

Education

M.F.A in Dance

The State University of New York at Buffalo

B.A. in Dance

St. Olaf College

Certifications

IMX Pilates Advanced Training

IMX Pilates Reformer/Mat Training

200hr Yoga Teacher Training

Adapted and Restorative Yoga Training

Teaching Experience

- Proven ability to teach a wide range of dance styles including Ballet, Tap, Jazz, Modern, and Yoga, adept at developing engaging curriculum and fostering student growth for all ages and abilities.
- Strong background in choreographing for stage productions, recitals, and dance competitions. Proficient in creating innovative choreography that emphasizes creative artistry and technique.
- Skilled in teaching creative movement to young children (ages 1-5), fostering artistic expression and motor skill development through imaginative dance exercises.
- Demonstrated success in engaging with communities through dance performances, workshops, and educational programs. Awarded grants and invitations to festivals, showcasing commitment to artistic excellence and community impact.
- Proven track record in directing dance productions and managing logistical aspects including scheduling, budgeting, and technical support. Strong communication skills in coordinating with students, parents, vendors and all stakeholders.

Modern/Contemporary

Open Rehearsal – Tree. Lock Dance and Theatre, Twin Cities, MN	2025-Present
Contemporary Choreography and Technique-Lucille Murray’s Studio of Dance	2025-26
Accessible Modern Practice - Able to Collective, Twin Cities, MN	2024
Collaborative Improv and Play - Treelock Dance and Theatre, Twin Cities, MN	2023-24
MFA Thesis Modern Movement Practice, Department of Dance and Theater, University at Buffalo	2021-22
Modern Technique 1 - Department of Dance and Theater, University at Buffalo	2021
Modern Technique 6 Guest Teacher - Department of Dance and Theater, University at Buffalo	2020
Monthly Adult Modern Workshop Series - Jagged Spoke Dance, Minneapolis, MN	2018-23
Performance Program Lyrical (ages 11-14) - The Dance Warehouse, Chanhassen, MN	2016-19
Beginning Contemporary (ages 10-14) - Dance-Twirl Minnesota, Eagan, MN	2016-18

Creative Movement/ Early Childhood

Creative Movement School Residencies (ages K-5th) - MSPS Public Schools	2025-Present
Creative Movement (ages 3-5) - Young Dance, St. Paul, MN	2024-Present
Creative Movement (ages 3-5) - Lucille Murray’s Studio of Dance (LMSD), Monticello, MN	2024-25
Creative Movement (ages 2-5) - Dancercise Kids, Twin Cities Metro	2018-19
Creative Movement (ages 2-4) - Deuxmensions Dance Theatre and School, St. Louis Park, MN	2017-19
Creative Movement (ages 2-4) - MayerArts, Twin Cities Community Centers and Schools	2016-19
Mommy and Me (ages 1-3) - MayerArts, Twin Cities Community Centers and Schools	2016-19
Creative Movement (ages 2-4) - Dance-Twirl Minnesota, Eagan, MN	2016-18
Creative Movement, (ages 1-3) - Helmer Dance Studio, Hudson, WI	2016-17
Creative Movement, (ages 2-4) - Dance Unlimited, Goleta, CA	2015-16

Ballet

Ballet Technique Level 1, 2, and 3 - Young Dance, St. Paul, MN	2024-Present
Competition Program Ballet Technique - LMSD, Monticello, MN	2024-26
Ballet Technique 1 - Department of Dance and Theater, University at Buffalo	2020
Ballet Technique 2 Guest Teacher - Department of Dance and Theater, University at Buffalo	2020
Beginning Ballet (ages 5-10) - Deuxmensions Dance Theatre and School, St. Louis Park, MN	2017-19
Intermediate Ballet (ages 13-16) - Deuxmensions Dance Theatre and School, St. Louis Park, MN	2017-19
Beginning Ballet (ages 4-8) - The Dance Warehouse, Chanhassen, MN	2016-19
Level 2-3 Ballet (ages 6-15) - Dance-Twirl Minnesota, Eagan, MN	2016-18
Ballet (ages 5-10) - Helmer Dance Studio, Hudson, WI	2016-17
Advanced Ballet (ages 15-18) - Dance Unlimited, Goleta, CA	2015-16

