





# ALFONSO LEONGOMEZ

**CIRCUS ARTIST**


**CONSCIOUS TRAINING TEACHER**

## CONTACTO

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## REFERENCIAS

 **Luz Cristina Urrea**

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## SOCIAL NETWORKS

Alfonso Leongomez Navas (Facebook)  
@akaralai (Instagram)

## ABOUT ME

I'm a 41 years old single man who loves arts in all forms, since little i've been attracted to artistic sports like martial arts, and when i discovered the world of circus i fell in love immediately, after that i found the most perfect complement in health disciplines like Pilates, Yoga and energetic therapies and built a career between worlds, and now I am the person I wanted to be as a child.

## EXPERIENCE

I've been performing as a circus artist for over 15 years, and had the opportunity to be part of several professional teams and plays in my original country Venezuela, nowadays i've been living in Colombia as a citizen for almost 8 years, and as well I've been developing as a teacher, therapist and performer in several Pilates Studios and Circus city groups, now I'm currently working in both fields Arts and Health, and loving it more and more as time goes by, always learning from students and colleagues, and taking workshops anytime I can.

## EDUCATION

Black Belt Mixed Martial Arts since 2007

Reiki Therapist Usui System since 2008

Massage Therapist 2008

Professional Circus Artist 2010

Professional Pilates and Yoga Teacher for private and group sessions since 2012

## SKILLS

Communication

Empathy

Team Work

Devotion to teaching

Peaceful Character

Constancy

## IDIOMAS

Español - Native

English - Advanced

French - Basic and learning