CREATOR | EDUCATOR | MOVEMENT SPECIALIST

PROFILE

I am an experienced and passionate professional, working in the fields of theatre, dance, interdisciplinary arts, and movement-based wellness. I work as a performer, creator, choreographer, educator, coach, mentor and consultant. I am an IAYT-registered yoga therapist, yoga instructor & Batdorf Technique fa:ilitator (a performance-based somatic technique fostering deep physiological awareness for emotional authenticity in performance).

I am led by a desire to help students grow deep, empowered, and abiding self-awareness.

PEDAGOGICAL EXPERIENCE (BY RELEVANCE)

COURSE DIRECTOR

RANDOLPH COLLEGE | SEP 2021 - PRESENT

Course Director Movement for Actors Term 3 (Year 2 of 3):

- Provide anecdotal illustration of the course curriculum
- Offer the point of view of an independent contractor
- Mark subjective projects (ie, without an answer key)
- Create and deliver curriculum based in The Batdorf Technique, Laban Effort Actions and character body study
- Assess written and performance based assignments

Course Co-Director Acting Foundations Term 1 (Year 1 of 3):

- As above, as well as:
- Collaborate with co-director on curriculum and assessment
- Introduce techniques from a wider breadth of theatrical traditions, as a practical introductory survey to acting approaches

TEACHING ASSISTANT, THEN COURSE DIRECTOR

YORK UNIVERSITY | SEP 2010 - DEC 2014

As the teaching assistant:

- Assistant for course director Peter McKinnon in *Professional Aspects* of Theatre (THEA 4150), and Theatre Management (THEA 3150)
- Provide anecdotal illustration of the course curriculum
- Offer the point of view of an independent contractor
- Mark subjective projects (ie, without an answer key)
- Be available for office hours and student feedback.
- Substitute lecture

As the course director:

- All of the above, as well as prepare and deliver lectures on curriculum content: health and safety, résumé and portfolio building, organisational behaviour, career planning, independent contractor taxation and professional etiquette
- Create rubrics for evaluation, refine learning outcomes and course goals

FACULTY MEMBER

THE BATDORF SPRING INTENSIVE | 2017 & 2018

- Co-plan curriculum (and adjust based on participant progress)
- Guide beginner & intermediate participants througout the intensive
- Guide structured & unstructured physical/vocal warm ups
- Instruction on physiological and neuroscientific principles of Interoceptive Awareness
- Teaching and guiding the full Batdorf Technique structured warm up (learning and refining the skill of juggling deep physiological awareness with awareness of the senses while introducing increasingly complex movement requirements)
- Guide structured improvisational explorations (to free up physical and emotional access)

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MENTOR

FUNCTIONAL SYNERGY | AUG 2015 - JAN 2018

- Mentor students in Two-Year Yoga Therapy Certification, +Therapeutic Yoga Intensive, Post-Intensive Mentoring, Yogi Business Program, & online programs
- Create and deliver curriculum on the use of somatic and vocal techniques for awareness and skill building
- Review written case studies and provide feedback
- Deliver group video reviews of client sessions, and coach based on analysis of the recorded materials
- Remote and in-person pedagogy sessions with candidates
- Back-end progress reports on all of the above

FOUNDER AND LEAD FACILITATOR

SADHANA EMBODIMENT | SEP 2013 - PRESENT

- Founded to use various movement, vocal and coaching techniques to assist clients in improving function, and progressing toward physical, professional and life goals
- In response to the COVID-19 pandemic, pivot to ongoing online classes, seminars, and limited-run courses
- Host live workshops and 6-12 week courses
- Offer private sessions & programs (in person & online)
- Offer embodied voice seminars for frontline workers, teachers, and yoga therapy trainees
- Organise 7-day retreats (plan curriculum, coordinate excursions, delegate tasks to a volunteer coordinator, organize room & board, liase with property owners, managers and chef, impromptu problem-solving)

YOGA INSTRUCTOR

MODO YOGA | SEP 2010 - PRESENT

- Have taught on the regular schedule at multiple locations including Modo Uptown, North York, Bloor West, Danforth, St. Clair West, Stouffville
- Guest taught at multiple locations including Modo Charlottetown, North Kentucky, Burnaby, East Vancouver, Etobicoke and Hamilton
- Teach a combination of regular schedule 60- and 75- and 90-minute classes
- Teach Modo, Hatha, Vinyasa, Yin, Restorative and Therapeutic classes
- Introduce themes and intentions for the class
- Provide hands on adjustment, physiological information, imagebased instruction and visual cues to teach students
- Lead relaxation exercises at the end of class

ARTS EXPERIENCE

EXECUTIVE & ARTISTIC DIRECTOR

OMNIVORE PERFORMANCE | JAN 2014 - PRESENT

- Set the strategic direction of the organisation
- Organise fundraisers, welcome galas, and performances
- Write funding grant appliacations to arts councils & foundations
- Liase with media and the public for coverage of live events

EXECUTIVE & ARTISTIC CO-DIRECTOR

THE THISTLE PROJECT | JUN 2004 - FEB 2014

- Organise and create fundraising events, welcome galas, and theatrical performances
- Act as a physical trainer for hired artists
- Write grant applications to arts councils and foundations to secure project funding
- Liase with media and the public for coverage and attendance at events
- Productions nominated for four Dora Mavor Moore Awards, and twice placed on the NOW *Top Ten Productions of the Year* list.

