



Inês Afflalo

Dance Teacher

Inês Afflalo started dancing at the age of five. She attended the Royal Academy of Dancing course until the 5th grade with Distinction. At the age of nine she enrolled in the National Conservatory Dance School, completing six years of training with teachers such as Luisa Taveira, Luisa Carles, Mark de Graff, Luisa Vendrell, Ana Vian, Pedro Carneiro, Cristina Graça, Constança Couto, José Luis Vieira, Jorge Garcia, among others.

She holds a degree in Communication Sciences from Universidade Nova de Lisboa, in Journalism (2007). She dedicated some time to the communication area, having collaborated as a journalist intern at SIC.

She has been teaching dance since 2005, having started with Hip-Hop in numerous schools and academies. She competed as a dancer in 2 Hip-Hop groups, at the Nationals (2nd place Portuguese Federation Gymnastics Championship) and also International. Later, she attended the Hip-Hop College course, by the company "Diego Sacco", having obtained the "Aluna Revelação" diploma (2006/2007).

In 2015, she completes the Master's Degree in Dance Teaching from the School of Dance (ESD), and has completed the internship component at the Dance School of the National Conservatory (DSNC), in Contemporary Dance Technique.

As a dancer, she had the opportunity to dance in the musical "High School Musical" (2009) in the Coliseum and Tivoli Theater, with the choreographer Clair Fiest; She did theater of magazine, in Parque Mayer, in the pieces "Hip-Hop'arque" (2008) and "Agarra que é Honesto" (2010), with the choreographer Marco Di Camillis.

She also took part as a choreographer and dancer in various theater plays with Palco 13 Theater Company and Plano 6 Productions.

She participated in the tv show "Achas que Sabes dançar" / "So You Think You Can Dance" (2010), where she reached 8th place, having worked with different choreographers: Pau Vasquez, René Vinther,

Daniel Cardoso, Diana Rego, Pedro Borralho, Paula Pinto, Simeon Qsyee and João Tiago.

Over the last few years she has attended countless seminars, workshops and summer courses of classical dance, hip-hop, dramatic dance, duet, and contemporary dance and jazz with reference teachers in the national panorama, such as Sofia Neuphart, Amélia Bentes, Gonçalo Lobato, Sílvia Rijmer, Paula Careto, Magali, Teresa Ranieri, Diana Matos, Luke Jessop, Ricardo Ambrósio, Colin Vieira, Maté Mészáros, Bruno Caverna, Miguel Loureiro, Cristina Graça.

Currently Inês is artistic director, dancer and choreographer in her own project, LEGACY Professional Dancers, with her partner Colin Vieira, teacher, coreographer and dancer, which she founded in 2010, after her participation in the television show "Achas que sabes Dançar" / "So You Think You Can Dance". A project that involves coordination of different dancers, choreography and production of events or shows, dance classes and workshops in different styles such as Jazz, Hip-Hop and Contemporary, nationally and internationally.

In 2017 she taught Contemporary Tecnique on the oficial course at Escola de Dança do Conservatorio Nacional and on the superior course at Escola Superior de Dança.

In 2018 she joined the cast of Beco Cabaret Gourmet (Grupo José Avillez) as choreographer, dancer and performer, in an intimate and exclusive dinner&show experience.

Now she teaches, Contemporary Dance at EDCN, Floor Barre, Ballet and Jazz (children / youth and adults) at Jazzy Dance Studios and Ana Mangerição Dance School.

Recently she concluded an intensive 300 hours Yoga Instructor Course (Hatha Yoga Funcional) at Shift Academy by Shift You, certified by Yoga Alliance and Dgert.