



Heidi Karina : Instructor / Yoga Teacher / Performer

IG: [@heidikarinaonyx](#) Website/Portfolio: [OnyxAerialFitness.co.uk](#)

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I found a passion with the Arts in 2010 and since then explored the range and diversity of pole and aerial dance through training, performance, and teaching.

Predominantly self-taught, I developed my skills through completing various courses, private tuition, retreats and workshops with a number of world-class champions.

In addition to being wildly passionate for the arts, I am a Registered Veterinary Nurse (Fdc) with great knowledge and inspiration for anatomy and physiology. Much of my knowledge is transferable to the human body which shows through my understanding of movement, flexibility, safety and injury prevention.

I have great enthusiasm for physical art and music, delivering a creative and unique informed teaching style within my studio Onyx Fitness UK, Devon.

Along side teaching/sharing various disciplines to include circus, yoga and primal movement, I enjoy performing with a compelling team of artists using my body and voice. I am passionate to create an experience for the audience with aesthetic quality, movement, sound and visuals.

I would be very grateful share my skills with you and learn more.

Previous Performances/Credits

- Ashburton Arts Center
- Medicine Festival UK
- Onyx Aerial Festival 2024
- Beautiful Days Festival '25
- Onyx Aerial Festival 2024
- Pole Theatre UK '23 (2nd Place: Art catg)
- Bristol Pole Championships '18 (1st Place: Profesional catg)
- Floor Play Championship '19 (3rd Place: Doubles catg)
- Brussels Tattoo Convention
- English Riviera Global Geopark Conference
- Invisible Circus at Loco Club
- Green Gathering Festival
- Plymouth Museum's 'The Box'
- Various Pole Championship (Judge role)



Certificates & Achievements

Director, Founder and lead instructor at Onyx Aerial & Fitness since 2016

- Yoga LAAIC YTT 200hr (Oct '23)
- Yoga Physical Adjustments 10hr (Jan '24)
- Sri Dharma Mitra Immersion 10hr (May '24)
- Yoga LAAIC YTT 300hr INDIA (April '26)

- Exercise to Music diploma (ETM)
- Spin City Pole Instructor Course (2015)
- Nimble Arts Aerial Teacher Training

Workplace Hazard Awareness Entry 3

Singing – Grade 2 with Merit

FDegree Registered Veterinary Nurse

Equestrian Grades 1 & 2
Level 2 Functional Skills

