

## **Resume** (updated January 2005)

### **Choreography and Performance**

Jessica Runge has been dancing since the age of five, and has over twenty years of experience training and performing in diverse dance techniques. Since 1998, she has been a full-time company member of the Toronto Dance Theatre, performing and touring thirteen original creations as well as other company repertory by Artistic Director Christopher House and guest choreographers. Runge also enjoys a successful career as a freelance dancer and choreographer. Her choreography has been presented in many venues, including the outdoor stage of the Canada Dance Festival, as well as such spectacular settings as a twelve-metre high outdoor waterfall in Toronto. Runge's choreography has recently been gaining recognition: in the 2003/04 season, she received three commissions to create new dances (for the Toronto Dance Theatre and for soloists Barbara Pallomina and Karen Kaeja). In May 2004, *princess productions* presented Runge's first solo show, "FLiGHT", to Toronto audiences. Earlier choreographic highlights include the crowd-pleasing aerial dances *Tango* and *Abracadabra* (2003); commissions for *The Toronto Consort* (2001) and the *Water Sources Festival* (1997); the improvised solo *Melody*, featured in an *EYE Magazine* cover story (1999); and *A Dance for Six Love Songs*, an early, signature solo set to Brahms Liebeslieder (1997).

Runge has originated roles in over forty dances by Canadian choreographers. She has traveled extensively in major cities in Canada, the U.S., Europe, and Indonesia, performing in works by Peggy Baker (as part of the first Choreographer's Trust project), Sarah Chase, Peter Chin, Denise Duric, Kim Frank, Maxine Heppner, Susanna Hood, Christopher House, Benoit LaChambre, Sara Porter, Eryn Dace Trudell, and others. Toronto Critic Paula Citron has praised Runge as "lyricism incarnate", "one of the loveliest dancers in Toronto", and a "top flight choreographer". Others have described her dancing as "physical genius" (Rebecca Todd), and her choreography as "smart" and "evocative" (*NOW Magazine*). Her work has been said to stand out for its "sheer charm, imagination and compelling" nature (Michael Crabb). A complete list of Runge's choreography and performance credits, as well as major reviews can be found at [www.jessicarunge.com/RecentProjects.html](http://www.jessicarunge.com/RecentProjects.html) and [www.jessicarunge.com/Press.html](http://www.jessicarunge.com/Press.html) respectively.

### **Teaching**

Runge has taught movement to Canadian elementary school, high-school, and university students, street youth, professional dance artists, and adult beginners. Her approach to teaching involves facilitating an environment where movement exploration is used to learn principles, and she aims to provide students with opportunities to discover and delight in new ways to physically express themselves.

### **Awards and Scholarships**

Runge has received numerous choreographic grants, both from government and private organizations, as well as two Ontario Arts Council Artists in Education grants and various training scholarships. She was nominated for Dora Mavor Moore Awards for her performance in Christopher House's *Severe Clear* (2000), and for her choreography in WordMachine's *The Book of Thocht* (1999). She is co-winner of the 2005 K.M. Hunter Artist's Award in Dance.

### **Administrative Support for Dance**

Throughout her professional career, Runge has consistently been involved in community based projects that support the development of dance. From 1994 - 2004, Runge was one of three Artistic Directors of Series 8:08, presenters of innovative dance workshops and performance events. During her tenure with Series 8:08, she initiated and curated the Alternative Technique Class program, bringing over thirty workshops with notable local (Peter Chin, Sarah Chase) and guest teachers (Sylvain Emard, Stephanie Skura) to Toronto dancers to date.

### **Training**

Runge began her formal dance training in Ballet, Flamenco, and folk dancing at the Dancer's Academy. As a teenager, she studied classical ballet intensively for several years at the George Brown School of Dance. At eighteen, she began her professional training at the School of Toronto Dance Theatre (STDT), where she graduated as a scholarship student. The curriculum at STDT included Graham Technique, ballet, and composition, and featured such teachers as modern dance visionaries Patricia Beatty, David Earle, Christopher House, and Peter Randazzo. Since graduating, she has remained committed to continuing her training, studying various alternative techniques such as Skinner Releasing Technique, Klein Technique, Contact Improvisation, and improvisation. Her interests have led her to other cities, such as Vancouver, San Francisco, Seattle, New York, London (England), Paris, and Vienna, where she has studied with Chris Aiken, Peggy Baker, Peter Bingham, Simone Forti, Emio Greco, Danny Lepkoff, Tere O'Conner, Shelley Senter, Tom Stroud, Joan Skinner, and Stephanie Skura among others. Currently she trains daily in contemporary dance.

