

Selected choreography & performance (2014-2023)

2023

- **Movement Director**, *A Christmas Carol*, Directed by Carol Dunne, Northern Stage, White River Junction, VT
- **Choreographer**, *NOISE, A musical*, by César Alvarez, directed by Sarah Benson, Hopkins Center for the Arts, Dartmouth College, Hanover, NH
- **Performer** with dancer Ayako Kato, musicians Tomeka Reid, Caroline Davis, Hungry Brain, Chicago, IL

2022

- **Performer** *Collaborations* tour - with cellist Tomeka Reid, dancer Ayako Kato, and guests, De Studio, Sound in Motion Visitations series, Antwerp, Belgium; Moers Festival, Moers, Germany; Lokal Harmonie, Duisburg, Germany
- **Invited Artist**, The American Philosophies Forum. Presented a paper (now published- see below), solo performance, co-led a workshop w/ Megan Craig on interdisciplinary improvisational practice. American Philosophies Forum 2022 annual conference, *On Freedom and Liberation*, Emory University, Decatur, GA

2020

- **Creator, Director, Performer**, *Ceremony of Strangers* (working title), exploration of improvisation with multi-disciplinary ensemble - postponed, Karl Kemp Performance Space, New York, NY

2019

- **Performer**, *Parts of Some Sextets*, in the reconstruction of 1965 work by seminal choreographer Yvonne Rainer, with Emily Coates, Performa 19 Biennial, Gelsey Kirkland Arts Center, NYC

2018

- **Co-creator, Choreographer**, *I Know You So Well: A Sound and Movement Choir for People Who Work in Healthcare*, in collaboration with writer Rachel Kauder Nalebuff, Artspace, New Haven, CT ; Led experiential workshop/mini-performance at New York University, School of Drama Therapy; Alexander Tech. annual conference, Columbia University, NYC
- **Choreographer**, *A Knock on the Door*, playwright/director Rachel Kauder Nalebuff, Life Reimagined Festival, Riverside Church, NYC

2017

- **Co-Creator, Performer**, *Redouble*, in collaboration with vocalist Kyoko Kitamura, Movement Research at the Judson Church, NYC
- **Co-Creator, Performer**, *Traveling In Place*, performance installation in collaboration with visual artist Megan Craig. In conversation with YAG exhibition of the work and private collection of Josef and Anni Albers, Yale University Art Gallery, New Haven, CT, multiple performances
- **Performer**, Open improvisation performance with composer/instrumentalists Anthony Braxton and Taylor Ho Bynum, *SoundSeen: Cage/Braxton/Marclay*, Brendle Recital Hall, Wake Forest University, Winston-Salem, NC

2016

- **Co-Creator, Performer**, *Corner*, collab with Pamela Newell, Bronwen MacArthur, Austin Arts Center Trinity College, Hartford, CT

2015

- **Movement Director**, *Sonic Genome*, composer/instrumentalist Anthony Braxton's 8-hour immersive, roving performance with seventy musicians, Torino Egyptian Museum, Torino Jazz Festival, Italy
- **Co-creator, Performer**, *Colorada*, performance installation w/ visual artist Megan Craig, Kunstverein Grafschaft Bentheim, Neuenhaus, Germany, The BIG ROOM, New Haven, CT

2014

- **Choreographer, Performer**, *Trillium J*, a 4-act opera by Anthony Braxton, Roulette Intermedium Arts, Brooklyn, NY, world premiere
- **Creator, Performer**, *net work (please touch)*: performance activating visual artist Megan Craig's large scale installation, Artspace New Haven

2011-2019

- **Co-founder, Performer**, *Masters of Ceremony*, an interdisciplinary improvisation collective of dancers and musicians with dancer/choreographer Melanie Maar and multi-instrumentalists/composers Taylor Ho Bynum, Abraham Gomez-Delgado
 - Movement Research Festival, New York, NY 2015, Firehouse Space, Brooklyn, NY 2015, The Poetry Project at St. Marks Church, New York, NY 2014, NOT Festival, Brooklyn, NY 2014, Moving Sounds Festival at the Austrian Cultural Forum, Brooklyn, NY 2013, The Vision Festival, Roulette Intermedia Arts, Brooklyn, NY 2013, *Soundscapes and Territories*, Stony Brook University Philosophy and Arts Conference, New York, NY 2013, Martin Schoessler Hall, Tanzstudio Maar, Vienna, Austria, 2012, Sonic Exchange, Kassel, Germany, 2012, OT301, Amsterdam, Netherlands, 2012

Additional creative history in brief, 1996-2014

Performer, Minneapolis, MN, w/ Wynn Fricke, Morgan Thorson, Christopher Watson Dance Company, Leah Nelson, Djola Branner, Baraka de Soleil, among others. Venues incl. The Southern Theater, Walker Art Center, Red Eye Theater, among others; New York City with Urban Bush Women, Risa Jaroslow, Roseanne Spradlin, Juliette Mapp, Emily Coates, Fischerspooner, among others. Choreographer, since 2005, multiple projects, venues, festivals in NYC, New England region, internationally including Brazil, Mexico, Belgium, Austria, Netherlands, Italy, Germany.

