



Caterina Fava

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I combine my expertise in teaching literature, dance, somatic movement education, and pedagogy to design and conduct tailored somatic movement programs that address the diverse needs of different contexts.

About me



I work as a freelancer, offering Somatic Movement Workshops, Italian and Latin lessons, as well as educational and pedagogical consulting. I collaborate with GaiaLux in the 'I.D.E.E. en Action' project and with ALDIC in the 'MindArt Boost' project. I graduated with honors in Modern Literature from Università degli Studi di Milano. I gained experience teaching Italian and Latin literature in high schools and middle schools in Italy, where I also served as a class coordinator and special education teacher. My passion for movement began in childhood with ballet, culminating in the completion of the Royal Academy of Dance curriculum. I further explored character dance, modern dance, and hip hop. In 2017, I became a certified Giocodanza® teacher and taught expressive movement, modern dance,

dance preparation, and Giocodanza® in various dance and theatre schools. I delved into theatre through workshops at the Paolo Grassi Civica Scuola di Teatro and deepened my study of movement with renowned professionals such as Julie Anne Stanzak, Maria Consagra, Alessio Maria Romano, and Micaela Sapienza. In 2021, I obtained a postgraduate diploma in "Arts Therapies: Creative Techniques to Support Education, Care, and Training Professions" from Università Cattolica di Milano. Subsequently, I became an assistant to Micaela Sapienza in courses for dancers (Laban method, improvisation techniques, movement analysis, and performance development) at the Paolo Grassi Civica Scuola di Teatro, as well as in dance therapy courses at the Lyceum Academy in Milan. In 2024, I earned my certification as a

Laban/Bartenieff Movement Analyst (CWMA) with WholeMovement. Currently, I collaborate as an assistant in the certified Laban/Bartenieff Movement System training program by WholeMovement in Rome. I am pursuing a master's degree in Research in Education and Training Sciences at Université Côte d'Azur.

Additional resources

Videos, photos, and documentation related to my work are available upon request. Please feel free to contact me for access to my portfolio.