Runge attends the University of Toronto part-time, where she is currently completing her undergraduate honours degree as a Specialist in English Literature. She is a Faculty Scholar, has received two academic scholarships, and is on the Dean's List.

# Curriculum Vitae

## Choreography *(premieres only)*

Title	Performer(s)	Venue, Location, City	Date
<b>Non-existent Dances</b> (COMMISSIONED)	Barbara Pallomina	Festival of New Dance, Neighbourhood Danceworks, Foran Room, City Hall, St. John's,	June '05
<b>In an Empty House</b> (COMMISSIONED)	Karen Kaeja	Six Dancers, Six Solos, Kaeja d'Dance, the Dancemakers' Centre for Creation, Toronto	October '04
<b>The Girl who Fell from the Sky</b>	Jessica Runge	"FLIGHT: a solo-show of dance choreographed and performed by Jessica Runge", dance made in Canada: fait au Canada, the Winchester Street Theatre, Toronto	May '04
<b>Conversation Piece</b> (Creative Advisor: Stephanie Skura, working title: Q & A)	Jessica Runge	FLIGHT, dance made in Canada: fait au Canada, the Winchester Street Theatre, Toronto	May '04
<b>Intersection</b> (COMMISSIONED)	Johanna Bergfeldt, Bess Callard, Brendan Jensen, Kristy Kennedy, Matt Kwasnciki	4 at the Winch, Winchester Street Theatre, Toronto	April '04
<b>I Walk a Yellow Dress</b>	Susan Lee, Barbara Pallomina, and Jessica Runge	ffIDA Mainstage I, Buddies in Bad Times Theatre, Toronto	August '03
<b>The Shoemaker's Holiday</b>	Dwain Jones and Sheila Muir	RED Cabaret, Lula Lounge, Toronto	August '03
<b>Tango</b>	Kayt Lucas and Tina Park	ffIDA Grande Scale Event, Gooderham and Worts building, the Distillery Historic District, Toronto	August '03
<b>Abracadabra</b> co-created with Julia Aplin	Jessica Runge	ffIDA Grande Scale Event, Gooderham and Worts building, the Distillery Historic District, Toronto	August '03
<b>Flight</b> (originally titled <b>Circuit Lake</b> ) (COMMISSIONED)	Jessica Runge	Spring Rites, Premiere Dance Theatre, Toronto	June '01
<b>Ave Generosa</b> (COMMISSIONED)	Jessica Runge	Toronto Consort, Medieval to Millennial,	January '01
<b>untitled studies</b> (COMMISSIONED)	Jessica Runge	Piano Concert: Robert Bruce, First Unitarian Church, Toronto	September '00
<b>Melody</b>	Jessica Runge	ffIDA, Buddies in Bad Times Theatre, Toronto	August '99
<b>Forth</b> (working title: <i>Now and Then</i> ) (COMMISSIONED)	Lara Bernstein, Marie-Claire Forté, Caroline Laurin-Beaucage, Angela MacDonald, Keiko Nabeta, Emma Romerein, Ji Hyun	Dusk Dances, Trinity-Bellwoods Park, Toronto	July '99
<b>Karen</b> (COMMISSIONED)	Jessica Runge	<i>Everything Explodes</i> Tour: Theatre Centre, Toronto; Pegasus Theatre, Oxford, Great Britain; Oval House, London, Great Britain.	May '98
<b>The Alphabet with Commentary</b> (co-choreographed w. Susanna Hood) (COMMISSIONED)	Susanna Hood, Jessica Runge	Factory Theatre, Summerworks Festival, Toronto	August '97
<b>Water Dances in the Cloud Gardens... A Romance!</b> (COMMISSIONED)	Tom Brouillette, Yvonne Ng, Lisa Prebianca, Eryn Dace Trudell, Dean Vollick	Water Sources Festival, Cloud Gardens Park and Fountain, Toronto	June '97
<b>A Dance for Six Love Songs</b>	Jessica Runge	The Ides of May, MYTH Productions, Toronto	May '97
<b>untitled liturgical solo</b> (COMMISSIONED)	Jessica Runge	Church service, Trinity-St. Paul's United Church, Toronto	June '96
<b>An Evening at the Isle of Skye</b>	Jessica Runge	fringe Festival of Independent Dance Artists (ffIDA), Buddies in Bad Times Theatre, Toronto	August '95
<b>Dragon Dance</b>	Jessica Runge	Theatre Passe Muraille Street Festival, Denison Street, Toronto	September '95

