

Dr AGLAIA ZAFEIROUDI

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Teaching staff at "Active Leisure: YOGA; PILATES, DANCE",
University of Thessaly

Advanced Health & Exercise Specialist EQF 6 Lev
EREPS, EHFA

Aerial Dance/Yoga Teacher,
Pilates Teacher, Group Fitness Instructor

Master Yoga Teacher Yoga Alliance International India

E-RYT200, E-RYT500 Yoga Alliance, USA
Yoga Alliance Continuing Education Provider

Yoga Teacher
Yoga Alliance Professionals UK

EDUCATION

Ph.D., Physical Education & Sport Science, Democritus University of Thrace.

Concentrations: Leisure, Outdoor Recreational Activities, Environmental Awareness & Quality of Life.

MSc., Human Performance & Health, Aristotelian University of Thessaloniki.

Concentrations: Leisure, Outdoor Recreational Activities, Recreation & Quality of Life.

BSc, Physical Education & Sport Science, University of Thessaly.

Specialization in «Outdoor Recreation Activities», «Physical Education & Special Population», & «Tennis».

CERTIFICATIONS

- ✚ **Dr Aglaia Zafeiroudi holds over 50 International & National Certifications in Yoga, Pilates, Aerial/Dance/Yoga/Fitness, Modern Dance & Contemporary Dance, Mindfulness & Meditation Therapy, Health & Exercise in Kids/Elderly/Pregnancy, Nutrition & Musculoskeletal Assessment, Organization & Administration of Education, Group Fitness, Leisure & Outdoors, Sport Tourism, First Aid.**

TEACHING EXPERIENCE

POSTGRADUATE LEVEL

2017-2019 University of Thrace, Master in Exercise & Quality of Life, Komotini, Greece.
Lectures in Postgraduate Courses.

UNDERGRADUATE LEVEL

2019-today University of Thessaly, School of Physical Education & Sport Science, Trikala, Greece. Undergraduate Courses: "Introduction to Yoga, Pilates & Dance", "Introduction to mountaineering", "Introduction to Skiing", "Active Leisure: outdoor activities, skiing, camping", "Active Leisure: Group Fitness & Recreational programs, indoors, hotels, wellness centers, yoga-pilates".

2012-2018 University of Thessaly, School of Physical Education & Sport Science, Trikala, Greece. Undergraduate Courses: "Track Field Events", "Applied Pedagogy", "Outdoor Recreational Activities", "Skiing", "Active Leisure: outdoor activities, skiing, yoga/pilates".

2015-2017 University Gym, School of Physical Education & Sport Science, Trikala, Greece.
Head Group Trainer (Group Fitness, Aerobic dance, Zumba, Yoga, Pilates).

- * Over 5 supervision of postgraduate, graduate thesis & projects.

SECONDARY EDUCATION

Teacher of Physical Education, Secondary Education, Greece.
Courses: Physical Education & Sports.

LIFE LONG LEARNING EDUCATION

2017-today University of Thessaly, Life Long Learning Education, Volos, Greece.
Courses: "Active leisure, Mind & Well-being", "Sport, Leisure & Arts: Aerial yoga, Modern Dance, Ashtanga yoga", "Yoga Instructor", "Outdoor Education", "Yoga Teacher Training", "Outdoor tourism activities animator".

OTHER EMPLOYMENT

2018-today Yoga, Pilates Teacher & Aerial Dance/Yoga Teacher, Dance School "EPI SKINIS", Trikala, Thessaly, Greece.

VOLUNTARY EMPLOYMENT

Head Group Trainer in Elderly for 3 consecutive years, 1st Centre for Elderly People, Trikala, Greece.

OFFICIAL PROFESSIONAL MEMBERSHIPS

- Official Member *E-RYT 200, RYT 500*, **Yoga Alliance USA**.
<https://www.yogaalliance.org/TeacherPublicProfile?tid=177743>
- Continuing Education Provider, **Yoga Alliance USA**.
<https://www.yogaalliance.org/TeacherPublicProfile?tid=177743>
- Official Member, Yoga Teacher, **Yoga Alliance Professionals, UK**.
<https://www.yogaallianceprofessionals.org/greece/trikala/yoga-teacher/aglaia-zafeiroudi>
- Official Member, **Yoga Alliance International, INDIA**.
<http://yogaallianceindia.org/>
- Full Member of **European Register of Exercise Professionals- EREPS**, Advanced Health & Exercise Specialist, **EQF Level 6**.
<http://www.ereps.eu/civicrm/profile/view?reset=1&id=41842&gid=20>
- Full Member of **European Register of Exercise Professionals- EREPS**, Group Fitness Instructor. <http://www.ereps.eu/civicrm/profile/view?reset=1&id=41842&gid=20>
- Full Member of **European Register of Exercise Professionals- EREPS**, Pilates Teacher.
<http://www.ereps.eu/civicrm/profile/view?reset=1&id=41842&gid=20>
- Partner in **European Health and Fitness Association - EHFA**.
<http://www.europeactive.eu/civicrm/profile/view?reset=1&id=41842&gid=103>
- Official member of **Mountaineering & Climbing Coaches**, Ministry of Culture & Sports, General Secretarial of Sports, Registration Number 116.
<http://gga.gov.gr/component/content/article/261-proponites-sxoles/2105-proponites-sxoles-2#mitroo>
- Official member of **Cycling coaches**, Ministry of Culture & Sports, General Secretarial of Sports, Registration Number 116. <http://gga.gov.gr/component/content/article/261-proponites-sxoles/2105-proponites-sxoles-2#mitroo>
- Official member of **Applied Leisure Science Lab: Nature, Sports, Arts**, University of Thessaly, Department of Physical Education and Sport Science.
<http://www.pe.uth.gr/cms/index.php/el/ereuna/ergastiria>

DANCE, ART, SPORT AWARDS & PARTICIPATIONS

- * **Over 30 Awards & Participations in World & National Performances in Dance & Gymnastics.**

2011-today Performances in modern, contemporary & classical dance, salsa, latin & tango.