Tap

Tap Residency - Roosevelt High School, Minneapolis, MN	2025
Tap Residency - FAIR School, Minneapolis, MN	2025

Beginning Tap (ages 5-10) - Deuxmensions Dance Theatre and School, St. Louis Park, MN	2017-19
Beginning Tap (ages 4-8) - The Dance Warehouse, Chanhassen, MN	2016-19
Level 2-3 Tap (ages 6-15) - Dance-Twirl Minnesota, Eagan, MN	2016-18
Adult Beginning Tap - Helmer Dance Studio, Hudson, WI	2016-17

Jazz

Contemporary Jazz Residency - Southwest High School, Minneapolis, MN	2026
Jazz Choreography and Technique - LMSD, Monticello, MN	2025-26
Beginning Jazz (ages 9-13) - Deuxmensions Dance Theatre and School, St. Louis Park, MN	2017-19
Beginning Jazz (ages 8-12) - The Dance Warehouse, Chanhassen, MN	2016-19
Level 2-3 Jazz (ages 6-15) - Dance-Twirl Minnesota, Eagan, MN	2016-18
Jazz (ages 8-12) - Helmer Dance Studio, Hudson, WI	2016-17
Intermediate Jazz (ages 12-15) - Dance Unlimited, Goleta, CA	2015-16

Yoga

Yoga for Dancers- LMSD, Monticello, MN	2024-26
Yoga for Strength and Conditioning - Yoga Parkside, Buffalo, NY	2019-20
Yoga for Beginners - Yoga Parkside, Buffalo, NY	2019-20
Teen Yoga - Yoga Parkside, Buffalo, NY	2019-20
Family Yoga - Deuxmensions Dance Theatre and School, St. Louis Park, MN	2017-19
Yoga for Competition Dancers (ages 6-18) - The Dance Warehouse, Chanhassen, MN	2016-19
Power Yoga, Kids Yoga, Inversions Workshop, Yin Workshop - Lotus Yoga, Fond du Lac, WI	2016-17
Hatha Yoga, All Abilities Yoga - Let It Go Yoga, Goleta, CA	2015-16

Additional Classes

Summer Intensives - Contemporary, Lyrical, Jazz, Strength and Conditioning - LMSD	2024-26
Intermediate Musical Theater (ages 13-16), Deuxmensions Dance Theatre, St. Louis Park, MN	2017-19
Musical Theater Dance Camps (ages 6-12), MayerArts, Twin Cities Metro	2016-19
Appreciating Dance, Department of Dance and Theater, University at Buffalo	2022
Global Dance Studies Teaching Assistant, Department of Dance and Theater, University at Buffalo	2022
Choreography 1 Teaching Assistant, Department of Dance and Theater, University at Buffalo	2021
Teaching Methods in Dance Teaching Assistant, UB Department of Dance and Theater	2021
Dance History Teaching Assistant, Department of Dance and Theater, University at Buffalo	2020

Choreography

Choreography for the Stage

• “Drift” - Zenon Zone Showcase	2026
• <i>Trio created with Zone program dancers</i>	
• “Koladi-Ola” - Cowles Center for Performing Arts	2026
• <i>Large Group Contemporary Jazz piece set on student from Southwest High School</i>	
• “The Professionals: A Broadcast” - Minnesota Fringe Festival	2025
• <i>Devised evening length dance/theatre Production, Show Co-Director/Producer</i>	
• “Showtime” - Tex Box Theatre	2025
• <i>Large Group Tap Piece set on students from FAIR and Roosevelt High School</i>	
• “Fragmented Multiplicity” - MFA Thesis Concert, University at Buffalo	2022
• <i>evening length modern large group work with original live music, integrated video projection</i>	
• “I encourage you to continue to feel weird”—MFA showcase, University at Buffalo	2021
• <i>modern large group work with live music collaboration</i>	
• “Addams Family the Musical”—Fond du Lac High School, WI	
• <i>musical production choreography, eight numbers for small groups and full cast of forty</i>	2021
• “Vibrations at the Center of Time”—ChoreoLab, University at Buffalo	
• <i>Modern Large Group Work; collaboration with cast, live musician</i>	2020
• “Far Afield”—MFA showcase, University at Buffalo	
• <i>Modern Small Group Work inspired by natural spaces and relationships to nature</i>	2019
• “SplitScreen”—Minnesota Fringe Festival; Philadelphia Fringe Festival	
• <i>Devised dance/theatre duel city duet, Show co-producer</i>	2019
• “Of Queens”—Minnesota Fringe Festival	
• <i>Modern Large Group Work inspired by Tarot iconography</i>	2019
• “Sweeney Todd”—Fond du Lac Community Theatre, WI	
• <i>Contemporary Musical Theatre Show Choreography</i>	2019
• “Little Shop of Horrors”—Fond du Lac High School, WI	
• <i>Musical Theatre Show Choreography, 8 dance numbers for solos, small groups and cast of 60.</i>	2018
• “White Christmas”—Fond du Lac High School, WI	
• <i>Musical Theatre, Show Choreography, four numbers of groups of 4-10.</i>	2016