<b>Swallow the Shadows</b>	Moynan King, Susan Lee, Kim Pike, Allison Ulan	Under the Umbrella Festival, Theatre Centre, Toronto	January '95
<b>untitled liturgical solo</b> (COMMISSIONED)	Jessica Runge	Church service, Trinity-St. Paul's United Church, Toronto	October '94
<b>Spring Dance</b>	Jessica Runge	Canada Dance Festival, Amphitheatre stage, Ottawa	June '94
<b>Smoke</b>	Jessica Runge	Shakewell Performance Art Festival, Symptom Hall, Toronto	April '94
<b>Aspiration</b>	Jessica Runge	Down Town Dance I, Damn Straight Studio, Toronto	September '93
<b>No Reason Why?</b>	Jessica Runge	fIDA, Winchester Street Theatre, Toronto	August '92
<b>Alice</b>	Jessica Runge	Spring Concert, School of Toronto Dance Theatre (STDT), Winchester Street Theatre, Toronto	May '92
<b>Still Moon</b> (co-created with Leanne Dixon)	Leanne Dixon, Jessica Runge	dances for a small stage IV, The Rivoli, Toronto	April '92
<b>Infinity &amp; qui cks am per sand</b>	Jessica Runge	Some Dances in A-Space, The A-Space, Toronto	April '91
<b>The Law of Romantic Physics</b>	Students of STDT	Student Coffee House, Winchester Street Theatre, Toronto	February '91

## P e r f o r m a n c e

Title	Choreographer	Venue, Location, City	Date
<b>Echo's Object</b>	Christopher House	Premiere Dance Theatre, Toronto	April '05
<b>Lining</b>	Kathleen Rea	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	April '04
<b>Brahms Waltzes</b>	Peggy Baker	Guelph Contemporary Dance Festival, Cooperator's Hall, Guelph Peggy Baker Presents, Betty Oliphant Theatre, Toronto;	April '04 June '02
<b>Artemis Madrigals, Fjeld</b> (excerpt), <b>Four Towers, Island, Vena Cava</b>	Christopher House	Premiere Dance Theatre, Retro-Vista, Toronto with performances in various locations in Canada and the United States	March '04
<b>Sly Verb</b>	Christopher House	Premiere Dance Theatre, Toronto with subsequent performances in various locations in Canada	2004
<b>Kiss</b>	Choreography: Maxine Heppner	Altas Moves Watching and Offshoots, Shared Habitat, Toronto	June '03
<b>The Crowded Room</b>	William Yong	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	2003
<b>Crazy Motels Holy</b>	Sarah Chase	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	2003
<b>Sakti &amp; Nine Bronze Pieces</b>	Choreography: Maxine Heppner	various locations in Indonesia	August '02
<b>Converse</b>	Peter Chin	Premiere Dance Theatre, Toronto	2002

