



Sylvia De Rosa – Curriculum Vitae

Education and Professional Experience

2006 - today

Self-employed: [Sylvia De Rosa – Coaching mit Bewegung](http://www.sylvia-de-rosa.de)

2015 - 2016

Lecturer at Deutsche Sporthochschule Köln University for “Wrestling and Fighting”.
www.dshs-koeln.de

2014 - 2015

Contract lecturer at Deutsche Sporthochschule Köln University for “Wrestling and Fighting”
www.dshs-koeln.de

2013 - 2015

Contract lecturer at Deutsche Sporthochschule Köln University School of Dance and Movement Culture for “Arts, Dance and Performance” as well as for the basic module “Movement and Performance”. www.dshs-koeln.de

2010

Trainer for preventive back exercises at ProRücken, Cologne.

2001 - 2005

Diploma in sports science, Deutsche Sporthochschule Köln University, School of Dance and Movement Culture: Elementary Dance, African Dance and Movement Theatre.

2002 - 2005

Training as therapeutic dance instructor,
Deutsche Gesellschaft für Tanztherapie e.V., Cologne.

Further Education

2010 - 2020	Qualification as back prevention training instructor (2010) / Pelvic floor trainer (2020) / Fascia trainer (2015) / Relaxation trainer (2018) / Personal trainer (2012), ProRücken Akademie Cologne
2018	Certified relaxation trainer (progressive muscle relaxation / autogenic training) & Tai Chi Chuan instructor, ProRücken Akademie Cologne and HoYing Wu Shu, Moers
2016 - 2017	Certified Project Manager, ATV GmbH, Cologne Rhetoric, presentation, personality training
2015	Violence-free communication based on Dr. Marshall Rosenberg, Friedensbildungswerk Köln e.V., Cologne
2010	Qualification as back prevention training instructor / pelvic floor trainer, ProRücken Cologne
2007	Stunt training, action concept Film- und Stuntproduktion GmbH, Cologne
2006	Laban-Bartennieff and contemporary dance, LAG Tanz NRW e.V., Remscheid
2005 – 2006	Symposium children's dance methods: dance in schools, Gesellschaft für zeitgenössischen Tanz NRW e.V., Cologne
2002 - 2005	Instructor for therapeutic dance Deutsche Gesellschaft für Tanztherapie e.V., Cologne
2003 – 2004	Action Theatre, Sten Rudstrom, Berlin
1996 – 1998	Acting classes and mask theatre, Marga Behrend, Solingen

Sports Achievements and Training

2008 - today	Shaolin Kung Fu trainer and Tai Chi Chuan, Cologne
1999 - 2024	Shaolin Kung Fu trainer at sports gym City Sport Kunze, Solingen
1986 - today	Active training in Shaolin Kung Fu based on Grandmaster Hwang Ching Zeng, Taiwan
1997 - 2014	Three-time German Vice-Champion in Shaolin Kung Fu
2003 (October)	3 rd Rank European Open Championship / Mixed Material Arts
1997 - 2007	Four-time German Champion in Shaolin Kung Fu