



Natascha Mair

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EDUCATION

2003 – 2012 Vienna State Opera Ballet School
High School and Ballet Diploma

2020 - present Mat & Reformer Pilates Instructor ("The Mair Method")
Fitness Trainer Level II
Screen Acting Intensive at City Academy
Unarmed Combat, Firearms, Knife and more at IDFIGHT

Udemy: Acting, Social Media Marketing, Event Planning,
Events, Sport Psychology, CBT, Professional Life Coach

CAREER

2012 – 2018 Dancer at Vienna State Opera Ballet – Manuel Legris
2018 – 2020 Principal at Vienna State Opera Ballet – Manuel Legris
2020 – 2023 Principal at English National Ballet – Tamara Rojo
2023 - present Freelance Ballerina, Actor and Coach

TELEVISION

'Just Ballet' Documentary	Ballet student	Seven Production Gmbh
Vienna New Years Concert	Dancer	Vienna Philharmonic
Nutcracker delights	Clara	English National Ballet
Nureyev Legend & Legacy	Dancer	Marquee TV
Music Video "Auf den Dächern"	Actor	Garish
Music Video "Little bit Brighter"	Actor	Bailey Lanes

STAGE

PROFESSIONAL BALLET COMPANIES

Vienna State Opera Ballet	Principal Dancer	Manuel Legris
English National Ballet	Principal Dancer	Tamara Rojo
Shanghai Ballet	Guest Principal	Derek Deane
SNG Opera Ballet Slovenia	Guest Principal	Renato Zanella
Kremlin Ballet Moscow	Guest Principal	Aydar Shaydullin
Sugar Hill Nutcracker	Soloist	Joshua Bergasse
ISHIDA Dance Company	Soloist	Brett Ishida

PRINCIPAL ROLES

Coppélia, Lady of the Camellias, La fille mal gardée, Le Corsaire, Marie Antoinette, Mayerling, Midsummernight's Dream, Onegin, Peer Gynt, Raymonda, Roméo et Juliette, Sleeping Beauty, Swan Lake, The Nutcracker

PERFORMANCE COUNTRIES

Austria, Chile, China, Cyprus, Czech Republic, Dubai, Finland, France, Germany, Hungary, Indonesia, Italy, Japan, Kazakhstan, Moldova, Romania, Russia, Slovenia, Spain, Switzerland, Turkey, United Kingdom, USA

CHOREOGRAPHERS

Frederick Ashton, George Balanchine, Patrick de Bana, Davide Bombana, Edward Clug, John Cranko, David Dawson, Derek Deane, Wayne Eagling, Jorma Elo, Jakob Feyferlik, William Forsythe, Jade Hale-Christofi, Gyula Harangozó, Brett Ishida, Pierre Lacotte, Harald Lander, Manuel Legris, Serge Lifar, András Lukács, Kenneth Mac Millan, José Carlos Martinez, Wayne McGregor, Irek Mukhamedov, John Neumeier, Rudolf Nureyev, Eno Peci, Marius Petipa, Roland Petit, Yuri Possokhov, Daniel Proietto, Jerome Robbins, Tomaž Rode, Tamara Rojo, Youri Vámos, Christopher Wheeldon, Kirsten Wicklund, Sir Peter Wright

OTHER ACHIEVEMENTS

- Prize of the Jury at the International contest of Ballet Schools in Beijing, China (2012)
- 1st prize Premio Roma Danza in Rome, Italy (2012)
- Sponsorship Award of the Ballett Club Wiener Staatsoper & Volksoper (2014)
- Forbes under 30-List of 2023 (AT)

COMMERCIALS

Mastercard Austria, Bobbi Brown, Nike, Fairy Tong, Niely Hötsch Headpiece, Solaine Piccoli Vienna, Nico Nico Design, Maldire, Dancewear Central, Pineapple, Flower Knows Cosmetics, 4Pointe, Studio Dance by Lina

SPECIAL SKILLS

Acting

- Screen Acting - City Academy, London
- Unarmed Combat - Pass with Distinction - ID FIGHT, London
- Industry recognised firearms - ID FIGHT, London
- Knife - Pass - ID FIGHT, London
- Wire Work for Stunts - ID FIGHT, London
- Case of Rapiers - Pass with Distinction - ID FIGHT, London

Principal Ballerina - Ballet Diploma

- Guest Ballet Coach in Austria, Chile, China, Indonesia, Italy, Philippines, Slovenia, United Kingdom and online

Mat & Reformer Pilates Instructor ("The Mair Method")

- In Studio - London and Online

Social Media Mangement

- Creative Management of Instagram and Facebook
- Management, Content Creator, Influencer for all personal platforms

Fitness Trainer Level II

Modelling Collaborations

Viktoria Andreeva, Jonny Bosworth, Ronnie Böhm, Raúl Durán, Elisabeth Feldner, Alex Fine, Marian Furnica, Neil Gandhi, Ian Gavan, Willfried Gredler-Oxenbauer, Hale Christofi Studios, Lukas Hof, Magda Hoffman, Vince Jefferds, Eric Krohn, Simon Kupferschmied, Kateryna Kushch, Irving Kwok, Michael Ohlsen, Sonja Petrowsky, Rory Rae, Rich, Gabriele Schacherl, Paul Daniel Schneider, Teresa Sifuentesm, Nikola Stojković, Johannes Strauß, Jon Taylor, Kim Yoonsik, Marek Wójciak, Juan Pablo Zapata

London, Oct. 2025