<b>Virgin Queen</b>	Matjesh Mrozowski	Premiere Dance Theatre, Toronto	2002
<b>WitSH</b>	Peter Chin	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	2001
<b>It Was Like This</b>	Julia Sasso	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	2001
<b>Persephone's Lunch</b>	Christopher House	Premiere Dance Theatre, Toronto with subsequent performances in various locations in Canada	2001
<b>Severe Clear</b>	Christopher House	Premiere Dance Theatre, Toronto with subsequent performances in various locations in Canada	2000
<b>Raz Gavor</b>	Kim Frank	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	2000
<b>Flesh</b>	Sasha Ivanochko	4 at the Winch, The Toronto Dance Theatre, Winchester Street Theatre, Toronto	2000
<b>Nest</b>	Christopher House	Premiere Dance Theatre, Toronto with subsequent performances in various locations in Canada	2000
<b>Promenade</b> (working title Fleeting Moments)	Denise Duric	Danceworks, du Maurier Theatre, Toronto  Series 8:08 (workshop - dance in progress), YMCA, Toronto	December '99  February '98
<b>G is for Super Glue</b>	Sara Porter	Dusk Dances, Withrow Park, Toronto  Series 8:08 (workshop - dance in progress), YMCA, Toronto	July '99  March '99
<b>Goldwall:::</b>	Maxine Heppner	Goldwall:::, Dancemakers' Studio, Toronto	June '99
<b>Violet</b>	Susanna Hood	Violet workshop - dance in progress),  Series 8:08 (workshop - dance in progress), YMCA, Toronto	May '99  January '99
<b>Wood</b>	Kim Frank	Danceworks, du Maurier Theatre, Toronto	May '99
<b>The Clap of One Hand</b>	Kim Frank	Danceworks, du Maurier Theatre, Toronto	May '99
<b>and then that girl</b>	Anne-Marie Hood	six tales plus three, Theatre Centre, Toronto  Series 8:08 (workshop - dance in progress), YMCA, Toronto	March/April '99  February '99
<b>Ratu Raga</b>	Peter Chin	Gamelon Summit, du Maurier Theatre, Toronto	November '97
<b>What Colour is the Wind?</b>	Denise Duric	Dusk Dances, Trinity-Bellwoods Park, Toronto	August '97
<b>Inner City Sirens</b>	Julia Aplin	Water Sources Festival, Ryerson Pool, Toronto	July '97
<b>One Tree Hill</b>	Karen Resnick Kaeja	DanceWorks!, du Maurier Theatre, Toronto	May '97
<b>Across Oceans</b>	Maxine Heppner	Across Oceans, Music Gallery, Toronto	January '97
<b>Fish Stew</b>	Eryn Dace Trudell	Aids Benefit, St. Mark's Church, New York City  Forced Horn, Damn Straight Studio, Toronto  Canada Dance Festival, Amphitheatre stage, Ottawa  Estrogen Festival, Damn Straight Studio, Toronto  Strange Sisters Cabaret, Buddies in Bad Times Theatre, Toronto	November '96  October '96  June '96  April '96  November '95
<b>Forced Horn</b>	collective creation	Forced Horn, Damn Straight Studio, Toronto	October '96
<b>The Mommy Game</b>	Joey Meyer	Arena Festival, Erlangen, Germany  fFIDA, Buddies in Bad Times Theatre, Toronto  Rhubarb! Festival, Buddies in Bad Times Theatre, Toronto  dances for a small stage IX, The Rivoli, Toronto  Homeworks, Homeworks Studio, Toronto	July '96  August '95  February '95  November '94  October '94

<b>Against the Meanwhile</b>	Kim Frank	Canada Dance Festival, Ottawa dances for a small stage XII, The Rivoli, Toronto	June '96 March '96
<b>The Colour Between</b>	Livia Daza-Paris	Estrogen Festival, Damn Straight Studio, Toronto Chance to Dance Festival, Brigantine Room/Harbourfront, Toronto	April '96 August '95
<b>The Pole Piece</b>	Sarah Chase	Dancers for Life, O'Keefe Centre, Toronto Canada Dance Festival, various outdoor locations, Ottawa The First Canadian Place and BCE Place, Toronto	March '96 June '94 May '94
<b>High Queen's Quartet</b>	Eryn Dace Trudell	Chance to Dance Festival, Studio Theatre/ Harbourfront, Toronto	August '95
<b>In the Company of Others</b>	Hope Terry	In the Company of Others, Damn Straight Studio, Toronto	July '95
<b>Sextet</b>	Eryn Dace Trudell	Mistress of Magic, Damn Straight Studio, Toronto	June '95
<b>Barbara... Never trust a man in a Red Speedo!</b>	Kieth Cole	dances for a small stage IX, The Rivoli, Toronto	November '94
<b>untitled improvisation</b>	collective creation	Andrea Smith Dances, Winchester Street Theatre, Toronto	October '94
<b>Dance Front</b>	Michael Downing	Various outdoor locations, Toronto	September '94
<b>Dirty Underwear</b>	Joey Meyer	Rhubarb! Festival, Buddies in Bad Times Theatre, Toronto	January '94
<b>Golden-hand-me-down</b>	Sylvie Bouchard	dances for a small stage VI, The Rivoli, Toronto	April '93
<b>untitled</b>	Maxine Heppner	dances for a small stage VI, The Rivoli, Toronto	April '93
<b>Landmines</b>	Kim Frank	Danceworks!, Betty Oliphant Theatre, Toronto	April '93
<b>Christiane</b>	Nenagh Leigh	Spring Rites, Winchester Street Theatre, Toronto	March '93
<b>Ripple</b>	Nenagh Leigh	Spring Rites, Winchester Street Theatre, Toronto	March '93
<b>Pomegranate Dreams</b>	Karen Resnick Kaeja	York Dance Festival, York University, Toronto fFIDA, Winchester Street Theatre, Toronto	March '93 August '92
<b>Lost Innocence</b>	Allen Kaeja	Lost Innocence, Dancemakers Studio, Toronto	February '93
<b>Record of the Time</b>	Dorothy Anderson	fFIDA, Winchester Street Theatre, Toronto	August '92
<b>The Hunger</b>	Laura Taler	fFIDA, Necropolis Cemetery, Toronto	August '92
<b>Hortus Imoginus</b>	Elizabeth Chitty	Hortus Imoginus, Rothman's Hall Art Centre, St. Catherines, Ontario	June '92
<b>Coelacanth</b>	Nenagh Leigh	Spring Rites, Winchester Street Theatre, Toronto	May '92
<b>Song Dance</b>	Nenagh Leigh	Spring Rites, Winchester Street Theatre, Toronto	May '91
<b>Nos Encontramos, No?</b>	Livia Daza-Paris	Dance Theatre Workshop, New York City	January '91
<b>The Inner Sea</b>	Benoit LaChambre	Danceworks, Winchester Street Theatre, Toronto	June '90

