

MIRAH KELLC MORIARTY

Co-Founding Director of DANCE MONKS and
Ook'ot International Dance Festival

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SUMMARY

Mirah Kellc Moriarty (San Francisco Bay Area/Yucatán, Mexico) is the co-founding director of DANCE MONKS and Ook'ot International Dance Festival with Rodrigo Esteva. Mirah has 25 years of international teaching and performance experience throughout the United States and Mexico as well as in Peru, Canada, the unceded lands of Hawai'i, and Europe as an interdisciplinary dance artist. Her current movement research is focused on the stories that are held in the body and in the land. She is particularly moved by the impact of cultural displacement and (forced or voluntary) migration on that which binds us to the environment, including memories or mythology that is embedded in the local ecology.

EDUCATION

2014

**Master of Fine Arts (MFA)
in Dance**

HOLLINS UNIVERSITY (VA)

Hollins University MFA in Dance program in conjunction with American Dance Festival, The Forsythe Company, and HfMDK/MA Code in Frankfurt, Germany
Thesis: *NOMAD: The Blue Road*
Advisor: Lindsay Aya Battle

2009

Bachelor of Arts

GODDARD COLLEGE (VT)

Goddard College Bachelor of Arts program with a focus on Interdisciplinary Arts in Education
Thesis: *BODY AS HOME: Sensing My Way Back to the Roots*
Advisor: Baco Ohama

1997-98

**Undergraduate
studies**

OBERLIN COLLEGE (OH)

Undergraduate studies in Dance and Visual Art
Including with Ann Cooper Albright and Johnny Coleman

1996

**International
Student**

**SCHOOL FOR NEW DANCE DEVELOPMENT
(SNDO) (AMSTERDAM, NETHERLANDS)**

Semester abroad at SNDO
Additional studies with Katie Duck and Pauline DeGroot

1996

**High School
Diploma**

BURLINGTON HIGH SCHOOL (VT)

Created a Performing Arts program as a Senior Project in conjunction with the Working Ground Dance Theater and Flynn Center
Advisor: Hannah Dennison
Guest Teachers: Simone Forti and Liz Lerman

DANCE MONKS GRANTS & AWARDS FOR PERFORMANCE PROJECTS

2024, 2025	NOH FOUNDATION Apapacho
2021, 2019, 2018	BERKELEY CIVIC ARTS GRANT <i>Fire in the Mountain (2018-19) & Breathe Here (2021)</i>
2020	THEATER BAY AREA ARTIST GRANT Award for Bay Area artists
2016	DORIS DUKE CHARITABLE FOUNDATION GRANT National grant awarded for <i>Tlaoli: People of the Corn</i>
2016	KENNETH RAININ FOUNDATION GRANT <i>Tlaoli: People of the Corn</i>
2016 & 2007	ZELLERBACH FAMILY FOUNDATION GRANT <i>Postcards of Mexico (2007) and Tlaoli: People of the Corn (2016)</i>
2013, 2010, 2009, 2007	THE OPEN CIRCLE FOUNDATION GRANT <i>The Green Project: Environmental Education through the Arts</i>
2009, 2008	EAST BAY FOUNDATION FOR THE ARTS GRANT <i>The Green Project: Environmental Education through the Arts</i>
2008	NOH SPACE SPACE GRANT Artist Residency Grant awarded for <i>ORIGINS</i>

DANCE COMPANIES

1999- PRESENT	DANCE MONKS (SF BAY AREA/YUCATAN) Co-founding Director with Rodrigo Esteva, performing and teaching internationally including collaborations with renowned artists Pauchi Sasaki (Rolex Award-winning artist with mentor Philip Glass), Dohee Lee (SF/Korea), Jose Navarrete (SF/Mexico)/Debby Kajiyama (SF/Japan), Jennifer Curtis (Carnegie Hall artist) and Laura Inserra (Italy)
1996-2001	PEARSON/WIDRIG DANCE THEATER (NEW YORK CITY) Member of renowned company, performing and teaching internationally including at The Joyce Theater (NY), Kennedy Center (DC), PS122 (NY), Bates Dance Festival (ME), Judson Church (NY), among others
1993, 1996, 1998	DAVID DORFMAN DANCE (NYC) Guest performer in <i>Out of Season</i> (1993), <i>Familiar Movements</i> (1996) at Flynn Center (VT) and Colorado Summer Dance (1998)
1997	MEREDITH MONK (NYC) Guest dancer in <i>Into the Light</i> (1997) at Trinity College (VT)
1993-1997	WORKING GROUND DANCE THEATER (VT) Youngest member of inter-generational company of women, ages 14-80 years old, directed by Hannah Dennison with a focus on Site-specific performance