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ARTS EXPERIENCE (CONTINUED)

BUTOH DANCE TEACHER

VARIOUS COMPANIES | MAY 2005 - DEC 2008

- Offer regular weekly drop-in classes in Toronto
- Facilitate weekend workshops for Canadian Stage (Toronto),
 Guerrilla Heart Juice (Ottawa), Murmurspace (Cincinnati), among others
- Butoh instruction and consultation for various theatre, dance and music companies

FREELANCE DIRECTOR/CREATOR/CHOREOGRAPHER/CONSULTANT: THEATRE, DANCE, PHYSICAL THEATRE, INTERARTS

VARIOUS COMPANIES | APR 2004 - PRESENT

Highlights Include:

- Weaver Woman (TomoeArts, Vancouver Collective creation, Interarts)
- Christian Zeal (Musique21, Lansing MI Choreography/Staging Consultant, New Music/Dance)
- Psappho's Sparrows (Pittsburgh New Music Ensemble, Pittsburgh PA -Creation/Choreography, New Music/Dance
- 32 Octaves (National Capital Commission, Ottawa Choreography)
- Inséparable (Arts Court, Ottawa Direction of bilingual production)
- 10 Nights of Dream (TomoeArts, Vancouver Direction/Dance)
- The War Is Over (Nuit Blanche, Toronto Choreography)
- Gorey Story (The Thistle Project, Toronto Creation/Choreography.
 4 Dora Nominations

FREELANCE PERFORMER: THEATRE, DANCE, PHYSICAL THEATRE, PERFORMANCE ART, INTERARTS VARIOUS COMPANIES | APR 2004 - PRESENT

Highlights Include:

- Crumbling (Omnivore Performance, Toronto + 2 festival tours to Vancouver - Solo Butoh Dance)
- The Boys In The Band as Michael (Ghostlight Projects, 3 productions in Toronto & Vancouver)
- Waiting For The Dawn (The Thistle Project, Toronto Solo Physical Theatre. Named outstanding performer in the Summerworks Roundup in NOW Magazine)
- April 14, 1912 (Theatre Rusticle, Toronto, + tours at the Supernova Festival Halifax, Magnetic North Festival, and Made in BC Kelowna, Victoria and Salt Spring Island - Physical Theatre)
- Peer Gynt (The Thistle Project, Toronto, with Susan Coyne Site Specific Theatre)
- Twelfth Night (The Classical Theatre Project, Toronto. Nominated for Outstanding Performance in TYA category)
- Sunyata (Kokoro Dance Theatre, Vancouver + tour to Victoria Butoh)

EDUCATION (BY RELEVANCE)

YORK UNIVERSITY - THEATRE PERFORMANCE BFA

2001 - 2005

Graduated Magna Cum Laude

Courses: Management, History, Voice (Linklater), Movement (Authentic Movement, Ballet, Emotional/Physical Connection, Character Body, Lecoq, Period Movement), and Acting

Recipient of the IMASCO Performing Arts Award & Returning Student Scholarship.

CARLETON UNIVERSITY - COLLEGE OF THE HUMANITIES 1998 - 2001

Courses include Classics, Latin, Anthropology, Eastern and Western Religions and Philosophies

Recipient of Entrance and Returning Student Scholarships Honour Roll

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EDUCATION (CONTINUED)

BATDORF TECHNIQUE CERTIFICATION

2016-2018

A two year advanced somatic training in the teaching of The Batdorf Technique, focusing on Interoceptive Awareness and emotional permission in performance and therapeutic contexts. Training included teaching techniques, curriculum planning, and student communications, and teaching evaluation.

FUNCTIONAL SYNERGY YOGA THERAPY CERTIFICATION 2014 - 2016

A two-year "graduate-style" program focusing on cultivating the therapeutic relationship, practitioner ethics and self-awareness, anatomy, somatic, philosophy, organizational behaviour, Ayurveda, and teaching techniques. Metrics include case studies (written and video recorded), practice teaching, regular written reports, and clinical trials. A minimum of 1000 hours of training.

