

# U R B A N   B O D Y

S A N   J O S E



**Shaina Leibson** has enjoyed a fifteen-year career as a professional ballet dancer. She has been a dancer with several companies including Alberta Ballet, Ballet Austin and Ballett im Revier in Germany. She also spent eight years dancing as a company member of the former Ballet San Jose.

Ms. Leibson received her ballet training from the renowned San Francisco Ballet School. She also earned merit scholarship to spend a year studying abroad at the Performing Arts College, London Studio Centre in England where she received a diploma with high honors.

Ms. Leibson attributes the longevity of her ballet career to her active interest in body mechanics focusing particularly on placement, alignment and use of lengthened muscles. For ten years she had the privilege to work with Christina Bernal, creator of the Bernal Method for ballet technique, which focuses on healthy body movement that promotes strength and balance.

Ms. Leibson was a sought after instructor for this method and was invited to move to Germany where she had a position teaching professional dancers. She also served on the Gotland international Dance Seminar's faculty for five years in Sweden.

Shaina is excited to bring her teaching skills to the GYROTONIC® Method at Urban Body San Jose where she has been part of the team since 2017. She feels that GYROTONIC® is truly an exercise method for anyone, bringing both suppleness and strength. It creates a powerful physique and promotes wellness and balance to people of all ages, from all walks of life.

Ms. Leibson is currently on faculty as an instructor for both Nor Cal Dance Arts and the Los Gatos Ballet. She also continues to dance as a freelance artist in the Bay Area performing with companies such as Bay Pointe Ballet and Menlowe Ballet.