Selected Teaching (2013-2023)

2023

- Yale School of Art, New Haven, CT, master class in performance practices, preparing grad graphic design students for giving a performance lecture
- Northern Stage Young Actors Program, White River Junction, VT, master class in the Alexander Technique for high school acting students
- Bennington College, Bennington, VT, class in Alexander Technique into movement improvisation, ideas for composition
- Links Hall, Chicago, IL, master class in composition for movement improvisation practice / performance
- Lebanon, NH, facilitator bi-monthly Contemplative Dance Practice (various locations)
- Private Practice in The Alexander Technique since 2008, working with students one-on-one and in small groups

2022

- Dartmouth College Department of Music, Hanover, NH, masterclasses for Graduate Music Seminar in Interdisciplinary performance practice and The Alexander Technique
- Judith Leibowitz Scholarship Fund online workshop series, online specialized workshop for teachers of the Alexander Technique

- Junction Dance Festival, White River Junction, VT, facilitated Contemplative Dance Practice event
- Open Door Integrative Wellness Center, White River Junction, VT, continuing classes, workshops in Alexander Technique, movement improvisation, Contemplative Dance Practice -ongoing.

2021

- Dartmouth College Department of Music, 4-class intensive in Alexander Technique for Music Theory class
- Yale School of Music, Morse Summer Music Academy, taught daily online class in Alexander Technique to high school music students

2019

- Dartmouth College, Department of Theater, Workshop in movement improvisation
- Movement Research, New York, NY, teaching faculty (2008-2019), open classes in Alexander Technique for dancers

2018

- Rutgers University Mason Gross School of the Arts, master class in The Alexander Technique for music majors
- Yale University, Department of Theater Studies, master class on Alexander Technique as part of Somatics and Dance course

2017

- Neighborhood Music School Music Program, 2017-2020, Alexander Technique classes, workshops for faculty, students
- Central Connecticut State University, multiple classes in modern dance technique, AT for dancers

2016

- Seattle Pacific University, Music Department, master class in Alexander Technique for music majors

2015

- Trinity College, Dept of Theater and Dance, Hartford, CT, visiting Asst. Professor, Taught Int/Adv Modern technique, choreographer-in-residence
- MDC Live Arts Lab, Miami Dade College, Miami, FL , artist-in-residence, 30-day creative and teaching residency w/composer Taylor Ho Bynum. Taught 4-week workshop/ choreography lab in interdisciplinary practice with select group of local performing artists
- University of Alabama, Tuscaloosa, Dept. of Dance, rehearsal director for Anthony Braxton's dance/music work, *Pine Top Aerial Music* with UA dance students during a Braxton residency/festival of his work
- *Freedom To Move* Conference, Balance Arts, New York, NY, taught Alexander Technique & movement improvisation, performer
- Yale University, Department of Theater Studies (2011-16), taught weekly extracurricular Alexander Technique class for actors

2014

- Texas Women's University, Department of Dance, Denton, Texas, 3-day intensive in Alexander Technique for dancers (undergrad and grad students)
- Educational Center for the Arts, Performing Arts High School, Dance Dept., New Haven, CT, from 2011 -2014, faculty member dance program, taught all levels of modern technique, composition, mentoring, master classes, auditions

Curator/production

- **Founder, Curator, Producer**, *Take Your Time* Performance Series (2010-2016), The BIG ROOM, New Haven, CT - presented music, dance, film, theater, and lectures, and multi-day performance festivals in collaboration with musician and producer, Carl Testa and *The Uncertainty Music Series*

Fellowships/Awards/Residencies

- 2022 Vermont Arts Council Artist Development Grant
- 2020 Connecticut Artist Fellowship
- 2020 Artist-in-residence, Karl Kemp Performance Space, New York, NY
- 2018 Foundation for Contemporary Arts Emergency Grant
- 2018 NEFA New England Dance Fund recipient
- 2018 Artspace CWOS commission, New Haven, CT
- 2018 Lucas Artists Residency program Montalvo, collaborating artist, Saratoga, CA
- 2015 - Miami Dade College Live Arts Lab Artist and Teaching Residency, Miami, FL
- 2011 & 12 - Mayor's Community Arts Grant, City of New Haven, CT
- 2007 - NEA Honorary Fellowship, Djerassi Resident Artists Program, Woodside, CA
- 2005/06 - Dance Theater Workshop Fresh Tracks Residency, New York, NY

Selected Bibliography

- Journal of Speculative Philosophy, Penn State University Press, *Somatic Research and Movement Improvisation as a Practice of Freedom* - Fall 2022
- *Sound American, Pine Top Aerial Music*, online journal SA16/Fall 2016
- *AmSAT Journal*, 2010-2014, contributing writer, copy editor
- *Movement Research Performance Journal*, 2005-2009, contributor, editor

Affiliations

- Hospice volunteer, Bereavement group facilitator VNH, 2023- present
- Member, Judith Leibowitz Scholarship Fund Committee (JLSF), 2022-present
- Board member-at-large, AmSAT, 2009-11, 2021-23
- Curatorial Advisory Board, Artspace, New Haven, CT, 2016 - 2020
- Teaching Member, AmSAT, since 2008

Education

- AmSAT Nat'l Teaching Certification, Alexander Technique, American Center for the Alexander Technique (ACAT), New York, NY, 2008
- M.F.A. Dance, NYU Tisch School of the Arts, New York, NY, 2001
- B.A. English Literature, Macalester College, St. Paul, MN, 1997