

Loren Groenendaal, CMA, MFA, BA

loren groenendaal@gmail.com

Curriculum Vitae 2002-2025

Academic Education

Certificate in Laban Movement Analysis/Bartenieff Fundamentals 2010-2012
Laban/Bartenieff Institute of Movement Studies, New York, NY and College Park, MD

Master of Fine Arts in Choreography 2007-2010
The University of North Carolina at Greensboro, Greensboro, NC, 3.94 GPA

Effective Teaching Theory and Practice, Temple University, Philadelphia, PA Spring 2006

Bachelors of Arts, Dance (Choreography) and Visual Arts 1998-2002
Oberlin College, Oberlin, OH, 3.50 GPA

Teaching Experience in Higher Education

Adjunct Professor, *Elements of Dance*, Rowan University, Glassboro, NJ Fall 2023- present

Adjunct Professor, *Movement Workshop*, Muhlenberg College, Allentown, PA Fall 2019- 2024

Commissioned Choreographer, *En-Route: A Festival of Site Specific Dance* Spring 2021
Muhlenberg College, Allentown, PA

Invited Guest Lecturer, Balinese Dance October 24, 2013, March 13, 2014 & March 10, 2021
Muhlenberg College, Allentown, PA

Discussion Facilitator, first year seminar: *A Paradise Built in Hell* by Rebecca Solnit Fall 2020
The Center of Ethics, Muhlenberg College, Allentown, PA

Adjunct Faculty, *Foundations of Dance Education* Spring 2018
Temple University, Philadelphia, PA

Guest Teaching Artist, Improvisation, The University of the Arts, Philadelphia, PA Spring 2017

Teaching Assistant February 3, 2013- May 9, 2015
Laban/Bartenieff Institute of Movement Studies, New York, NY and College Park, MD

Adjunct Faculty, *Laban Movement Analysis*, DeSales University, Center Valley, PA Spring 2014

Guest Teaching Artist, Partnering, Towson University, Towson, MD April 5 & 19, 2013

Guest Artist/Instructor, Gravity Partner, *Laban MA and Contact Improv* Jan 28- Feb 2, 2013
Juniata College Theatre Department, Huntingdon, PA

Invited Guest Lecturer, *Bartenieff Fundamentals for efficiency and partnering* Jan 22, 2013
Arcadia University Theatre Department, Glenside, PA

Invited Guest Lecturer, *Laban & Balinese Dance & Music* November 8, 2012
University of Pennsylvania Music Department, Philadelphia, PA

Invited Guest Artist, *Composition with Costumes and Objects* April 1, 2011
Temple University Dance Department, Philadelphia, PA

Guest Instructor, *Somatics*, University of the Arts, Philadelphia, PA Spring 2011

Lead Instructor August 2008-May 2010

University of North Carolina at Greensboro Dance Department, Greensboro, NC

-*Dance Appreciation for Dance majors and non-majors, online and in-classroom*

-*Advanced Beginning Contemporary Technique for dance majors and minors*

-*Intro to Dance = Technique, choreography, repertory, and improvisation for non-majors*

Guest Artist/Lecturer, *Balinese Dance* August 2008-May 2010

University of North Carolina at Greensboro Dance Department, Greensboro, NC

Teaching Assistant August 2007-May 2010

University of North Carolina at Greensboro Dance Department, Greensboro, NC

-*Dance Appreciation, American Dance History, Contact Improvisation for dance majors & non-majors, Improvisation for dance majors*

Professional Teaching Experience

Co-organizer and Instructor October 2025-present

Weekly Improvisation Performance Practice class, Mascher /Headlong, Philadelphia, PA

Instructor, Contemporary Modern Dance for Adults September 2022-present

Cardell Dance Studio, Philadelphia, PA

Founder and Facilitator of monthly Underscore May 18, 2013- present

rotating venues, Philadelphia, PA

Founder, Facilitator, and Instructor March 3, 2011- present

Weekly Contact Jam, Philly PARD, Headlong, then online, and outside, Philadelphia, PA

Co-organizer and Instructor 2011-present

Weekly Contact Improvisation Class, various locations, Philadelphia, PA

Co-organizer and Instructor January - May 2025

Improv class for adults with neurodivergence or intellectual disability, Mural Arts, Philadelphia, PA

Faculty, *Finding the Wetland Inside You*, an eco-somatic contact/compositional improv workshop

Texas Dance Improvisation Festival, Texas Women's University, Denton, TX October 7, 2023

Facilitator of Philadelphia Global Underscore June 2013-2017 & June 2020-2022

Headlong & Mascher Space Cooperative, Philadelphia, PA

Faculty, *Dissolving Doors; Festival of Compositional Improvisation* June 19-23, 2019

Mascher Space Cooperative, Philadelphia, PA

Contemporary Modern Dance Class for Adults Instructor April 2016-May 2019

University City Arts League, Philadelphia, PA

Core Fitness Class (a somatic workout) Oct 2015-Jan 2017, April 2017-December 2017
Freelance and Take The Lead Studio on Pine, Philadelphia, PA

Contact Improvisation Guest Instructor by invitation

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| Class before the <i>Thursday Jam</i> , Finnish Hall, Berkeley, CA | December 22, 2022 |
| <i>CI class for all levels</i> , Hungry Mother State Park, Marion, VA | October 21, 2017 |
| Zouk N' Play, The Claridge Hotel, Atlantic City NJ | July 8, 2017 |
| <i>Embracing Awkwardness and CI Basics</i> , Lila Yoga, State College, PA | July 24, 2016 |
| Partnering, LMA, Outside eye with ROMPUS, Philadelphia, PA | May 31, 2016 |
| Mascher Space Cooperative, Philadelphia, PA | Spring 2014 |
| Master Class for Community, Whole Gallery, Baltimore, MD | March 15, 2013 |
| Master Class for Flux/us Dance Projects, Baltimore, MD | August 20, 2012 |
| Class for Beginners for Fundraiser at Studio 34, Philadelphia, PA | August 19, 2012 |
| Arlington Center, Arlington, Boston, MA | February 5, 2012 |

Ballet Dance Teacher September 2015-January 2017
Take the Lead Studio on Pine, Philadelphia, PA