Choreography for Competitions and Recitals

Young Dance Annual Showcase- <i>Large Group Ballet for ages 6-15</i> , St. Paul, MN	2024-Present
LMSD Annual Winter & Spring Recitals - <i>All Studio Finale, Large Group Ballet, Jazz, Lyrical, Contemp</i> ,	2024-26
“Raise You Up” - <i>Jazz Large Group</i> , LMSD, Monticello, MN	2025-26
“Awake My Soul” - <i>Lyrical Small Group</i> , LMSD, Monticello, MN	2025-26
“Friend Like Me” - <i>Mass Routine for 45 Dancers</i> , LMSD, Monticello, MN	2024-25
“Home” - <i>Contemporary Large Group Work</i> , The Dance Warehouse, Chanhassen, MN	2019
“Burnin’ Up” - <i>Jazz Solo</i> , The Dance Warehouse, Chanhassen, MN	2019
“Under the Water” - <i>Contemporary Duet</i> , The Dance Warehouse, Chanhassen, MN	2019
“Helpless” - <i>Musical Theatre Small Group</i> , Deuxmensions Dance Theatre, Minneapolis, MN	2019
The Dance Warehouse Annual Recital - <i>Large group Ballet, Tap, Jazz, Modern for ages 5-18</i>	2018-19
Deuxmensions Dance Theatre Annual Recital - <i>Ballet, Tap, Jazz, Musical Theater for ages 3-18</i>	2018-19
Dancercise Kids Annual Recital - <i>Large group ballet and tap for ages 2-5</i>	2019
“Came Here for Love” - <i>Jazz Solo</i> , The Dance Warehouse, Chanhassen, MN	2018
“Dance to Death” - <i>Contemporary Duet</i> , The Dance Warehouse, Chanhassen, MN	2018
“Stayin’ Alive” - <i>Large Group Flash Mob</i> Pine Lake Association, Waupaca, WI	2018
“Winter Showcase” - <i>Ballet, Jazz, Modern Small and Large Group Works</i> , Dance-Twirl MN, Egan, MN	2017-18
“The Nutcracker” - <i>Ballet, Show Choreography</i> , Dance Unlimited, Goleta, CA	2016

Dance for the Camera

- “B-Side” - *Experimental movement film* 2025
- Fleeting and Unfolding” - *ScreenDance for 5 dancers, site-relational movement and videography* 2021
 - Performed at: *Zodiaque Fall Concert, University at Buffalo; ACDA National Screen Dance Festival; DUMBO Dance Festival, NY*
- “we cannot waste time, only ourselves” - *Solo ScreenDance choreographed and edited by me* 2021
 - Performed at: *ShutterSpeed Concert, University at Buffalo; TaPRA Conference “Off-Balance”*
- “Again” - *ScreenDance for four undergraduate dancers, rehearsed and filmed remotely over zoom* 2020
 - Performed at: *Home and Away Concert, University at Buffalo; Dumbo Film Festival, NY*
- “Wash/Repeat” - *ScreenDance Solo exploring site-specific choreography and layered video projection* 2020
 - Performed at: *UB Arts Collaboratory; UB Department of Media Studies Showcase; Minnesota Fringe Festival; Filme Box International Festival*

Work Experience

- Proven ability to lead and coordinate diverse teams, fostering collaborative environments to achieve collective goals.
- Strategic thinker with expertise in community outreach, donor engagement, and digital marketing for arts and dance organizations.
- Demonstrated success in community-engaged projects, fundraising initiatives, and marketing strategies for arts performances.
- Strong background in directing and managing productions, overseeing logistics, budgeting, and ensuring seamless execution of events.
- Experienced in archival management, developing educational materials, and implementing best practices for preservation and accessibility.
- Skilled in studio management, client relations, and operational support, enhancing efficiency and organizational effectiveness, and coordinating with diverse stakeholders to achieve project success.