FUNCTIONAL SYNERGY LEARN TO MENTOR PROGRAM 2015

A year-long apprenticeship focused on deepening and developing competency in teaching, mentoring and tutoring therapeutic yoga to teachers and teacher-trainees.

BUTOH AND CONTEMPORARY DANCE PROFESSIONAL TRAINING 2005 - 2007, 2013

Three years of study with Barbara Bourget and Jay Hirabayashi in butoh and contemporary dance styles, including daily company classes and rehearsals, performing in and touring Sunyata (a 2.5 hour tour de force signature production in its 3rd incarnation), as well as Tomorrow & Tomorrow & Tomorrow. In 2013, I commissioned Ms Bourget to create an original solo full length interdisciplinary butoh work Crumbling, including resumption of training, and interviewing Ms Bourget regarding principles of practice.

COMPETITIVE FIGURE SKATER TRAINING 1988-1996

Trained with internationally respected coaches Joanne MacLeod (Ontario) and Paul Wirtz (Quebec), leading me to become the All Ontario champion at my level, to reach pre-national competitions in elimination rounds leading to nationals, and to compete internationally. Rigorous training schedules on and off the ice included technique labs, endurance training, weight and cardiovascular training, ballet, Graham Technique, Horton Technique, Jazz, Tai Chi, Flamenco and ballroom dance. As I wound down my skating career I also trained for and received the level one coaching certification.

PROFESSIONAL DEVELOPMENT 2005 - PRESENT

- Canada's National Voice Intensive (2005) 250h
- Chalmers Professional Development Grant for Orational Movement (2008) 60h
- Linda Putnam's Grotowski/Authentic Movement Workshop (2008) 20h
- Anatomy for Yoga Teachers (2012) 12h
- Chalmers Professional Development Grant for Developing Choreographic Voice Including:
 - a. Nihon Buyoh (Classical Japanese Dance) with Colleen Lanki 20h
 - b. Choreography Lab with Ronya Lake 20h
 - c. Butoh Choreography Commission with Barbara Bourget (80h)
 - d. Skill Exchange with Halcyon MacLeod (My Darling Patricia, Melbourne) 25h
- Yogi Business Program (2014) 50h
- Trauma Informed Teaching (2015) 3h
- Subtle Realm Translation (2018) 120h
- Ascend Leadership Coaching (2018-19) est. 400h
- Treating Trauma Master Series (2019) 10h
- Feldenkrais Summit (2020) 40h

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- Feldenkrais Summit (2020) 40h

YOGA TEACHER TRAININGS

2010 - PRESENT

- Modo Yoga (2010-11) 500h
- Therapeutic Yoga Intensive and Mentorship (2013) 55h
- YogaWorks (2013-14) 200h
- Yin Yoga (2014) 20h

SKILLS

- Proficient in Zoom, G Suite applications, MS Office, iWork iMovie, competent in Teamwork and Basecamp.
- Skilled facilitator of both movement and discussion; one on one and in
- Independent worker who is not afraid to ask for help

VOLUNTEER EXPERIENCE

- 2016-2017: Assistant facilitator in Functional Synergy Live Therapeutic Yoga Intensives in Toronto, Ontario.
- 2010: Yoga Instruction at the Graduate Centre at the University of Toronto.
- 2009-2010: Board member for the Canadian Alliance of Dance Artists.
- 2005-2006: Office organization and administrative assistance for Kokoro Dance in Vancouver. BC.
- 2003-2004: Organized PR for the York University Graduating class at the Theatre Ontario Showcase. I found a photographer, and consulted on grant applications and budgeting.
- 2002-2003: Class Representative for third year actors at York. Acted as a liaison between students and faculty, bringing student concerns to professors, and relaying messages and assignments from teachers.
- 2001: Created a theatre company to produce new Canadian plays. Proceeds went to the Ottawa branch of the Canadian Diabetes Association.

AWARDS AND ACCOLADES

- CTC Award Nominee 2014 (Best Actor, winner Best Production The Boys In The Band)
- KM Hunter Award Nominee
- Total Theatre Award Nomination, Edinburgh Fringe
- Dora Mavor Moore Award Nomination (Outstanding Performance: TYA Category, Twelfth Night)
- Four Dora Mayor Moore Award Nominations (Independent Theatre Category, Gorey Story)
- IMASCO Performing Arts Award.
- NOW Magazine Top 10 Theatre Productions (2006 & 2010)
- Outstanding Performance, NOW Magazine Summerworks Wrap-Up
- · Canada Council Individual Artist Project Grant, Production Grant, Dance Travel Grant
- Ontario Arts Council National and International Residency Grant, Production Grant, Development Grant, Chalmers Professional **Development Grant**
- Toronto Arts Council Development Grant, Production Grant
- The Laidlaw Foundation Development Grant

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