Introduction to Laban Movement Analysis, 20 hour course Spring 2014 & 2016
The Whole Shebang, Mascher Space Cooperative, Philadelphia, PA

Improvisation Workshop Instructor, Graffito Works, Philadelphia, PA January 10, 2016

Introduction to Bartenieff Fundamentals, 16 hour course Spring 2014, March 2015
Philly PARD and Mascher Space Cooperative, Philadelphia, PA

Partnering Instructor for *Architecture of Two* August 10, 2012
co-taught with Katherine Kiefer Stark, Cultivate Dance Festival, Bethlehem, NH

Intermediate Modern Guest Teacher November 2010
Philly Performance Arts Research & Development (PARD), Philadelphia, PA

Dance Summer Resident Artist, Modern Technique for Adults, June-August 2005
Abington Art Center, Jenkintown, PA

Teaching Experience with Students ages 1-18

Dance Teaching Artist (ages 3-18), Cardell Dance Studio, Philadelphia, PA Sept 2022-present
-Ballet, Creative Movement, Modern Dance, Improvisation

Lead Outreach Teaching Artist (ages 5-13) October 2012-present
Koresh Kids Dance, Koresh Dance Company, Philadelphia, PA

Dance and Visual Arts Teacher (ages 2-13) 2013, 2015-2024
University City Arts League, Philadelphia, PA

Creative Dance and Somatic Movement Teacher (ages 2-18) October 2012-present
Loren Teaches Movement, Various indoor and outdoor venues, Philadelphia, PA

Guest Teacher, West Philly Girl Scouts (ages 5-9), Philadelphia, PA
STEAM Dance class: Bee Waggle Dance, Creative Community Dance February 21 & October 14, 2020

Dance Teaching Artist (ages 5-10) January-March 2020
Leah Stein Dance Company, Summit After School Program, Philadelphia, PA

Preschool Creative Movement Teacher (ages 2-5) July-August 2019
Greene Byrne Child Care Center, Philadelphia, PA

Creative and Modern Dance Teacher (ages 5-12) June-August 2019
Performance Garage Outreach to Roberto Clemente City Recreational Center, Philadelphia, PA

Gymnastics and Dance Birthday Party Assistant and Leader (ages 2-9) May 2019-July 2019
Philly inMovement / Mini inMovement, Philadelphia, PA

Teaching Artist on dancing and drawing inspired by Trisha Brown (ages 3-9) May 18, 2019
Fabric Workshop Museum and Fairmount Park Commission, Philadelphia, PA

Guest Dance Teaching Artist (ages 1-5) October 12- December 7, 2018
Moonstone Preschool, Philadelphia, PA

Dance Teacher (ages 14-19) September 2016-December 2017
John W. Hallahan Girls Catholic High School, Philadelphia, PA

Creative Movement, Preschool, STEAM Teaching Artist (ages 3-11) Sept 2016-August 2017
Darlington Arts Center, Garnet Valley, PA

Ballet, Pre-Ballet, Creative Movement Dance Teacher (ages 3-8) Sept 2015-January 2017
Take the Lead Studio on Pine, Philadelphia, PA

Creative Movement Story Time/Story Dance (ages 1-5) February 2013-June 2016
Falls, Independence, and West Philly Free Libraries of Philadelphia, Philadelphia, PA

Guest Artist on Dance/Music Connections in Improvisation (ages 14-18) March 23, 2016
Collegiate School, Upper School, Richmond, VA

Dance Teaching Artist (ages 11-14) September 2013-December 2014
STEAM Afterschool Program, Philadelphia Arts in Education Partnership, Philadelphia, PA

Dance Teacher & Choreographer (ages 8-14) January 2014- June 2014
Allen M. Stearne Elementary School, Philadelphia, PA
-Picasso Star Power Project for performing dance, music, theatre and building literacy

World, Hip Hop, Creative Movement Teacher (ages 5-12) October 2010-May 2012
Northeast Out of School Time Program of Catholic Social Services, Philadelphia, PA

Head of Middle School and Assistant to Upper School Dance (ages 11-18) Oct 2011-Feb 2012
Friends Central Schools, Wynnewood, PA

Enrichment Dance Teacher (ages 5-11) Summers 2011, 2010 and 2009
Philadelphia Arts in Education Partnership, Philadelphia, PA at Bryant, Hartranft, & Morton

Modern and Hip Hop Dance Teacher (ages 5-14) 2005-07, October 2010-May 2011
After School Activities Partnerships, Philadelphia, PA

Creative Movement, Ballet, Hip Hop Dance Teacher (ages 3-13) September 2004-2007
Napoli Music and Dance, Ardmore and Springfield, PA

Modern Technique and Repertory Dance Teacher (ages 6-17) June 2003, 2006, and 2007
Strawberry Hill directed by Betty Jane Dittmar, Centre Hall, PA

Hip Hop and Modern Dance Teacher (ages 5-9) March 2005-March 2007
Cheltenham Art Center Outreach, Glenside Elementary, Glenside, PA

Dance Summer Resident Artist, Performance Camp Teacher (age 3-adult) Summer 2005
Abington Art Center, Jenkintown, PA

Dance Teaching Assistant, Creative Movement (ages 3-12) Spring 2003, 1996-1998
Center for Creative Arts directed by Betty Jane Dittmar, State College, PA

Teaching Artist-in-residence (age 3-11) KIDsmART, Linden School, Elyria, OH Summer 2002

Choreography and Creative Works

Temporal Etudes, collaboration with composer Melinda Faylor October 7, 2025
Open Performance, Movement Research, New York, NY

Quartet for the End of Time, choreography to Olivier Messiaen's "*Quatuor pour la fin du temps*"
Icebox Project Space, Philadelphia, PA November 22-23, 2024

... of time . . ., site responsive dance installation with themes from *Quartet for the End of Time*
Cannonball Festival, Philly Fringe, Maas Garden, Philadelphia, PA September 12, 2024

(g)listening with musician Tara Toms March 29, 2024
Good Thang: Irish Soda Bread edition, SomArt Space at the Hive, Sommerville, MA

From the City to the Wetland with BORBs September 30, 2023
Under the Bridge Fest, FDR Park, Philadelphia, PA

