

EDUCATION

Pilates mat certified through the Kane School of Core Integration with Kelly Kane	March 2014
Core Muscle Anatomy with Kriota Willberg at Kinected	Dec 2009
The FAMI (Functional Anatomy for Movement & Injuries) Workshop at the Icahn School of Medicine at Mount Sinai (various instructors)	July 2012
Skidmore College in Saratoga Springs, NY BS in Dance, Magna Cum Laude, Honors	2004 - 2008
Anatomy & Kinesiology at Skidmore College	Fall 2007

TEACHING EXPERIENCE

Instructor at Kinected teaching weekly mat classes	May 2014 - present
Daily Pilates mat classes at the Joffrey Contemporary/Jazz Summer Program	August 2014
Daily Pilates mat, phrasework & repertory classes at the Doug Varone & Dancers Summer Intensive	June 2014
Modern dance & repertory classes with Gina Gibney Dance: Residency at Tisch Summer Dance in NYC	June 2013
Residency at Mimar Sinan University in Istanbul, Turkey	April 2013
Movement workshops through Gina Gibney Dance in shelters around NYC (incorporating elements of yoga, Pilates & other modalities)	Sep - Aug 2013

RELATED TRAINING

Pilates:

Group and private instruction with Kane School certified instructors	2008 - present
Private instruction with Romana certified instructors	2001 - 2008

Dance:

Current member of Doug Varone and Dancers and Jenny Rocha & Her Painted Ladies	
Training in modern (release, Graham, Limon & more), ballet, jazz, hip-hop, tap (The Graham School, Skidmore College, various summer programs)	1992 - present

Irene Dowd Technique (Neuromuscular Preparation for Dance):

with Irene Dowd at the Juilliard School	July 2003
with Peggy Baker through Doug Varone and Dancers	June 2005

RELATED WORK EXPERIENCE

At Kinected, an integrative Pilates & fitness studio in NYC:

Social Media/Marketing Manager	Oct 2013 - present
Education Manager	Dec 2011 - Oct 2013
Assistant Studio Manager	Feb 2009 - Dec 2011
Receptionist	July 2008 - present

SKILLS

Emphasis on biomechanically robust movement through imagery-based cueing
Use of props to strategically fire targeted muscles and inhibit unsolicited muscle engagement
Excellent customer service & interpersonal skills

REFERENCES*

Kelly Kane, founder of the Kane School of Core Integration
Matt McCulloch, co-director of Kinected

*contact information available upon request