

Sona is Slovak dancer, performer, teacher and founder of non-governmental organization BOD.Y / www.bodyngo.com /. She started her professional dance education at National Ballet School in Bratislava and continued with studies in Prague (Academy of Performing Arts), Antwerp (The Royal Conservatoire) and Salzburg (Salzburg Experimental Academy of Dance). Sona is also a certified Pilates instructor (Steele Pilates, NYC). Besides contemporary dance she addresses herself to experimental and documentary theatre and dance film. During her studies and professional career she had the chance to cooperate with various choreographers, theatre directors and companies as: Juan Manuel Ramos Avilla (MEX), Ivana Dukic (YU), Marc Vanrunx (BE), Filip Van Huffel (BE), UNITED-C Company (NL), T.R.A.S.H Dance Collective (NL), VerTeDance (CZ), Spitfire Company (CZ), Renan Martins de Oliveira (BE/BR), Davide Sportelli (IT), Jaro Viňarský (SK), Peter Šavel (BE/SK), Csaba Molnár (HU), Petra Fornay (SK), Marold Langer-Philippsen (DE) among others. She have performed in Slovakia, Czech Republic, Hungary, Poland, Germany, France, Holland, Belgium, Scotland, UK, Spain, Switzerland, Portugal, Bulgaria, Turkey, Latvia, Lithuania, Italy, Izrael, Mexico and China.