UNIVERSITY TEACHING

2020 **WINONA STATE UNIVERSITY (MN)**
Guest Lecturer on Site-specific Performance and Movement Ecology

2016 **STANFORD UNIVERSITY (CA)**
Guest Artist Residency with Rodrigo Esteva at Empathy Lab, an interdisciplinary collaboration between Krista DeNio (Artist) and Lochlann Jain (Stanford University Professor of Anthropology)

2013 **EL PASO COMMUNITY COLLEGE (TX)**
Guest Faculty at El Paso Community College Dance Department teaching Release Technique, Improvisation and Composition (Taught in Spanish and English)

2012 & 2000 **UNIVERSIDAD VERACRUZANA (UNIVERSITY OF VERACRUZ), XALAPA, MEXICO**
Guest Faculty at Universidad Veracruzana Dance Department teaching Contemporary Technique and Improvisation/Composition (Taught in Spanish)

2011 **QUEENS COLLEGE SUMMER DANCE (NYC)**
Summer Dance Faculty at Queens College teaching Contemporary Technique and Improvisation while in residence with Pearson/Widrig Dance Theater (NY)

2011 **CONNECTICUT COLLEGE (CT)**
Master Class of Contemporary Technique as part of Site-Specific Performance residency of *A Curious Invasion* with Pearson Widrig Dance Theater (NY)

2011 **BARD COLLEGE (NY)**
Master Class of Improvisation and Site-Specific Performance at Bard College Dance Department

2010 **UNIVERSITY OF THE AMERICAS (UNIVERSIDAD DE LAS AMERICAS) PUEBLA, MEXICO**
Guest Faculty at UDLAP Dance Theater Department teaching Contemporary Technique, Improvisation and Somatics (Taught in Spanish)

2009 **GODDARD COLLEGE (VT)**
Guest Artist residency teaching Movement Matters: Interdisciplinary Approaches to Education through the Arts

2007 **UNIVERSITY OF CALIFORNIA AT BERKELEY (CA)**
Guest Faculty at UC Berkeley Dance and Theater Department teaching Contemporary Technique and lecture on Site-Specific Dance as Environmental Education

UNIVERSITY TEACHING

2005	MIDDLEBURY COLLEGE (VT) Summer Residency at Summer Language Institute and Dance Department teaching Contemporary Technique and Improvisation (Taught in Spanish)
2003 & 2004	UNIVERSIDAD IBEROAMERICANA (UNIVERSITY IBEROAMERICANA (MEXICO CITY)) Guest Faculty at Universidad IberoAmericana Theater Department teaching Movement for Actors (Taught in Spanish)
2001	UNIVERSITY OF MARYLAND (MD) Guest Faculty at University of Maryland's Dance Department teaching Contemporary Technique and Improvisation
2000	KEENE STATE COLLEGE (NH) Guest Artist Residency with Pearson/Widrig Dance Theater (NY) teaching Contemporary Technique and Improvisation

TEACHING AT FESTIVALS AND PROGRAMS

2020 & 2021	OO'KOT INTERNATIONAL DANCE FESTIVAL (YUCATAN, MEXICO) Co-founding Director and curator with Rodrigo Esteva Invited Guest Faculty: Dr. Yanique Hume (Jamaica), Mijail Rojas (Cuba), Erika Suarez (Mexico) (Taught in Spanish)
2021	ESSENCE OF EMBODIMENT FESTIVAL (NJ) Guest Artist teaching Movement Meditation: Self-Acupressure for Emotional Balancing
2012, 2019	TUMÁKA'T (MERIDA, MEXICO) Guest Faculty teaching Contemporary Technique, Improvisation and Composition for Professional Dancers (Taught in Spanish)
2012	DANZA TUPAC (LIMA, PERU) Guest Faculty teaching Contemporary Technique, Improvisation and Composition for Professional Dancers (Taught in Spanish)
2012	ESPACIO ABIERTO & X ESPACIO (MEXICO CITY) Workshop teaching Contemporary Technique, Improvisation and Composition (Taught in Spanish)
2012	ENCUENTRO NACIONAL DE DANZA CONTEMPORANEA/ NATIONAL ENCOUNTER OF CONTEMPORARY DANCE (QUERETERO, MÉXICO) Summer Dance Faculty teaching Contemporary Technique, Improvisation and Composition (Taught in Spanish)

