

EDUCATION

Cleveland State University, Cleveland, OH
Bachelor of Arts - Dance in Community
Bachelor of Science – Health Sciences

May, 2022

Certifications

Yoga Instructor (200 hrs)

American Heart Association CPR

NASM Certified Personal Trainer

Basic Life Support (BLS)

Thai Yoga Massage

Stop the Bleed

EXPERIENCE

DANCE INSTRUCTOR PHILOSOPHY

When creating progressive lesson plans, a strong basis in body awareness is utilized via anatomically informed strength and mobility conditioning, breathwork, and mindfulness. Hands-on assistance informed by thai yoga massage and extensive dance training offers clarity in corrections and is always entered with active consent from all parties. This supports the whole-dancer through all styles and techniques by facilitating an environment where students feel seen, understood and supported for their unique needs. Requiring attention to student presence, interest, and progress; a student-centered approach is chosen to sustainably enable dancers' experiencing a sense of success throughout their artistic exploration and skill development. Students are bolstered by strengths and achievements being intentionally showcased through choreography for performance.

Progressive lesson plans build on body awareness through anatomically informed conditioning, breathwork, and mindfulness. Hands-on guidance—rooted in Thai yoga massage and extensive dance training—is given with active consent, offering clarity in corrections. A student-centered approach fosters an environment where dancers feel seen and supported for their unique needs, with strengths intentionally highlighted through choreography to nurture artistic growth and skill development

Dance/Fitness/Wellness Instructor ; – Self Employed, Cleveland, OH 06/24 – 09/25

- *Managed space rental for classes and performance, student recruitment, and registration.*
- *Created engaging and progressive lesson plans for adult ballet, pre-pointe and pointe classes.*
- *Orchestrated and choreographed a combined student and local professional dance showcase.*
 - *Hosted a variety of workshops, including somatic workshops with varied themes and anatomical ballet workshops.*

Barre Fitness/Dance Instructor – BE Fitness, Cleveland, OH, 02/24 – 09/25

- *Created appropriately challenging lesson plans for weekly ballet barre fitness classes with rotating clients.*

Dance Instructor – Beck Center for the Arts, Lakewood, OH 06/18 – 08/23

Ballet: 6 years of teaching introductory, intermediate, and advanced ballet for ages 9-18 and 18+ (experience with beginner adults and senior dance instruction).

- *Provided clear instruction of ballet positions and movement terms through my personal technique informed by exposure to Balanchine, Cecchetti and Vaganova styles filtered through the lens of anatomical awareness and focus on dancer wellness longevity.*

Pre-Ballet: 10 years of cumulative assistant and lead teaching pre-ballet & intro ballet (ages 2-8)

- *Created a safe environment for self-expression and playful learning with a focus on compassionate support of skill development.*

Pre-Pointe/Pointe: 3 cumulative years of training ages 12 - 40 for preparation, introduction, and continued instruction of pointe work

- *Utilized personal-trainer skillset, classical ballet experience, and pointe-shoe fitter expertise to support students in achieving progressive goals for pointe work safely and sustainably.*

Contemporary: 2 years of instruction in ages 12 - 40

- *Provided class experiences incorporating modern dance techniques such as Hawkins, Horton, Bartenieff, as well as personal artistic style to support creative self expression & confidence, body awareness, and skill acquisition.*

Musical Theatre Dance: 4 years of summer camps and student production choreography and instruction

- *Effectively co-facilitated classes of up to 60 students ages 5 - 13 while maintaining student engagement towards end-of-camp performance while implementing warm up techniques to aid development of kinesthetic awareness and mind-body connection*
- *Choreographed 2-4 pieces per summer camp for groups ranging 9-60 students for performance.*

Outreach

- *Presented memorable outreach experiences of 5 45 minute sessions for rotating groups of guest students to display the variety of dance offerings at a non-profit arts center. (Provided both on arts center campus as well as traveled to school locations to offer a more extended sampler.)*

Choreographer – Cleveland Dance Project, Independence, OH

- *Choreographed, rehearsed, and costumed in personal artistic style for performance inclusive to dancers with a range of skill levels from beginner to professional within an empowering educational process.*

Pointe Shoe Fitter – Footsteps Dancewear, Fairview, OH

- *Provided fittings involving models of shoes from brands Suffolk, Nikolay, RP, Bloch, and Gaynor Minden to discover which shoe and padding combination will best support the dancers' personal goals, safety, and performance.*

Stage Manager – Beck Center for the Arts, Lakewood, OH

06/18 – 08/23

- *Oversaw rehearsals for 2-25 performers, including transmitting information from the director, coordinating with youth performers' parents, and taking notes on rehearsal progress.*
- *Coordinated dressing room, greenroom, and backstage flow during tech rehearsals, dress rehearsals, and performances to assure a smooth run.*

Company Member – CSU Dance Company, Cleveland, OH

08/19 – 05/22

- *Studied and performed artistic works involving influences from contact improv, non-traditional partnering, eclectic contemporary and modern, street dance (popping, voguing, whacking, house etc.)*
- *Collaborated choreographically with fellow company members as well as guest artists such as Antonio Brown*
- *Performed for filming of virtual showings, informal showings, and live performance at Playhouse Square.*

Chiropractic Assistant – Ohio Mobile Chiropractic(Dr. Aaron Locke NKT, FDM) Westlake, OH

01/22 – 05/22

- *Documented client presentation and progress via SOAP notes ; organized documents.*

CUSTOMER RELATIONS

Beck Center for the Arts (front desk/box office)

2023 - 2024

Restaurant Industry (server/runner/hostess/management-assistance)

2016 - 2022