

# Karina Beverly Ho

## Circus Acrobat

778-385-0600 • karina\_beverly@hotmail.com

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### **Highlights of Qualifications and Skills:**

- Over 6 years of circus training and performance experience in Canada, Germany, Spain and Denmark at professional levels
- Over 20 years of training in artistic gymnastics, including 11 years of training at a competitive level
- Quickly learns different physical movements and is easily adaptable to different working environments

### **Performance Experience:**

#### **The Underground Circus** 2011 - Present

- Acrobat (aerial and ground) for shows and events (such as galas, festivals, dinner shows, weddings), performing various acts and performing as different characters, as required
- Trained in Silks, Aerial Hoop, Moon's Eye, Skyladder, Doubles Trapeze, Tumbling, Gymnastics and Partner Acrobatics

#### **Clubhouse (TV Production)** 2016

- Dancer

#### **Acrobatic and Gymnastics Model and Performer** 2007 - Present

- Gymnastics Model for Sports and Action Photographers

#### **Gala Dinner Variété (Sylt, Germany)** 2013

- Aerial Hoop Performer

#### **Campbell's TV Commercial – "Measuring Happiness"** 2012

- Gymnast

#### **Channel M – "Strength Training"** 2008

- Fitness Team Member on the TV series

### **Teaching Experience:**

#### **Acrobatic and Gymnastics Trainer** 2005 - Present

- Ran Tumbling and Aerial Acrobatics Workshops at several Youth Circus Schools and Acrobatic Festivals in Europe.
- Gymnastics coach at Vancouver Phoenix Gymnastics
- Aerial Instructor at Tantra Fitness

### **Training:**

- The Underground Circus (Vancouver)
- La Central del Circ (Barcelona, Spain)
- Vancouver Phoenix Gymnastics (Vancouver)