2012 **FORAMEN BALLET (CUERNAVACA, MEXICO)**
Summer Dance Faculty teaching Contemporary Technique, Improvisation and Composition (Taught in Spanish)

2012 **FESTIVAL INTERNACIONAL YUCATÁN ESCÉNICA (MÉRIDA, MÉXICO)**
Summer Dance Faculty teaching Contemporary Technique, Improvisation and Composition (Taught in Spanish)

2010 **KRIPALU CENTER FOR YOGA & HEALTH (MA)**
Workshop on Movement Meditations: Listening to the Land

2010 **BODY & SOUND FESTIVAL (SAN FRANCISCO)**
Body and Sound workshop with Rodrigo Esteva and musician Laura Inserra (Italy) Curated encounters between Dohee Lee and Pauchi Sasaki, Djenane Saint-Juste and Mambo Florencia at KUNST STOFF (SF)

2009-2010 **MIDSUMMER ARTS FESTIVAL (NY)**
Summer Dance Faculty teaching Contemporary Technique, Improvisation and Composition

2007-2010 **SUMMER DANCE (HUDSON VALLEY, NY)**
Summer Dance Faculty teaching Contemporary Technique, Site-Specific Dance, Improvisation and Composition

2010 **FESTIVAL DE NOVA VITTA (MÉXICO CITY)**
Summer Dance Faculty teaching Contemporary Technique, Improvisation and Composition (Taught in Spanish)

2007-2009 **ODC (SAN FRANCISCO)**
Dance Faculty teaching Contemporary Technique, Improvisation and Composition

2006 **SAN FRANCISCO SUMMER DANCE INTENSIVE**
Summer Dance Faculty teaching Contemporary Technique

2006 **COUNTERPULSE DANCE FESTIVAL (SF)**
Dance Faculty teaching Partnering the Moment: Improvisation

TEACHING AT YOUTH PROGRAMS AND ELEMENTARY SCHOOLS

2016-2018 **MALCOLM X ELEMENTARY SCHOOL (CA)**
Dance Faculty for K-3 in accordance with National Dance Standards including interdisciplinary performances created in collaboration with the students

2015 **OAKLAND UNIFIED SCHOOL DISTRICT (CA)**
Dance Faculty for K-3 in accordance with National Dance Standards

2012	MIGRANT WORKERS SUMMER ARTS CAMP (NY) Dance Faculty for Summer Arts Festival for children of migrant farm workers
2011	THE VANAVER CARAVAN INSTITUTE (NY) Dance Faculty for professional K-12 youth dance company
2011	HIGH MEADOW ELEMENTARY SCHOOL (NY)
	MOUNTAIN LAUREL ELEMENTARY SCHOOL (NY) Dance Faculty for K-5
2010	BERKELEY ARTS MAGNET ELEMENTARY (CA) Dance Faculty for K-3 students including interdisciplinary Performance Project of <i>Wild Child and other Tales of the Tall Trees</i> as part of The Green Project, environmental arts program.
2008, 2009	HIGHLAND ELEMENTARY SCHOOL (CA) Co-Founder of The Green Project an environmental arts program including interdisciplinary performance project, <i>Rain Dances</i> .
2009	BERKELEY HIGH SCHOOL (CA) Master Class in Contemporary Performance for Performing Arts Program
2004	COLEGIO MADRID (MEXICO CITY) Dance Faculty teaching Contemporary Dance and Making Dances (Taught in Spanish)
2003	ACADEMIA MEXICANA DE LA DANZA (MEXICO CITY) Dance Faculty teaching Contemporary Dance and Making Dances (Taught in Spanish)
2001, 2002	CENTRO DE MOVIMIENTO (COATEPEC, MEXICO) Co-Founder of this center for dance with Creative Movement classes for youth with and without disabilities and Movement for Seniors at Casa de los Ancianos

DANCE MONKS CHOREOGRAPHY, DIRECTED BY MIRAH MORIARTY AND RODRIGO ESTEVA (1999-PRESENT)

BREATHE HERE/ RESPIRE AQUI (2021)

Community responsive, site-specific installations including a video of accessible movement sequences projected onto public buildings designed to support public mental health during times of turbulent change

FIRE IN THE MOUNTAIN (2020)

Film premiered at Latin American Contemporary Choreographers (FLACC) (San Francisco)/ that focused on the intimate and ancient relationship between people and place

THE TREE AND ME (2019)

Trio commissioned by Bulb Fest (CA)/ Addressed the question- when listening to the stories that are held in the land, what wishes to be spoken and what wants to remain in silence?

