

Teresa Flower

I have been passionate about dancing all my life and trained in a range of dance styles from an early age, attending the Legat School of Russian Ballet, and then the London Studio, to complete my training.

My career has taken me in many directions working in education, health, voluntary and community sectors. I am a qualified teacher, community and youth worker. I currently manage community development initiatives in Hastings.

I originally became involved with Dance Hastings as trustee in 2020.

With encouragement from Philippa, I completed The Paradance UK Inclusive Dance Teacher Training and began facilitating Inclusive dance sessions in 2024. I am a qualified first aider, a member of People Dancing <https://www.communitydance.org.uk/> and committed to continued professional development through the courses that they offer.

Being part of Dance Hastings is a joyous experience, and I am so happy to be able to share that joy with others.