

Curriculum Vitae  
(Abbreviated)  
Anjali Austin, MFA in Interdisciplinary Arts  
Retired Professor & Chair  
School of Dance  
Florida State University  
Tallahassee, FL 32306-2120

Professional Preparation

2015      Master of Fine Arts, Goddard College. Port Townsend, Washington. Major: Interdisciplinary Arts. Performance and Cultural Arts. Supervisor: Laiwan Chung. Anjali Austin. (2015). *THREADS: Experiences, Explorations, and Evolutions of an American Artist*. Master's project, Goddard College. Port Townsend, Washington.

Non-degree Education, Training and Professional Credentials

1978–1990      During this period I was a member of Dance Theatre of Harlem and worked with the following critically acclaimed ballet and contemporary teachers and choreographers. My experiences with these individuals included being cast in the restaging of classical and neo-classical ballets, new choreographic pieces, vocal roles and being coached, taught and mentored.

Instructors: Geoffrey Holder, Louis Johnson, Frederick Franklin, Arthur Mitchell, Ruth Page, Glen Tetley, Valerie Bettis, John Taras, Terri Orr, Irina Nijinska, Alexandra Danilova, Agnes de Mille, Billy Wilson, John McFall.

1975–1977      Dance Theatre of Harlem - New York, New York. Major Studies: Classical and Contemporary Ballet, Pointe, Variations and Pas de Deux. Minor Studies: Contemporary, Modern, Graham, Jazz, Tap, West African Haitian, Character.

1975–1977 Instructors: Mary Barnett, Carmen de Lavallade, Alice Elliot, Vicki Fedine, William Glassman, Kathleen S. Grant, Mary Hinkson, Tanaquil Le Clercq, Arthur Mitchell, Melvin Purnell, Walter Raines, Victoria Simon, Karel Shook, Carol Sumner, Mel Tomlinson, Ann Tyus, Patricia Wilde.

GYROTONIC EXPANSION SYSTEM®

1984 – present      The Gyrotonic system is a codified movement modality that guides users to simultaneously stretch and strengthen muscles and tendons while articulating and mobilizing the joints. Corresponding breaths and breathing patterns are utilized for increasing coordination, endurance and aerobic activity. Exercises strengthen connective tissues in and around the joints of the body, and enhance cardiovascular stimulation and neuro-muscular rejuvenation.

**GYROTONIC®** and **GYROKINESIS®** Founder, Juliu Horvath, developed the principles that form the system and designed its five specialized pieces of equipment.  
<https://www.gyrotonic.com/>

My training in the Gyrotonic and Gyrokinesis Methods began in 1984 in its New York City studies. Initially my training began as a means of cross-training for the athletic demands of my professional dance career. Later I studied under Mr. Horvath to become a trainer and taught in their studios. I was among the first group of instructors approved and certified as a Specialized Gyrotonic Master Trainer, to conduct Gyrotonic Teacher Trainings courses. Prior to retirement I successfully secured funding support from FSU administration for the purchase of the full set of Gyrotonic equipment (Pulley Tower, Leg Extension Unit, Jumping Stretching Board, Archway, Gyrotoner) for the School of Dance's Movement Training Lab and conditioning studio. As a Master Trainer I am certified to conduct the following courses:

2012–present	Gyrotoner
2010–present	Gyrotonic Level II, Programs I and II
2008–present	Leg Extension Unit
2008–present	Gyrotonic Applications for Tennis (a specialized course developed for the cross-training of Tennis players and enthusiasts)
2006–present	Gyrokinesis
2001–present	Gyrotonic

I remain current in the field and in 2022 completed my teacher trainer certification on the Jumping Stretching Board.

### Professional Experience

2019–2024	Chairperson, School of Dance, Florida State University. After serving as Interim Chairperson of the School of Dance for one year I was appointed as Chairperson. Responsibilities included overseeing administrative, budgetary, curricular and departmental necessities, as well as visioning and forward-thinking planning in anticipation of student needs and broader visibility of the School.  Served on School and College committees as well as curated the annual <i>Evening of Dance</i> concert series, re-instituted the Dance in Paris program, and orchestrated a smooth leadership transition for the School of Dance's <i>Arts in NYC</i> . The latter offered opportunities for senior dance majors to participate in an intensive study domestic experience in New York City to prepare them for careers in the field.
2016–2018	Professor, School of Dance, Florida State University. Professor, School of Dance, Florida State University. The School of Dance has several degree limited-access programs available for undergraduate and graduate students. Enrollment is approximately seventy undergraduates and thirty-five graduate students. My responsibilities include teaching ballet technique to both levels of dance majors, mentoring graduate thesis concerts, coordinating the ballet faculty teaching schedule, and offering special topic courses in the Gyrokinesis and Gyrotonic Methodology. Administrative duties include serving the SOD as Chair of the Assessment and Audition committees, member of the Advisory committee, and faculty advisor for Community Arts Initiative (an FSU student organization). Note: I was awarded a full year sabbatical for 2016–2017 and was on hiatus from university activities. During this period I conducted Gyrotonic research, taught courses, and engaged in trainings.