THE WALL BETWEEN US (2017)

Duet with Rodrigo Esteva (MX) commissioned by D.I.R.T Festival (San Francisco) / A collection of real stories of families separated by the US-Mexico border

TLAOLI: PEOPLE OF THE CORN (2016)

Performance Residency with Rodrigo Esteva (MX) at La Peña Cultural Center (CA) / Examined corn as essential to Mexican cultural identity, the mythical relationship between people and plants, traditional sacred farming and agricultural rituals

NOMAD: THE BLUE ROAD (2014)

A site-specific ritual performance with 15 dancers and 5 collaborating artists that followed the (now mostly) underground Strawberry Creek in Berkeley in support of the international movement to "daylight" rivers in urban places

TONALI (2014)

Site-responsive solo/excerpt of *Nomad: The Blue Road*, MFA Thesis at Hollins University (VA)

MURU (2012 & 2013)

Commissioned by FAEL Festival de Artes Escenicas (Lima, Peru) MURU means endless dream in Japan and seed in Quechua. Directed by award-winning Rolex artist Pauchi Sasaki with DANCE MONKS, Kinya Zulu Tsuruyama (Japan), Dohee Lee (Korea/SF) and Jennifer Curtis (NY)

STAR RIDER (2012)

Site-specific performance installation commissioned by Woodstock Public Library (NY) directed in collaboration with our son, Sebastian Esteva (at age 9) from a child's perspective.

CALL OF LIFE: FACING THE MASS EXTINCTION (2010)

Choreographers and performers for award-winning environmental film directed by Director Monte Thompson which received The Accolade Film Humanitarian Award, among others

ORIGINS (2009)

Performance Installation at NOH Space (SF) inspired by old world mythology from the dancers' ancestral origins (Maori, Mexican, Chinese, Slavic) in collaboration with disabled dancer Rodney Bell (formerly of AXIS Dance), Rodrigo Esteva, and Olivia Eng with live music by Laura Inserra, Pauchi Sasaki and Claudia Cuentas

ROAD (TO REMEMBRANCE) (2008)

A performance installation at Goddard College (VT) inside of a tent made of 1,000 pieces of paper based on the process of "descansos" or "to put to rest" by Dr. Clarissa Estes, a ritual to mark the passages of life. Soundscape by the renowned musician, Pauchi Sasaki

POSTCARDS OF MEXICO (2007)

A performance installation premiered at CounterPULSE (SF) in collaboration with Sebastian Belaustegui, author of *Guardianes del Tiempo / The Guardians of Time*, focused on endangered ways of life in Mexico due to the influx of large US corporations

EL OTRO LADO/ THE OTHER SIDE (OF THE BORDER) (2003 & 2004)

A duet with Rodrigo Esteva (MX) performed at Middlebury College (VT) from a series of interviews (in Spanish and English) with people living on either side of the US/Mexican border and their vision of "the other side"

TIERRA IMAGINARIA/ IMAGINED LAND (2003)

A site-specific performance choreographed for 5 dancers throughout the campus of IberoAmericana University (Mexico City) with large-scale visual installations made from collected Native flowers

LULABAI (2003)

A group installation performance for 7 dancers with projections of children's drawings from students of Escuela Madrid (Mexico City)

COLORES (2002)

A group choreography for students at Ollin Yoliztli performed at the National University of Mexico (Universidad Nacional Autonoma de Mexico)

THE BUTTERFLY HOUSE (2001)

A long distance duet between Mirah (performed live in the US) and Rodrigo (projected in video from Mexico) created in response to our experiences at the US/Mexico border, performed at Inside/Outside Festival at Flynn Center for the Performing Arts (VT). A live version of *The Butterfly House* was performed while Artists-in-Residence at Casa de Cultural Coaptec (Mexico) and Teatro de la Danza (Mexico City)

PERFORMANCE HISTORY WITH PEARSON/WIDRIG DANCE THEATER, NYC (1999-2011)

