet Solo Choreography - 2nd Place
Enchanted - Solo Contemporary Choreography- 2nd Place

Scholarship two-week lessons National University of Arts, Iasi, Romania

• Livorno in Danza

2024: In Blue- Solo Contemporary Choreography-3rd Place

2023: Sylphe - Ballet Solo Choreography

Scholarship Livorno Summer Intensive Course

• Thessaloniki Dance Festival

2022: Wiegala - Solo Contemporary Choreography - 1st Place

Seminars - Intensive Summer Courses

- International Ballet Workshops, Thessaloniki (January 2025)
- Semi-Finals YAGP Spain Barcelona 2024 Masterclasses
- Iana Salenko (Master Class, Athens, 10 November 2024)
- Opera National de Paris Summer Intensive Course (1-6 July 2024)
- Livorno Summer Intensive Course (3-8 July 2023), Gaia Lemmi (2023,),
- Stephen Delattre (2023), Johannes Hartl (2023), Biaggio Tambone (2023)
- Szakaly Gyorgy (2022), Massimo Perugini (2022)

Performances

- Peter Pan- 2024 by Indancestral D.S.
- Giselle 2023 by Balkan Classic Contemporary Festival
- The Steadfast Tin Soldier - In Africa 2022 by Indancestral D.S.
- The Swan Lake - Odyssey 2018 by Indancestral D.S.
- The Beauty and The Beast - Space Time 2017 by Indancestral D.S.