Duet for the End of Time, Abyss of Birds & Dance of Fury
HERE, Cardell Dance Studio Philadelphia, PA October 21, 2023

Quantum Gravity Loop June 16, 2023
Semi-Composed: Chaos/Order, Mascher Space Co-op, Philadelphia, PA

The _____ and Something and Everything Game with Miryam Coppersmith June 16, 2023
Semi-Composed: Chaos/Order, Mascher Space Co-op, Philadelphia, PA

Hérons, Swallows, and Mind Murmuration with BORBs June 16, 2023
Semi-Composed: Chaos/Order, Mascher Space Co-op, Philadelphia, PA

Tangle of Rainbows (excerpt for *Quartet for the End of Time*)
Fresh Juice 2023, Icebox Project Space, Philadelphia, PA June 2, 2023
CultureFest! Penn Museum, Philadelphia, PA March 11, 2023

Mind Murmuration, UCAL Showcase, The Rotunda, Philadelphia, PA April 22, 2023

The Heron, East Coast Jam, Claymont Mansion, Charles Town, WV April 15, 2023

We are Fractals of Ourselves, CultureFest! Penn Museum, Philadelphia, PA March 11, 2023

Free Fleet, CultureFest! Widener Auditorium, Penn Museum, Philadelphia, PA March 11, 2023

I am a Fractal of Myself
The Rotunda, Philadelphia, PA December 17, 2022
Mascher Space Cooperative at Headlong, Philadelphia, PA November 5, 2022

Duet for the End of Time (excerpt for ***Quartet for the End of Time***)
CultureFest! Widener Auditorium, Penn Museum, Philadelphia, PA March 11, 2023
Visions, Miniball, Christ Church Neighborhood House, Philadelphia, PA December 15, 2022

Free Fleet co-directed with Curt Haworth June 26, 2021 & September 24, 2022
Mascher Space Cooperative at Hawthorne Park & outside, Philadelphia, PA

Aflame, Fresh Juice Festival, 2223.Fish, Philadelphia, PA June 17, 2022

Philadelphia 2021 Global Water Dance, Penn Treaty Park, Philadelphia, PA June 12, 2021

Between sky and Earth, everywhere flowers, En-Route, Muhlenberg College May 7-9, 2021

Regenerating Hope, dance for camera February 27, 2021
Filmed in Philadelphia 2020-2021, Screened in Durham, NC at SITES: RESET

Membranes in the Field, University City Arts League, Philadelphia, PA December 13, 2019

Ravishing and Ravenous November 9, 2019
Swan Song, Mascher Space Cooperative, Philadelphia, PA

Surrender and Support
Inhale, ChiMAC, Philadelphia, PA August 24, 2019
Afternoon of Dance, Awbury Arboretum, Philadelphia, PA June 8, 2019

In the Light in the Park, Jefferson Square, Philadelphia, PA March 23, 2019

Tidal River, University City Arts League, Philadelphia, PA December 14, 2018

In the Light (durational seasonal music dance performance, sunrise to sunset)
Autumn, Iron Factory, Philadelphia, PA September 15, 2018
Summer, Iron Factory, Philadelphia, PA June 16, 2018
Spring, Mascher Space Cooperative, Philadelphia, PA March 25, 2018
Winter, Rigby Mansion, Philadelphia, PA January 13, 2018

In the Light excerpts
Ten Tiny Dances, Mascher Space Cooperative, Philadelphia, PA October 26-27, 2018
Old City Fest, Philadelphia, PA October 7, 2018
Carnival de Resistance Midway, Philadelphia, PA July 27-28 & August 3-4, 2018
The Naked Stark's Series of Informal Events, Mascher, Philadelphia, PA Dec 17, 2017

Phasic

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| <i>Scratch Night</i> , Fringe Arts, Philadelphia, PA | April 2, 2018 |
| <i>Block Party</i> , University City Arts League, Philadelphia, PA | December 15, 2017 |
| <i>MICI</i> , Franklin & Marshall College, Lancaster, PA | June 23, 2017 |

Pulsing

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| <i>Muscle Memory</i> , Stella Elkins Gallery, Tyler School of Art, Phila, PA | October 6, 2017 |
| <i>Frantasia</i> , Livermore Falls, ME | August 18, 2017 |

0.03 grams Cantharidin with pianist Melinda Faylor

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| <i>Semi-Composed: Metamorphosis</i> , The Performance Garage, Phila, PA | Aug 12, 2017 |
| <i>Making the Rounds</i> , Rigby Mansion, Philadelphia, PA | March 12 & 13, 2017 |
| <i>Andrea Clearfield's Salon</i> , Philadelphia, PA | November 27, 2011 |
| <i>Get your Gamel-On!</i> Greenwich House Music School, NYC, NY | September 23, 2011 |
| <i>On the Edge of Red</i> , UNCG Dance Theatre, Greensboro, NC | August 28-29, 2009 |

... of changes with pianist Melinda Faylor

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| <i>Semi-Composed: Metamorphosis</i> , The Performance Garage, Phila, PA | Aug 12, 2017 |
| <i>2nd Mini Sound Improv Festival</i> , The Cannery, Penobscot, ME | August 22, 2016 |
| <i>Frantasia</i> , Livermore Falls, ME | August 18, 2016 |
| <i>Impermanent Society of Philadelphia</i> presents, Rigby Mansion, Phila, PA | August 17, 2016 |
| <i>Grey Matter</i> , <fidget> Fall Experimental Music Festival, Phila, PA | October 6, 2012 |

Eternity Bird (work in progress for *Quartet for the End of Time*)

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| The Naked Starks' <i>Series of Informal Events</i> , Philadelphia, PA | October 15, 2017 |
| <i>Frantasia</i> , Livermore Falls, ME | August 17, 2017 |

Swarm!

