

Curriculum Vita: HEIDRUN HOFFMANN

- 2009 Substitute taught dance for Tandy Beal at University of California, SC
- 2008 Residency at **Westlake Elementary**
- 2008 Collaboration with **Maze Daiko** (Performing group in Alameda)
- 2007 101 **Brain Gym** (24hr Certificate)
- 2006/7 Invitational Leadership Institute with the **Bay Area California Arts Project**
- 2005 Participant at Zimfest, a **Marimba Festival** in Bellingham, Washington
- 2004 Teaching engagement with the **Aptos Academy**
- 2003 – 08 Joined the **Singing Wood Marimba Band SC**, numerous performances
- 2001/2 Teaching drumming to **mothers with babies through DiRRiD**
- 2001 **Birth of son Rico**
- 2000 Release of **Live CD**
- 2000 Performance at SC **First Night Y2K** Dance/Art collage
- 1999 - 2008 Continuation of DiRRiD trainings, workshops and concerts in **California and Germany**
- 1998-today Offers performances and residencies through **SPECTRA**
- 1998 Taught first US based three year **DiRRiD training**
- 1997 Finalized book/card project entitled "**The Body Oracle**", which provides many stimulating tools for all ages using movement and rhythm.
- 1996 Continues Dance in Rhythm-Rhythm in Dance three-year trainings in Germany and presents regularly scheduled workshops in California.
- 1995 Began leading Dance in Rhythm-Rhythm in Dance workshops in U.S. **Married Stan Rushworth** (author and English teacher at Cabrillo College) and became a **U.S. resident**.
- 1994-1996 Performing and composing member of **San Jose Taiko**, a Japanese-American percussion ensemble.
- 1989, 1991, 1993 Performed in concert throughout Europe with **MEGADRUMS**, an

ensemble of internationally recognized percussionists (Djalma Corea, Aja Addy, Zakir Hussain, Arjun Shejwal, Leonard Eto from Kodo, et al) led by Reinhard Flatischler.

- 1988 Received certification as **Rhythm Therapist** through ZIST, *Center for Individual and Social Therapy*
- 1986 **Founded Dance in Rhythm-Rhythm in Dance (DiRRiD)**— Began leading her own ongoing workshops and trainings—in Germany for both the general public and people in health care professions.
- 1985-1992 **Assisted** Reinhard Flatischler and Dr. Wolf Büntig (founder of ZIST, *Center for Individual and Social Therapy* in Germany) in **Rhythm Therapy Training**, a three year program (60 days/year) that combines TA KE TI NA, Gestalt Therapy, Bio- Energetics and Ericksonian Hypnotherapy. She also **taught Tschanggo, Sam Buk (both Korean drums)**, and other instruments at these trainings.
- 1984 and '85 Studied **Kathak** (classical dance of India) with Damayanti Joshi in Bombay, India.
- 1983 and '87 Studied **Brazilian Samba** with the *Escola de Samba Unihao da Ilha* in Rio de Janeiro, Brazil.
- 1982-1992 **Joined** Reinhard Flatischler to assist, and co-lead, workshops and extended trainings in his **TA KE TI NA®** process (a body-oriented approach o rhythm). Heidrun developed movement and dance exercises for the Ta Ke Ti Na work, and became proficient on the Tschanggo and *Sam Buk* (Korean dance drums).
- 1979-1982 **Taught** movement and rhythm in **grade school, Jazz Dance for teenagers**, and worked with adults with **health problems** such as overweight, high blood-pressure, etc.
- 1979 **Graduated** as a **Certified Dance/Gymnastic Teacher** (“Staatlich geprüfte Gymnastiklehrerin”) from the “Sportschule des Landessportbundes Berlin”. Emphasis on dance and health calisthenics.
- 1976 **Moved to Berlin** on her own for academic training in traditional European Gymnastics, Health Calisthenics, Modern Dance, and Improvisation.
- 1965 **Studied classical ballet** from the age of 6 to 12, when she refused point shoes, saying: “I don’t want to hurt myself, I want to dance to nourish my whole being!”
- 1959 **Born** in Hildesheim, by Hannover, **Germany**.