2019 Performer in Aerial Dance Project: Sport, Arts & Culture at Applied Leisure Science Lab: Nature, Sports, Arts.

2019 Assistant actress (after casting) in the American movie "Born to be murdered" by Luca Guadagnino & Ferdinando Cito Filomarino.

2014 World Record Guinness «The largest Rueda de Casino in the World», Thessaloniki, Greece.

- * **Over 10 Awards & Participations in track field events.**

OTHER SCHOLARSHIPS-DISTINCTIONS & AWARDS

*** 10 scholarships, distinctions & awards**

- ✓ **Scholarship for 1st place** in Postgraduate Program “Human Performance and Health”, with specialization in “Physical Exercise and Health”.

ART PROJECTS

2019 AERIAL DANSE PROJECT: Sports, Arts & Culture, conception, idea, choreographies and artistic editing, Applied Leisure Science Lab: Nature, Sports, Arts, University of Thessaly, Department of Physical Education and Sport Science.

https://www.ethnos.gr/ellada/53451_aerial-dance-stin-kentriki-gefyra-ton-trikalon

<https://www.onlarissa.gr/2019/08/06/trikala-apisteytes-piroyetes-stoys-katarraktes-tis-palaiokaryas-foto/>

RESEARCH PROJECTS

*** 3 participations in scientific research projects**

2019 Assistant Scientific Coordinator "LAS: Life After Sports" & project code 5897.

SELF-FINANCED PROJECTS

2020-2018 Assistant Scientific Coordinator & Master Tutor in “Yoga Pilates school: Yoga Instructor 100h” 1st, 2nd, 3rd, 4th, 5th, 6th cycle, University of Thessaly, Life Long Learning Education, Greece.

<http://learning.uth.gr/?p=3761>

2020-2018 Assistant Scientific Coordinator & Master Tutor in “Yoga Pilates school: Yoga Teacher Training 200h”, 1st, 2nd cycle, University of Thessaly, Life Long Learning Education, Greece.

<http://learning.uth.gr/?p=4001>

2019 Assistant Scientific Coordinator & lecturer in “Outdoor tourism activities animator”, University of Thessaly, Life Long Learning Education, Greece.

2019 Assistant Scientific Coordinator & lecturer in “Outdoor Education, Skills of Life, Active Leisure”, University of Thessaly, Life Long Learning Education, Greece.

<http://learning.uth.gr/?p=4747>

2018 Assistant Scientific Coordinator & Master Tutor in “Yoga Dance Pilates school: Sport, Leisure & Arts, Aerial Yoga, Modern Dance, Ashtanga Yoga”, University of Thessaly, Life Long Learning Education, Greece.

<http://learning.uth.gr/?p=3562>

2017 Assistant Scientific Coordinator & Master Tutor in “Yoga Pilates school: Active leisure, Mind & Well-being 1st, 2nd cycle”, University of Thessaly, Life Long Learning Education, Greece.

<http://learning.uth.gr/?p=3540>

PUBLICATIONS

*** Over 20 Articles in Peer-Reviewed Journals Indexed in Bibliographical Databases**

Zafeiroudi, A. (2018). Yoga Philosophy and the eight steps of Patanjali: The analysis of Niyamas and their application to everyday life, *Hellenic Journal of Sport & Recreation Management*, 15 (2), 40-56.
<https://elleda.gr/en/contents/2018->

Zafeiroudi, A., & Hatzigeorgiadis, A. (2014). The effects of an outdoor pursuit's intervention program on adolescents' environmental beliefs, *International Journal on Advances in Education Research*, 1 (3), 106-118.
www.edure.org/EduReJournalVol1N3/EduRe_V1_I3_P8.pdf

*** 5 Articles in Journals Not Indexed in Bibliographical Databases**

Zafeiroudi A., & Hatzigeorgiadis A. (2012). Psychometric investigation of 'Environmental Responsible Behavior scale' during participation in sport leisure. *Sports & Recreation Management*, 8 (1), 23-40.

*** 6 Books Chapters & University Published Notes/Manuals**

Zafeiroudi A. (2019). "Yoga: Hatha yoga- Basic/Middle Level". University published notes for the course Active Leisure: Outdoor activities, Ski, Yoga, Pilates, University of Thessaly.

PRESENTATIONS

*** Over 12 Conference Presentations with Full article**

Zafeiroudi, A., & Hatzigeorgiadis, A. (2014). *The effects of an outdoor pursuit's intervention program on adolescents' environmental beliefs.* International Conference on Education Social and Technological Sciences, March 13-14, USA.

*** 30 other Conference Presentations**

Zafeiroudi, A., Kontogianni, E., Hatzigeorgiadis, A., & Alexandris, K. (2012). Outdoor activities: Environmental consciousness and frequency of participation. The case of High school students in Thessaloniki. *20th International Congress of Physical Education & Sport, Komotini, Greece.*

Zafeiroudi A., Hatzigeorgiadis A., K. Alexandris. C. & Costa, G. (2011). New Environmental NEP Scale (The Environmental Paradigm). Attitudes and human environmental behavior. *12th National Congress of Greek Association of Sport Management, 2-4 December, Volos, Greece.*

OTHER INTERESTS-ACTIVITIES

- ✓ Music (Guitar)
- ✓ Movie theater, cinema

Finally, beauty is inside...