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| <i>Semi-Composed: Metamorphosis</i> , The Performance Garage, Phila, PA | Aug 12, 2017 |
| <i>In the time Before I Knew You: Dances of Making Contact</i> , Washington DC | June 29, 2014 |
| <i>Cage Hop</i> , The Secret Theatre, Queens, New York, NY | September 10, 2012 |
| <i>Last Mondays</i> , Broad Street Ministry, Philadelphia, PA | April 30, 2012 |
| Work-in-progress in <i>Open Performance</i> , Movement Research, NYC, NY | April 4, 2012 |

Additive Accumulation

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| <i>Making the Rounds</i> , Headlong & UC Arts League, Philadelphia, PA | March 12 & 13, 2017 |
| <i>Semi-Composed</i> , Mascher Space Cooperative, Philadelphia, PA | January 7, 2017 |
| <i>Additive +</i> , NWAA, Chris White Gallery, Wilmington, DE | July 8, 2016 |

Presence of Mass

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| <i>Making the Rounds</i> , Philadelphia, PA | March 12-13, 2017 |
| <i>InHale Performance Series</i> with Nathan Dawley, Philadelphia, PA | May 13, 2016 |
| <i>Nice and Fresh Series</i> with Megan Wilson Stern, Philadelphia, PA | Feb 19 & 20, 2016 |

With the Round with contact improviser Nathan Dawley and pianist Melinda Faylor

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| <i>Making the Rounds</i> , Mascher Space Cooperative, Philadelphia, PA | March 10, 2017 |
| <i>Fresh Juice</i> , Mascher Space Cooperative, Philadelphia, PA | November 11-12, 2016 |

Installment 1 (green)

Making the Rounds, Rigby Mansion Philadelphia, PA March 11, 2017
Making the Rounds, Mascher Space Cooperative, Philadelphia, PA March 10, 2017
2013 Philadelphia Dance Showcase, Performance Garage, Philadelphia, PA April 16, 2013
Vervet and Friends Dance Performance, Mascher Space Co-op, Phila, PA April 13, 2013
ETC. Series, Community Education Center, Philadelphia, PA February 5-6, 2011

Bel Jing in collaboration with Megan Wilson Stern with cast contributions June 18, 2016
Overlapping Kinespheres, Mascher Space Cooperative, Philadelphia, PA

Company Dancer and Project Coordinator with *Graffito Works* June 12, 2016
ensemble site-specific improvisation with Shofuso Japanese House and Garden, Philadelphia, PA

Green to the Extreme with Janna Meiring and Connor Przybyszewski May 21, 2016
Gorilla Theatre Presents Mysterious Masked Man Variety Show, Sera Phi, Philadelphia, PA

From Above, Good Thang, Sommerville Armory, Sommerville, MA March 25, 2016

1 Step Forward in collaboration with Flandrew Fleisenberg with audience participation
Guest Performance at Collegiate School, Richmond, VA March 23, 2016
The Tinker, Roanoke, VA March 19, 2016
Frantasia, Livermore Falls, ME August 2015

Project Director and Company Dancer with *Graffito Works* with Jenny Roe Sawyer
with Robert Lobe sculptures, Grounds for Sculpture, Hamilton, NJ June 6 & Nov 12, 2015

Boing! in collaboration with Flandrew Fleisenberg
Philly Fringe Festival, Mascher Space Cooperative, Phila, PA May 29 & Sept 18-19, 2015
Scratch Night, FringeArts, Philadelphia, PA May 4, 2015

Giving In Fresh Juice, Mascher Space Cooperative, Philadelphia, PA November 7-8, 2014

Sharing Water in collaboration with Flandrew Fleisenberg, *Frantasia*, Jay, ME August 22, 2014

Installment 2 (purple)

In the Time Before I Knew You, Jack Guidone Theater, Washington DC June 29, 2014
Sky Dive, Philadelphia, PA November 30, 2012
Cage Hop, The Secret Theatre, Queens, New York, NY September 10, 2012
Flancy Dance, Flopera House, Boston, MA October 21, 2011
Hybridge Arts' *Last Mondays*, Broad Street Ministry, Philadelphia, PA May 30, 2011
Movement Research's *Open Performance*, Dance Theater Workshop, NYC March 9, 2011

ColorFULL, Mascher Space Cooperative, Philadelphia, PA May 23-25, 2014

Installment 6 (red) *H-O-T Series*, Mascher Space Cooperative, Philadelphia, PA May 10, 2014

Processional in collaboration with Flandrew Fleisenberg
Biennial of Performance and Sound Art, The Quarry, Acton, MA September 7, 2013
Frantasia, Livermore Falls/Jay, ME August 23, 2013

Installment 4 (yellow)

Inhale Series, ChiMAC, Philadelphia, PA

January 31, 2014

H-O-T Series, Mascher Space Cooperative, Philadelphia, PA

July 10, 2013

Installment 3 (orange)

Makers & Shakers, Mascher Space Cooperative, Philadelphia, PA

July 24, 2013

Green Space Blooms, Green Space, Queens, NY

April 22, 2012

Flancy Dance Part Deux, Flopera House, Boston, MA

February 4, 2012

Grab Bag, <fidget>, Philly Fringe Festival, Philadelphia, PA

September 4-5, 2011

***Tape Work*, mixed media performance/installation with percussionist Flandrew Fleisenberg**

Flopera House, Boston, MA

April 27, 2013

Vervet and Friends Dance Performance, Mascher Space, Phila, PA

April 13, 2013

Whole Gallery, Baltimore, MD

March 15, 2013

Gallery 109, Brooklyn, NY

March 8, 2013

O.U.R. Gallery, Philadelphia, PA

February 19, 2013

Oberlin Conservatory, Oberlin, OH

February 17, 2013

Toledo Bellows, Toledo, OH

February 16, 2013

Ornamentation

2013 Philadelphia Dance Showcase, Performance Garage, Philadelphia, PA

April 16, 2013

Vervet and Friends Dance Performance, Mascher Space Co-op, Phila, PA

April 13, 2013

WAXWorks, Triskelion Theater, New York, NY

June 24, 2012

Inhale Series, CHI Movement Arts Center, Philadelphia, PA

November 18, 2011

The Mosaic Dance Festival, The FUNKtion Dance Complex, NJ

August 6, 2011

My Baby Loves a Bunch of Authors

April 10, 2013

A flash mob on Free Library of Philadelphia employees, Parkway Central, Philadelphia, PA