Dance/Theatre Collective Co-Producer—TreeLock Productions, MN, NY, PA

2018-current

- Produce evening-length multidisciplinary performances *The Professionals* (2025); *Loop* (2023); *SplitScreen* (2019), *MiniDephi* (2018)
- Facilitate weekly open rehearsals with co-producers focused on Physical Theatre, Improvisation, Somatic Movement
- Awarded Residency at Springboard for the Arts, MN (2019); Dragon’s Egg, CT (2020)
- Fundraise \$10,000 and manage marketing for performances
- Awarded Fringe Artist Grant for commitment to community engagement

Studio Director — Lucille Murray’s Studio of Dance, Monticello, MN

2024- current

- Oversee day-to-day studio operations and administrative systems for a multi-level dance program.
- Manage and support recreational and competitive dance programs, coordinating class placement, competition administration, recital planning, and student/family communication.
- Develop and implement enrollment and retention initiatives, including email campaigns, seasonal registration workflows, website content, social media, and targeted outreach to prospective and returning families.

- Lead curriculum and instructional planning across preschool through teen programming, collaborating with faculty to maintain consistent teaching standards, student progression, and a positive, family-centered studio culture.

Able To Collective Member—Minneapolis, MN 2023-2025

- Lead rotation of classes, offer movement explorations, engage in feedback sessions
- Support collective goals of shared learning and leadership; Coordinate Weekly Movement sessions among collective members

Development and Communications Associate—Ragamala Dance Company, Minneapolis, MN 2023

- Strategize community outreach projects, and develop donor engagement initiatives
- Create promotional materials and manage digital presence for 5+ performances, outreach events
- Manage website content (calendar of events, work descriptions, press/reviews sections) and develop virtual program gallery and bespoke landing pages for outreach and touring series.
- Organized and archived press, videos, photos, and program materials, implementing best practices for archiving videos and photos

Graduate Research and Teaching Assistant - Department of Theater and Dance, SUNY Buffalo, NY 2019-22

- Lead-teach courses in Ballet, Modern, Dance Appreciation for undergraduate classes of 10-15 students
- Manage and Organize department production archive of 15 yearly shows
- Videographer for Department production season of 6 dance shows, and 5 artists-residencies
- Assist with archival research and organization for Dr. Ariel Nereson's book project

Concert Director—MFA showcase, SUNY Buffalo, NY 2021

- Oversee entire showcase production including organizing/holding auditions, scheduling logistics for 40 dancers, hiring technical support, and managing budget
- Facilitate clear communication between all cast members, University stakeholders, and local partners to produce high-quality showcase, attended by 500+ audience members
- Manage production logistics and coordinate with choreographers, design technicians and department on COVID safety protocols

Dance Season Production Assistant - Department of Dance and Theater, SUNY Buffalo, NY 2020

- Assist with execution of first virtual Fall concert of eighty dancer and theatre majors
- Develop supplemental educational material for performances for local schools
- Create post-show question and answer video for the concert streaming.
- Oversee archival process for all department concerts, master classes, workshops

Production Assistant—Temporary Distortion at Torn Space Theater, Buffalo, NY 2020

- Support technical and dramaturgical vision of the director through production process
- Communicate with theatre staff, cast, and local partners about space logistics, rehearsal needs
- Provide archival research and manage changes to the script

Administrative Assistant— The Dance Warehouse, Chanhassen, MN 2016-19

- Collaborate on season planning, and community outreach
- Assist with organization of competition performances and recitals
- Manage Parent communication, studio tours, daily studio operations
- Facilitate special projects and studio community building events

Studio Assistant Manager-- IMX Pilates, Minneapolis, MN 2017-19

- Facilitate opening of new studio space, oversee physical renovations, marketing and outreach plan, hiring
- Manage daily operations for 4 classes a day, 7 days a week including client communication, scheduling, studio organization
- Teach 5+ Pilates classes weekly for groups of 2-10 students.