

Angelina Lengyel

DANCER · MOVEMENT ARTIST

PROFESSIONAL SUMMARY

Passionate and versatile contemporary dancer with extensive training in movement research, improvisation, and floorwork.

Inspired by *Tao Dance Theatre*, I explore the connection between body, energy, and consciousness to create meaningful and transformative performances. With a background in ballet, acrobatics, and martial arts, I continuously refine my movement language to push creative and physical boundaries.

Complementing my technical training, I have explored holistic aspects such as energy work and dance medicine, enriching my artistic expression. A lifelong learner, I actively engage in diverse workshops and independent study. Driven by a deep connection to nature, my aim is to create transformative experiences through dance — embodying freedom and boundless expression.

SKILLS & SPECIALIZATIONS

Contemporary & Improvisation

Floorwork & Acrobatics

Ballet & Movement Articulation

Energy-Based Movement

Partnering & Spatial Awareness

Tricking

Capoeira

Hip-Hop



Nationality — Hungarian / Ukrainian

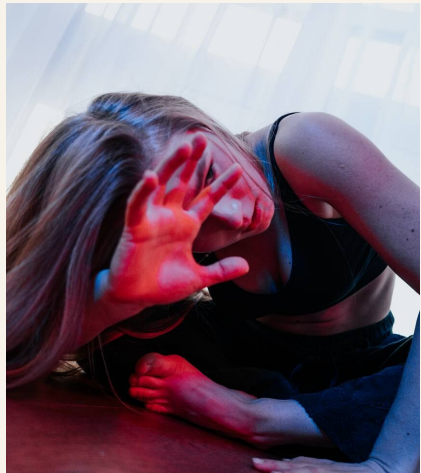
Date of birth — 26.12.2003

Based — London, UK

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DANCE TRAINING & EDUCATION

2011 – 2020

Sovremennik Dance School — Mukachevo, Ukraine

Nine years of intensive training in Ukrainian dance technique, ensemble and modern choreography, and performance.

2019 – 2021

Atmosphere Dance Camp — Kyiv, Ukraine

Workshops with international choreographers in contemporary and hip-hop.

2022 – 2024

Ballet Training

Regular ballet classes to strengthen technique, line, and articulation.

6-WEEK INTENSIVE

Training Program with Dylan Mayoral

Hip-hop, locking, popping, and house.

SINCE 2022

Individual Movement & Pilates Training — Olena Lesiv

Body conditioning, alignment, and movement exploration: Pilates and dynamic exercise to build strength, balance, and mobility while expanding personal movement possibilities and refining body awareness.

ONGOING RESEARCH

Exploration of Energy & Movement

Research in sacred geometry, Chinese metaphysics, and dance medicine — integrating energy flow into movement.

2026 – PRESENT

Tricking · Capoeira · Partnering Acrobatics — London

Current research: capoeira as half combat, half dance — where tricks, dance, and martial art merge into one. Newly exploring acrobatics in partnering.

INTENSIVES & WORKSHOPS

FEBRUARY 2025 · OLTRE, MILAN · 2 DAYS

Luca Tessarini Workshop

Articulation and fluidity — full-body movement across different levels.

JULY 2024 · B12, BERLIN · 4 DAYS

Pao Arran Workshop

Improvisation, partner work, and movement principles — spatial awareness and confidence.

JUNE 2023 · LONDON · 2 WEEKS

Humanhood Summer Intensive

Movement and choreography integrating concepts of Chinese metaphysics into dance.

APRIL 2023 · LONDON · 5 DAYS

Humanhood London Workshop

Contemporary movement exploration.

MOVEMENT RESEARCH & PHILOSOPHY

Dedicated to exploring movement beyond traditional dance, I integrate elements of soft acrobatics and martial arts to discover the true purpose of motion. My research includes the study of consciousness, *sacred geometry*, and energy flow — allowing me to craft performances that transcend habitual choreography and delve into deeper artistic expression. My life is soaked with art: *photography* is a parallel practice, creating with body, mind, camera, and edit.

LANGUAGES

Fluent — Ukrainian, Russian

Proficient — English

Intermediate — Hungarian

DANCE PROJECTS & LINKS

Dance Showreel

youtu.be/F6UO6StMdec

Llamar o tocar a la puerta — dance film

youtu.be/GfuZM1cjgFQ

Collaboration — dance film

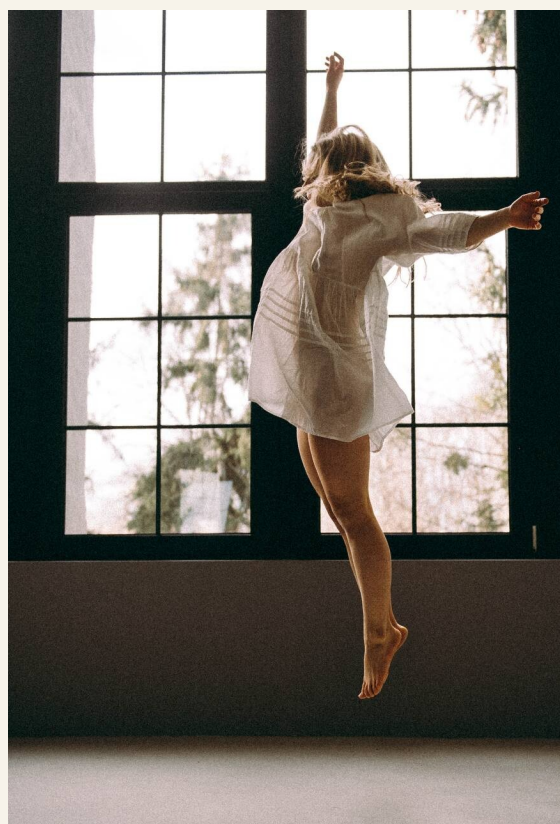
youtu.be/nUogr4gvLPQ

Additional Improvisation

youtu.be/IyEE0IUwhhl

Instagram — movement & photography

instagram.com/lendelangelina



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