Secondary Colors Outlet Dance Project, Grounds For Sculpture, Hamilton, NJ

October 7, 2012

***a small HUGE thing*, co-choreographed with Katherine Kiefer Stark**

Cultivate, Bethlehem, NH,

August 11, 2012

Last Mondays, Broad Street Ministry, Philadelphia, PA,

July 30, 2012

***Vernacularities*, MFA Thesis Concert**

March 26-27, 2010

UNCG Dance Theater, The University of North Carolina at Greensboro, Greensboro, NC

Put It On

February 26-27, 2010

Prime Movers Dance Concert, UNCG Dance Theater, Greensboro, NC

***Self-Refraction*,**

December 4-5, 2009

Departmental Concert, invited, UNCG Dance Theater, Greensboro, NC

SOUP structured multi genre movement and sound improvisation in performance

Greensboro Fringe Festival, Greensboro, NC

February 5-6, 2010

Guilford Grange, Greensboro, NC,

August 30, 2009

'pálm plume plùmeria'

May 10, 2009

Series of Seven, UNCG Dance Theater, The University of North Carolina at Greensboro, NC

Dissolution, a series of reaction mechanisms

December 13, 2008

2nd year MFA student Choreography Showing, Sloan Theater, Greensboro, NC

Palate Platter

UNCG Dance Theatre, Greensboro, NC

May 11, 2008

Annual Event Choreographers Showcase,

October 18, 2008

The North Carolina Dance Alliance (NCDA), The Historic Kirby Theater, Roxboro, NC

Nuclear Dreams, co-choreographer, dancer, set designer and builder
by Mascher Dance Group, Mascher Space Cooperative, Philadelphia, PA

June 7-8, 2007

Vital and Vanishing in collaboration with Jenny Roe Sawyer
by Lo Roe Productions, Mascher Space Cooperative, Philadelphia, PA

May 17-19, 2007

Rosemary, That's for Remembrance

2007

Co-choreographer, Director, Camera Operator, Dancer, and Co-editor with Nicole Bindler

Screened at The Outlet Dance Project, Grounds for Sculpture, Hamilton, NJ October 5, 2013

Principle Sound duet with Rebecca Patek

December 18, 2006

Melinda Faylor's Areté Ensemble, Advent Lutheran Church, New York, NY

The Lot Project

December 2, 2006

by Mascher Dance Group, Mascher Space Cooperative, Philadelphia, PA

22 Forward by Lo Roe Productions in collaboration with Jenny Roe Sawyer

Lo Roe Productions Benefit Bash, Mascher Space Co-op, Philadelphia, PA Oct 7, 2006

Philly Fringe Festival, Gross McCleaf Gallery, Philadelphia, PA September 13-17, 2005

Les Moutons De Panurge composed by Frederic Rzewski

August 18, 2006

Melinda Faylor's, Areté Ensemble, Church of Saint Paul and Saint Andrew, New York City, NY

Inhabitations by Mascher Dance Group with Liza Clark, Rebecca Patek, and Jenny Roe Sawyer

Part I- Wissahickon Fairmount Park, Philadelphia, PA

July 16, 2006

Part II- City Hall, Philadelphia, PA

July 26, 2006

Part III- John Hines Nature Preserve, Philadelphia, PA

August 13, 2006

Re-directed Trajectory

January 13-15, 2006

CEC New Edge Mix, Community Education Center, Philadelphia, PA

Gauge in collaboration with Candice Lathrop

September 13-17, 2005

Philly Fringe Festival, Gross McCleaf Gallery, Philadelphia, PA

Well Folks, . . . GLUE, Community Education Center, Philadelphia, PA

May 1-2, 2004

Theater Choreography

Choreographer, *Paradise Park Zoo*, written by Savannah Reich, directed by Donna Oblongata

The Sherwood Oak, Philadelphia, PA

July 24-28, 2014

Choreographer, *Once Upon A Mattress*, directed by Elaine Meder

The Boal Barn Playhouse, State College, PA

Summer 2003

Contemporary Modern Dance Performance

- Dancer in *We Pull The Trigger* by Adam Kerbel** September 6-18, 2025
Asian Arts Initiative, Cannonball/Philly Fringe Festival, Philadelphia, PA
- Dancer in *2023* by Christina Gesualdi** September 5, 2023
Icebox, Cannonball/Philly Fringe Festival, Philadelphia, PA
- Dancer in *R.I.S.E. (Relationship is Self Existing)*** September 14, 2019
Directed by **Asimina Chremos** and **Leah Stein**, Philadelphia Fringe Festival, Philadelphia, PA
- Mover and Vocalizer in *Keening* by Annie Wilson** September 6-8, 2019
Bilialeen, Philadelphia Fringe Festival, Philadelphia, PA
- Dancer in *Skeleton Key* by Curt Haworth**
Frantasia, Livermore Falls, ME August 17, 2017
MICI, Franklin & Marshall College, Lancaster, PA June 23, 2017
Unsafe and Intimate Places, Mascher Space Co-op, Philadelphia, PA February 2-3, 2017
- Dancer in *Levee des Conflicts*, Choreography by Boris Charmatz** September 10, 2016
Philadelphia Museum of Art, Philadelphia, PA
- Dancer for *The Naked Stark*, Choreography by Katherine Kiefer Stark**
The One, the Other One, & the Many, Mascher Space Co-op, Phila, PA Sept 9-16, 2016
The One, the Other One, & the Many, Mascher Space Co-op, Phila, PA March 11, 2016
Looking for Judy, Your Move, Art House Production, Jersey City, NJ November 2012
Goodnight War, Broad Street Ministry, Philadelphia, PA April 19-21, 2012
Eulogy for War, Philly Fringe Festival, Mascher, Philadelphia, PA September 2-3, 2011
Walking Lines, Inhale, Chi Movement Arts Center, Philadelphia, PA July 22, 2011
Silence and Resistance, Greensboro, NC March 27-28, 2009
- Dancer in *In the Quiet Choreography* by Jenny Roe Sawyer** June 25-26, 2016
From the Earth Dance Company, Morris Arboretum, Philadelphia, PA
- Dancer and Contributor to Choreography, *SP3*** November 6, 2015
Choreography by **Megan Bridge** with music by Peter Price, the<fidget> space, Philadelphia, PA
- Old Languages*, dancer/actress in music video by Lacy James** 2012/2013
- We the People* by Lacy James/Mereminne Dancers**
Philly Fringe Festival, Washington Square Park, Philadelphia, PA September 4 –5, 2011
Re:Vision, New York, NY & Studio 34, Philadelphia, PA March 26, April 2, 15-16, 2011
- Glimpse* choreographed by Helen Simoneau,** April 23-24, 2010
Departmental Concert, UNCG Dance Theater, Greensboro, NC
- The Gentleman, *Le Boeuf Sur le Toit* and A Swimmer, *Le Train Bleu*** October 30-31, 2009
Recreated by **Ann Dils**, UNCG Dance Theater, Greensboro, NC
- Book of Rhymes* choreographed by Augusto Soledade** August 28-29, 2009
On the Edge of Red UNCG Dance Theater, Greensboro, NC