2011	CONNECTICUT COLLEGE (CT) <i>A Curious Invasion</i>
2001	L/A ARTS (ME) <i>HereAfter</i>
2000	KEENE STATE COLLEGE (NH) <i>HereAfter</i>
2000	VIRGINIA COMMONWEALTH UNIVERSITY (VA) <i>HereAfter</i>
2000	PORTLAND MUSEUM OF ART (ME) <i>A Curious Invasion</i>
2000	THE JOYCE THEATER (NYC) <i>HereAfter</i>
2000	JUDSON CHURCH (NYC) <i>Beginning to Begin</i>
2000	GRACE STREET THEATER (VA) <i>HereAfter</i>
2000	KENNEDY CENTER (DC) <i>Ordinary Festivals</i>
1999	FESTIVAL INTERNACIONAL DE DANZA (PERU) <i>Ordinary Festivals</i>
1999	BATES DANCE FESTIVAL (ME) <i>A Curious Invasion</i>
1999	LINCOLN CENTER OUT-OF-DOORS (NYC) <i>Ordinary Festivals</i>

PERFORMANCE HISTORY WITH WORKING GROUND INTERGENERATIONAL DANCE THEATER COMPANY

1999	THE WATERFRONT PROJECT (VT) <i>Site-specific at Burlington Waterfront</i>
1998	THE BAKERY PROJECT (VT) <i>Site-specific at Rose Street Bakery</i>
1996	FLYNN CENTER (VT) <i>Running Like Made with our Eyes Closed</i>
1994-95	THE MILL PROJECT (VT) <i>Site-specific at Winooski Mill</i>

MOVEMENT RESEARCH, RELATED SCHOLARSHIP AND STUDIES

CURRENT RESEARCH INTERESTS: ECOLOGY, ANIMISM, MYTHOLOGY, ART

- Animism in contemporary movement practices and performance
- Art as ritual in contemporary performance practices
- Movement Mythology: researching the personal and collective stories that are held in our bodies and the land
- Interdisciplinary collaborations: Movement Ecology, Interdisciplinary Performance, Writing from the Body, Dance on Film, Performance Installation
- Place-based choreography and Site-specific performance
- Dances of the Orisha of the African Diaspora and practices of the Regla of Lukumí
- Indigenous dance and views of the body in relationship to the land
- Decolonization practices through movement beginning in Elementary Dance Education
- Culturally responsive education in Arts Ed
- Collective and personal empowerment/healing through collaborative creative practices
- Partnering the Moment: Improvisation as a life practice

DANCES OF THE AFRICAN DIASPORA

- Dances of the Caribbean: Cuban and Haitian Dance, Culture and Religion with Dr. Yanique Hume, VT (1992-1998) and further in-depth studies (2020-present)
- Cuban Folklore with Royland Lobato, SF Bay (2015-present)
- Cuban Folklore with Susana Pedroso, SF Bay (2015-present)
- Haitian Folklore with Porsha Jefferson, SF Bay (2009-present)
- Haitian Folklore with Djenane St-Juste, SF Bay (2018-2019)
- Cuban Folklore with Baba Richard Gonzalez, VT and NYC (1992-1998)
- Cuban Folklore with Jose Borroso, SF Bay (2008-2010)
- Cuban Folklore with Vladimir Espinosa, Hollins University (2013)
- Dances of the Caribbean with Pat Hall, VT and NYC (1993 and 2012)

IMPROVISATION, COMPOSITION AND SITE-SPECIFIC PERFORMANCE

- Rodrigo Esteva, Mexico and SF Bay (1997-present)
- Sara Pearson and Patrik Widrig, NYC (1997-2000)
- Simone Forti, VT (1998)
- Contact Improvisation with Nancy Stark Smith and Andrew Harwood, Oberlin College (1997)
- Katie Duck, Amsterdam (1996)
- Pauline DeGroot, Amsterdam (1996)
- Hannah Dennison, VT (1993-1997),

CONTEMPORARY TECHNIQUE

- Release/Sentient Technique with Sara Pearson and Patrik Widrig, NYC (1997-2000)
- Contemporary Practice with Chrysa Parkinson of Rosas, Germany (2014)
- Gaga Technique with Tom Weinburger of Batsheva, Germany (2014)
- Jonathan Burrows, Germany (2014)
- Partnering with Evangelos Poulinas & Johannes Wieland, Germany (2014)
- Jess Zaritt of Shen Wei, ADF (2013)
- Michelle Gibson, ADF (2013)
- David Dorfman and Lisa Race, Bates Dance Festival and Colorado Dance Festival (1993, 1995, 1997)

