Monique Website Content Template

Dear Monique,  
  
Please fill out the sections below and provide the associated media files (photos, videos, documents) named according to the instructions. You may send the files via email, Google Drive, or WeTransfer.

# Bio

* - Upload pictures (name as Bio\_img\_1, Bio\_img\_2, ...)
* - Upload videos (name as Bio\_video\_1, Bio\_video\_2, ...)
* - Write your biography in English (file name: Bio\_des\_en)
* - Write your biography in German (file name: Bio\_des\_de)
* - Provide a timeline or CV in English (file name: Bio\_timeline\_en)
* - Provide a timeline or CV in German (file name: Bio\_timeline\_de)

# Working

* - Upload work-related images (name as Work\_img\_1, Work\_img\_2, ...)
* - Upload work-related videos (name as Work\_video\_1, ...)
* - Describe your works/projects in English (file name: Work\_des\_1\_en)
* - Describe your works/projects in German (file name: Work\_des\_1\_de)
* - Provide a project timeline in English (file name: Work\_timeline\_en)
* - Provide a project timeline in German (file name: Work\_timeline\_de)

# Pilates

* - Upload Pilates-related images (name as Pilates\_img\_1, ...)
* - Upload Pilates-related videos (name as Pilates\_video\_1, ...)
* - Describe your Pilates practice in English (file name: Pilates\_des\_en)
* - Describe your Pilates practice in German (file name: Pilates\_des\_de)

# Press

* - Upload press images or scans (name as Press\_img\_1, ...)
* - Upload articles or press mentions in English (Press\_en\_1, etc.)
* - Upload articles or press mentions in German (Press\_de\_1, etc.)

# Contact

* - Full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* - Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* - Phone (optional): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* - Social media links (IG, Facebook, LinkedIn, etc.):
* - Location (if relevant): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* - Additional notes (e.g., availability for collaborations):

And send it to [seungdance@gmail.com](mailto:seungdance@gmail.com)

Thank you ☺