Would you please restate your answer in the form of a question? June 18-20, 2009

Choreography by **Mark Dendy**, Durham Performing Arts Center, Durham, NC

Design for Ten choreographed by **Jan Van Dyke** February 13-14, 2009

Faculty Artist Concert, Aycock Auditorium, The University of North Carolina, Greensboro, NC

What a quaint scene we were that night . . . March 30–April 1, 2007

Choreographer: Melisa Putz, **pima group**, Community Education Center, Philadelphia, PA

Thrash, dancer in dance/theater film by **Headlong Dance Theater** 2006

Drafting, performer in dance/theater film directed by **Nichole Canuso** and **Geoff Sobelle** 2005

Traditional Indonesian Dance Performance

Puspanjali, a refined Female Style Balinese welcome dance

Gamelan Semara Santi, Swarthmore College, PA Dec 4, 2005, Dec 2, 2012 & Nov 21, 2021

Danced *Silisir Mulat Sarira* and played *Jegogan on Kakang-kakang* April 14, 2019

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA

Panyembrama, a Balinese welcome dance

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA December 2, 2018

Indonesia Cultural Club, *Indonesian Festival 2011*, Philadelphia, PA September 17, 2011

Bangau Raja

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA April 8, 2018

Selat Segara

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA April 12, 2015 & Dec 3, 2017

Puspawresti (1987), a Balinese welcome dance in the Classical style by **I Nyoman Suadin**

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA April 17, 2011 & April 13, 2014

Rejang, traditional Balinese ritual dance

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA April 15, 2012

Indonesian Cultural Club, The Parlor, Philadelphia, PA March 17, 2012

Silisir Mulat Sarira (2002) choreography by **I Nyoman Suadin** to the traditional *Bapang Selisir*

Indonesian Cultural Club, Andrea Clearfield's *Salon*, Philadelphia, PA March 25, 2012

Indonesian Cultural Club, The Parlor, Philadelphia, PA March 17, 2012

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA December 4, 2011

Randa Nabia, a folk dance from central Sulawesi September 17, 2011

Indonesian Cultural Club, Philadelphia Magic Gardens, Philadelphia, PA

Janger (2008), Balinese style, choreography and music by **I Nyoman Suadin** April 17, 2011

Gamelan Semara Santi, Swarthmore College, Swarthmore, PA

Tari Wanita, Çudamani Summer Institute, **Gamelan Çudamani** July 2008

Cremation Ceremony for Ida Tjorkorda Gede Agung Suyasa, Ubud Palace, Ubud, Bali, Indonesia

Improvisational Performance in Dance

- Dancer, *Free Fall*** June 7 & 9, 2025
Fresh Juice at Philly PACK & *Scratch Night* at FringeArts, Philadelphia, PA
- Dancer in collaboration with Humanosity Project** May 2, 2025
Here & There, Cardell Dance Studio, Philadelphia, PA
- Dancer and Curator, *Free Float by Free Fleet***, Studio 34 Yoga Healing Arts, Philadelphia, PA
November 17, 2023 & Feb 11, April 19, 2024, Oct 12, Dec 14, 2024 and February 15, 2025
- Dancer and Advisor, *Reverie/Revelry*** conceived by Vivian Lehrer September 22, 2024
Gorgas Creek, Wissahickon Valley Park, Philadelphia, PA
- Improvisational Performer in Andrea Clearfield's Szalon** honoring Manfred Fischbeck
In collaboration with Curt Haworth and Julius Masri, Philadelphia, PA March 24, 2024
- Improvisational Performer**, record release performance for Dirt Baby Farm's Artist in Residence,
Joshua Marquez, celebrating his album, *DIRT*, Maas Building, Phila, PA Nov 13, 2023
- Improvisational Performer, *Xfest*** Winters 2015, 2016, 2017, 2019 & 2020 & Summer 2022
Gateway Center Arts, City Hall, Holyoke; The Firehouse, Worcester; UTEC, Lowell, MA,
& Pond Eddy, NY
- Improvisational Performer, *Xfest***, online February 26, 2021 and March 5, 2022
- Improvisational Performer** with Philadelphia Compositional Improvisation Lab Ensemble
Digital Dissolving Doors, Zoom and Facebook Live August 7, 2020 & March 20, 2021
Dissolving Doors, Mascher Space Cooperative, Philadelphia, PA June 22, 2019
Scratch Night curated by Megan Bridge, FringeArts, Philadelphia, PA June 3, 2019
Duets with Strangers, 954 Movement Collective, Philadelphia, PA May 30, 2019
- Curator and Performer of Free improvisation** with various collaborators
monthly-seasonal *H-O-T Series of Philadelphia*, Philadelphia, PA May 2013- October 2019
- Instructor and Performer** July 27, 2019
The People's Intensive in Compositional Improvisation by *The Lovelies*, Triskelion, NYC, NY
- Improvisational Dancer** with musicians Tim Motzer and Tobias Ralph January 11, 2019
Movement Sound Experiment, Mascher Space Cooperative, Philadelphia, PA
- Site-Specific Solo Improvisation** invited and produced by Stephanie Leathers
SITES, Black Wall Street Plaza, Durham, NC April 20 and 22, 2018
- Improvisational Dancer** with dancer Curt Haworth and musician Tim Motzer
Arete Gallery, Brooklyn, NY March 3, 2018
- Improviser** with Asimina Chremos, Curt Haworth, id m theft able, & Kristen Stake
the Unsavory Associates, *Frantasia*, Livermore Falls, ME August 19, 2017
- Company Dancer** with *Graffito Works*, site-specific dance
Inspired by Cassils exhibit of *Melt Carve Forge*, PAFA, Philadelphia, PA January 18, 2017