DANCE FOR DANCERS WITH AND WITHOUT DISABILITIES

- Axis Dance Company, Oakland (2008)
- Movement for Children with Special Needs Berkeley YMCA (2010-2012) & Mexico (1999-2001)

INTERGENERATIONAL DANCE

- Medicinal Movement for Seniors (1999-2001) Mexico
- Hannah Dennison, Working Ground Dance Theater Company member, VT (1993-1997)
- Liz Lerman Dance Exchange, DC (1995 & 1998)
- Kimberly Boyd, Oberlin College (1998)

BI-LINGUAL EDUCATOR

- Fluent in Spanish and English
- Bi-cultural family with extensive, in-depth international living and travel

ANTI-RACISM & RESTORATIVE JUSTICE

- Victor Lee Lewis and Patti Digh, Hard Conversations: Racism and It's Undoing (2020)
- Restorative Justice intensive with UC Berkeley RJ Center Director Julie Shackford Bradley and Jonathan Bradley (2019)
- Anti-Racism and Implicit Bias Training for Teachers in Berkeley Public Schools District (2016-18)

DANCE WRITING, CRITICISM, HISTORY, THEORY AND PHILOSOPHY

- Elizabeth Zimmer, Hollins University (2014)
- Ann Cooper Albright, Hollins University and Oberlin College (2014 & 1997-98)
- Thomas DeFranz, Duke University (2013)
- John Jasperse, Hollins University (2014)
- Boyan Manchev, Germany (2014)
- Adrienne Heathfield, Germany (2014)
- Thomas J. Anderson, Hollins University (2014)

GRANT WRITING & BUSINESS FOR ARTISTS

- Selected Artist for The Art of Business/ The Business of Art by East Bay Foundation for the Arts, Oakland (2009 & 2013) / Grant writer for 15 successful grants for DANCE MONKS.

ACADEMIC RESEARCH & WRITING

- "Nomad: The Blue Road" Hollins University MFA Thesis, Advisor: Lindsay Aya Battle
- "The Art of Ritual/ The Ritual of Art", "Whispers from the Wild: Reflections on our Intimate and Ancient Relationship with Nature through Traditional Ceremony and Contemporary Performance" Hollins University MFA Research, Advisor: Professor Thomas J. Anderson
- "Body as Home: Sensing My Way Back to the Roots" Goddard College Thesis Advisor: Professor Baco Obama, Visual Artist and Zen Practitioner
- "The Root Tent: Road to Remembrance" Goddard College Research, Advisor: Professor Baco Obama
- "Body Speaks: Physical Training for the Sensitive Mind" Goddard College Research, Advisor: Professor Baco Obama
- "Empty Vessel" research, training and writing on reclaiming sacred living during contemporary times with Martin Prechtel, Scholar, writer and traditional medicine man of the Tz'utujil Mayan tradition (2007-2010)
- "Josephine Baker: Biography of a Dance Activist" Oberlin College, Advisor: Professor Ann Cooper Albright

BODY STUDIES

- Shiatsu and Self-Acupressure with Certified Therapist Rodrigo Esteva (1999-present)
- Body Mind Centering with Glenna Batson (1995 & 2013)
- Body Mind Centering with Hannah Dennison (1993-97)
- Anatomy for Dancers with Irene Dowd, Author of *Taking Root to Fly* (2013) & Rebecca Dietzel (1995-96)
- Vincent Cacalano, Amsterdam (1996)
- Authentic Movement with Barbara Mahler (1997) and Yvonne Meier (2013)

MEDITATION & YOGA

- Nationally Certified Yoga Teacher (2008)
- Assistant to Saraswathi Devi, Yoga Therapy, Prana Yoga and Meditation (2005-2010)
- Body Mind Centering with Glenna Batson (1995 & 2013)
- Anatomy for Dancers with Irene Dowd, Author of *Taking Root to Fly* (2013) & Rebecca Dietzel (1995-96)
- Anatomy with Vincent Cacalano (1996), Amsterdam
- Authentic Movement with Barbara Mahler (1997) and Yvonne Meier (2013)

GYMNASICS

- Member of the Elite National U.S. Junior Olympic Gymnastics team in representation of VT (1990), Extensive gymnastics and ballet training (1985-1992)