All roles created on Runge except various Toronto Dance Theatre repertory pieces, *Brahms Waltzes*, *Ratu Raga*, *Across Oceans*, *High Queen's Quartet* and *The Pole Piece*.

## A w a r d s   a n d   S c h o l a r s h i p s

June '05	Co-winner for K.M. Hunter Award for Artists in Dance
December '04	Ontario Arts Council - Choreographers' Grant for a new quartet
October '04	Toronto Arts Council - Choreographers' Grant for a new quartet
January '04	Toronto Arts Council - Choreographers' Grant to co-present FLIGHT
August '03	Ontario Arts Council - Artist's in Education Grant to teach Improvisation in Toronto High Schools
August '01	Canada Council - Creative fees for solo project to be mounted in May 2004

August '01	Laidlaw Foundation – Choreography grant for solo project to be mounted in May 2004
July '01	Two Dora Mavor Moore award nominations for Outstanding Performance as a soloist and ensemble member for Christopher House's <i>Severe Clear</i>
July '99	Dora Mavor Moore award co-nomination for Outstanding Choreography in a Play of Musical for <i>Word Machine</i>
July '99	Ontario Arts Council - Artists in Education teaching grant
June '98	Toronto Arts Council - Research and Development grant for the "Anti-gravity aerial daredevilry project" with Julia Aplin
June '97	Toronto Arts Council – Choreography grant
April '97	Laidlaw Foundation – Choreography grant
August '96	Theatre Centre – Research & Development grant
January '95	Theatre Centre – Choreographic Seed money
September '94	Theatre Centre – Research & Development grant
April '94	Ontario Arts Council – Choreography/Production grant
March '94	Laidlaw Foundation – Choreography grant
July '93	Simon Fraser University – Bursary to attend Summer Intensive '93
September '93	Invited to participate as a choreographer in the first choreographic Research Studio of the taller group
September '91	School of Toronto Dance Theatre – partial scholarship for final year of study

## **T e a c h i n g** (Previous five years)

Sept '99 - present	Periodically teaches at residencies and outreach sessions for the Toronto Dance Theatre (in Toronto, St. John's, Whitehorse, and other Canadian cities)
May – June '04	Taught grade six classes at Lester B. Pearson School for the Arts in London, Ontario and at Crescent View Public School in Toronto as part of an Ontario Arts Council Artists in Education project
December '03	Taught grades nine – thirteen at Claude Watson School for the Arts as part of an Ontario Arts Council Artists in Education project
July '03	Produced and taught four morning technique classes open to movers of all levels in Toronto
September '02	Produced, co-taught and co-hosted (with Alexis Andrew) labour day weekend dance retreat in Caledon, featuring Improvisation with movement and text
April '02	Taught courses in Improvisation at Claude Watson
February '01	Produced, taught and hosted weekend winter dance retreat in Caledon, featuring Improvisation
April '00	Taught five day courses in Improvisation at Claude Watson and KYTES (Kensington Youth Theatre and Employment Skills)
April '00	Invited to guest teach a Master Class at York University
February '00	Taught 8:08 Alternative Technique Class workshop in "Luxurious vs. Kinetic Movement"