Inspired by exhibit of Boaz Vaadia, Grounds for Sculpture, Hamilton, NJ July 9, 2016
 "Procession" inspired by the art of Norman Lewis, PAFA, Philadelphia, PA March 9, 2016
 Shofuso Japanese House, Philadelphia, PA June 14, 2015

Improvisational Performer, *Frantasia*, Livermore Falls, ME August 2013, 2014, 2015, 2016

Dancer, *2nd Mini Sound Improv Festival*, The Cannery, Penobscot, ME August 22, 2016

Improvisation, *Good Thang*, Somerville Armory, Somerville, MA March 25, 2016

Improvisations with *Collapss and Friends*, Empire Books, Greensboro, NC March 22, 2016

Free and Structured Improvisation with experimental percussionist Flandrew Fleisenberg

Collapss and Friends, Empire Books, Greensboro, NC March 22, 2016

Woolwine, Blacksburg, VA March 20, 2016

Red Room, Normals Books, Baltimore, MD February 20, 2015 & March 18, 2016

Frantasia, Livermore Falls & Jay, ME Summer 2013, 2014, 2015

Salonukkah, Brooklyn, NY December 18, 2014

Plunging Into Stream, Philadelphia December 6 & 7, 2014

Chailey Mansion, Newburyport, MA March 30, 2013

Panoply, Brooklyn, NY February 13, 2013

Sky Dive, Philadelphia, PA November 30, 2012

Sonorium, Griffen Theatre, Salem, MA November 3, 2012

Grab Bag, <fidget>, Philly Fringe Festival, Philadelphia, PA September 4-5, 2011

Performer and Curator, *NowHere Festival of Free Improvisation in Sound and Movement*

Mascher Space Cooperative, Temple University, Girls Rock Philly, PA October 19-25, 2015

Improvisational Dancer with electronic musician Sebastian Darkly Petsu December 5, 2014

Curated by *Fire Museum Presents* at Pageant: Soloveev

Site-Specific Improvisation with **Flux/us Dance Projects** in *Akimbo*

Liam Flynn's, Joe Squared, Baltimore, MD September 15, 2012 & September 15, 2013

Flancy dance, Boston, MA October 21, 2011 & February 4, 2012

Studio Series with trombonist Dan Blacksberg, Studio34, Philadelphia, PA May 29, 2010

Studio Series with keyboardist Troy Herion, Studio 34, Philadelphia, PA June 27, 2009

Measured Improvisation directed by **John Gamble**, December 7-8, 2007

Departmental Concert, UNCG Dance Theater, The University of North Carolina Greensboro, NC

the rashomon effect March 3, 2007

dance, music, and video directed by **perpetual mvmt <=>snd**, Mascher Space Cooperative, PA

Dancer for Philadelphia New Dance and Music Ensemble, later renamed **Amnesiac Music and Dance**, directed by **Nicole Bindler**

directed by **Asimina Chremos**, The Performance Garage, Philadelphia, PA Nov 11, 2006

Games Without End, Philly Fringe, Mascher Space Co-op, PA September 9-10, 2006

My Little Monstrosity Casania Studio, Cambridge, MA May 26, 2006

Natural Habitat, Mascher Space Cooperative, Philadelphia, PA May 6, 2006

Loren Groenendaal CV

The Disappearing Floor Beyond Structure, Theatre Project, Baltimore. March 30, 2006
Blind Date, Community Education Center Philadelphia, PA October 14, 2005

Dance and Music Improvisation October 30, 2006
 with Gene Coleman's Ensemble N_JP, Community Education Center, Philadelphia, PA

Mascher Dance Group and musicians Mikeronesia and Rick Henderson May 6, 2006

Improvisation curated by *Bowerbird* with Dustin Hurt, Carlos Santiago, & Joseph Whitt
 Nexus Gallery, Philadelphia, PA April 21, 2006

Comedy/Theatre Improvisation Performance

***Confluence* (duo with Benjamin Lloyd)**

| | |
|---|-----------------------|
| Mascher Space Cooperative, Philadelphia, PA | June 28, 2025 |
| Philly Fringe, Mascher Space Cooperative, Philadelphia, PA | September 6 & 7, 2024 |
| Ocean State Improv Fest, Wakefield, RI | June 5, 2024 |
| 3rd annual Happy Valley XL Improv Festival, State College, PA | May 16, 2024 |
| Weird Weekend, Side Quest Theatre, Philadelphia, PA | June 2, 2024 |
| Free Philly Fringe, Mascher Space Cooperative, Philadelphia, PA | September 9-10, 2023 |

***Incantation* directed by Siobhan O'Hara**

Improv Double Feature, Comedy Sportz Philly, Adrienne Theatre, Philadelphia, PA
 Oct 13, Nov 3, 10, Dec 1 & 8, 2023, Jan 5 & 12, Feb 2, Mar 1 & 8, Apr 12 & Oct 18, 2024

***The Dancers* directed by Anna Neu**

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|--|-----------------------|
| Philly Fringe, Mascher Space Cooperative, Philadelphia, PA | September 6 & 7, 2024 |
| Plays and Players, Philadelphia, PA | August 24, 2024 |
| Weird Weekend, Side Quest Theatre, Philadelphia, PA | June 2, 2024 |

Administration, Facilitation, and Curation Experience

Curator, *Improvisation Performance Practice class*, Philadelphia, PA Oct 2025-present

Curator, *Free Float by Free Fleet*, Studio 34, Philadelphia, PA 2023-present

Workshop Curator, CI Philly with Nancy Stark Smith, Nita Little, etc. 2014-present

Member of the Board, Mascher Space Cooperative, Philadelphia, PA

| | |
|---|---------------------------|
| <i>Emeritus</i> | October 2024-present |
| <i>Member-at-large</i> | March 2022-October 2024 |
| <i>Vice President</i> (Board/Staff Liaison) | December 2018-March 2022 |
| <i>President</i> | August 2013-December 2015 |