## **D a n c e P r e s e n t i n g** (Recent Highlights)

September '94 ~ January '05	One of three Artistic Directors of Series 8:08, an artist-run organization that presents innovative workshop and performance events in the Toronto area. Responsibilities include working in conjunction with two other directors to co-ordinate and produce a monthly series of choreographic performance workshops for professional dance artists. Personally initiated, and continues to curate, <i>The 8:08 Alternative Technique Class Series</i> (workshops in innovative dance training taught by Canadian dance professionals).
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## **T r a i n i n g**

Present	Contemporary dance training, as a company member of the Toronto Dance Theatre, as well as with various teachers in Toronto
Jul '04	One -week workshop with Tere O'Conner, Shelly Senter, and Neil Greenberg at Movement Research's MELT in New York City
Jun '04	One-week workshop in the use of text and movement in Improvisation for performance led by Simone Forti at the Festival of Interactive Physics in Toronto
September '03	Three-week Skinner Releasing Workshop with Stephanie Skura in Toronto
May '03	One week of classes in Improvisation and Ballet in New York City (Jennifer Monson, Christine Wright)
December '02	One-week Skinner releasing workshop with Joan Skinner in Montreal
May '02	One-week workshop in Contact Improvisation with Ray Cheung at the Festival of Interactive Physics in Toronto
June '01	Two-week intensive with Emio Greco in Vienna at the International Tanz Festival
May '01	MELT Workshop in New York City with Lane Nahele, Neil Greenberg, and KJ Holmes
May '00	One-week workshop in Improvisation with Danny Lepkoff at the Festival of Interactive Physics in Toronto
May '99	One-week workshop in Improvisation with Peter Bingham at the Festival of Interactive Physics in Toronto
May and June '98	Attended various professional level classes in London (U.K.), Paris, Arnhem (Netherlands) and Amsterdam.

- September '97 Two-week intensive in Pilattes and Ballet, taught by Diane Miller.
- November '96 Two-week self-directed study in New York city with Barbara Mahler, David Zambrano, Rebecca Hilton and Lisa Race.
- August '96 Four-week Skinner Releasing Technique and Flying Intensive in Seattle. Releasing Technique taught by Joan Skinner, Trapeze by Bob Davidson and Improvisation by Stephanie Skura.
- November '95 Four-week self directed study in New York city. Attended the Improvisation Festival '95, Movement Research, the Cunningham School and the Susan Klein/Barbara Mahler School of Dance (teachers included Chris Aiken, Simone Forti, Mahler and Kirstie Simpson).
- May '95 One-week workshop in Body Mind Centering and Pilattes, taught by Cathy Caraker.
- August '94 Ouffall - a one-week intensive in San Francisco, focusing on Contact Improvisation.
- August '94 Two-week Improvisation for Performance intensive in San Francisco, taught by Jess Curtis.
- June '94 Two-week Improvisation with Text and Movement intensive taught by Xjamal Xanitha.
- July '93 Four-week summer intensive at Simon Fraser University. Composition taught by Tom Stroud, Technique taught by Peggy Baker and Nora Reynolds.
- 1988 - 1992 Completed the professional training program at the School of Toronto Dance Theatre. As part of this program, studied Graham Technique, Ballet, Composition, Music and Improvisation with various teachers, including Patricia Beatty, Elizabeth Chitty, Gordon Dowton, Donald Himes, Denise Fujiwara, David Earle, Judy Miller, Peter Randazzo, Holly Small, Linda Smith and Laurel Toto. Toured Eastern Canada with *Court of Mirades* (chor. David Earle), and performed, in Toronto, works by Patricia Beatty, Elizabeth Chitty, David Earle, Darryl Hoskins and Christopher House, as well as several student works.
- 1985 - 1988 Studied Ballet in the pre-professional program at the Lois Smith School of Dance and performed as a member of the Youth Ensemble.
- 1975 - 1985 Attended the Dancers' Academy. Studied Ballet, Jazz, Flamenco and folk dance, performed with the Folk Ballet theatre Co..