Performance Curator, *Semi-Composed: Chaos/Order* June 16, 2023
SoLow Fest, Mascher Space Cooperative, Philadelphia, PA

Co-curator, *Digital Dissolving Doors* August 7, 2020 & March 20, 2021

Session Monitor, *The Future of Contact Improvisation*, Earthdance, online April 23, 2021

Facilitator and Founder, Philadelphia Compositional Improvisation Lab Dec 2018-April 2023

Founding Member, Curator, Education Coordinator February 2015- November 2019
Impermanent Society of Philadelphia, Philadelphia, PA
 -*Old City Fest*, curator, co-organizer October 2015 and 2018
 -*FebFest: Discordance*, curator, co-organizer, MC February 16-18 2018
 -*Pffff! (Philly Free Form Festival)*, curator, house manager October 21-23, 2016
 -*FormSmash*, Tuning Workshop with Karen Nelson, co-coordinator October 17-21, 2016
 -*Overlapping Kinespheres; Embodied Improvisation and the Global Underscore*,
 lead organizer, founder, curator, teacher, artist June 16-19, 2016
 -*NowHere Festival Performances and Workshops*, curator, performer October 19-25, 2015

Co-curator H-O-T Series of Philadelphia, Philadelphia, PA May 2013- November 2019
 Presenting music and dance improvisation by touring and local artists in a monthly series

Artist-in-Residence, Mascher Space Coop, Phila, PA Nov 2006-May 2007, Feb 2013-present

Facilitator, *A Philadelphia Sharing/Thanksgiving for Nancy Stark Smith* May 17, 2020

Programs Coordinator, Mascher Space Cooperative, Philadelphia, PA July 2013-Nov 2016
Coordinated Mascher Microfestival, Fresh Juice, 10 year anniversary, NowHere Festival
professional development events, assisted with Remix Festival at fidget space, and collaborated
with Impermanent Society of Philadelphia and Swarthmore College

Graduate Assistant August 2007-May 2010

Department of Dance, University of North Carolina at Greensboro, Greensboro, NC

Performed administrative, organizational and managerial duties:

- *in the Dance Department video archives*
- *as a House Manager and Stage Manager in the Dance Theatre*
- *with the undergraduate and graduate admissions auditions*
- *Assistant to the Editor of Dance Research Journal*
- *Research Assistant to Professor Ann Dils*

Founder and Director, *SOUP*, a multi-genre improv performance series Aug 2009-Feb 2010

Founding Member, Artist-in-Residence, & Rentals Coordinator April 2006-May 2007
 Mascher Space Cooperative, Philadelphia, PA

Publications and Presentations

The Ethics and Logistics of Re-entering Contact Improvisation During a Waning Pandemic and
Climate Change and Contact Improvisation; Connection and Commitment for Positive Change,
The Future of Contact Improvisation, Earthdance, online April 24, 2021

Contact Improvisation informing Compositional Improvisation July 27, 2019
 The People's Intensive in Compositional Improvisation, Triskelion, Brooklyn, NYC, NY

Creative Process in Collaborative Improvisation November 15, 2015
 Borderlands Performance Series, DanceLab, Tijuana, Mexico

Creative Movement for 3-5 Year Olds: Two Successful Versions October 5, 2014
 Dance Teaching Artist Group, The Performance Garage, Philadelphia, PA

Beyond the Hokey Pokey in StoryTime; Language and Movement March 14, 2014
Lucien E. Blackwell West Philadelphia Regional Free Library of Philadelphia, PA

Visual Graph of Laban Movement Analysis Effort Elements, States, and Drives
In *Everybody is a Body* by Karen A. Studd and Laura L. Cox, © 2013

Dance in Early Education Winter 2003 & Fall 2002
Oberlin High School & KIDsmART conference, Oberlin, OH

Professional Development in Dance, Pedagogy, Movement

Rigorous Play with Marguerite Hemmings and others, Philadelphia, PA November 8-9, 2025

Fascia Floss Teacher Training Level 1 and 2 with Bon Crotzer NYC, NY & online Fall 2025

Somatic Communication: Relational Intelligence In Contact Improvisation with Nita Little
Wild Heart, Wallkill, NY April 17-20, 2025

Dancing From The Inside Out with Paul Matteson, Philadelphia, PA Sept-October, 2024

Release based technique with Katherine Kiefer Stark, Philadelphia, PA 2014-present

Texas Dance Improvisation Festival, TWU, Denton, TX October 5-7, 2023

Movement Intensive in Compositional Improvisation September 14-17, 2023
with The Architects, Atland and Thayer Hill Studio, West Chesterfield & Worthington, MA

Three Dimensional Contact Improvisation: fundamental practices for liberated dances
with Taja Will, The Whole Shebang, Philadelphia, PA June 2-3, 2023

Athletics of Intimacy with KJ Holmes, Mascher Space Co-op, Philadelphia, PA May 14, 2023

Dilation and Contraction: a dance of life with Nuria Bowart (Contact & Axis Syllabus)
The Whole Shebang, Philadelphia, PA March 25-26, 2023

Somatic Communication: How CI Prepares Us for the 21st Century and *Moving Well Together: Relational Intelligence In Duet and Ensemble Practice* with Nita Little Nov 11-13, 2022

Relational Intelligence At Home with Nita Little, online March 2020- September 2022

Critical Mass; CI @ 50 at Oberlin, Oberlin College, Oberlin, OH July 7-12, 2022
Studied with mayfield brooks, Ann Cooper Albright, Ariadna Franco & Bobby Morris, Alicia Grayson, Nita Little, Nina Martin & Margaret Paek, Caterina Mocchiola, & Olivia Shaffer.

Trauma Informed Practice for Teaching Artists, Bartol Foundation, online Spring 2022

Movement Flow with Ron Wood, Urban Movement Arts, Philadelphia, PA Spring 2022

Moving Alchemy with Sara Shelton Mann, FRESH Festival, Zoom January 10-14, 2022

Capoeira Movement with Ron Wood, Urban Movement Arts, Philadelphia, PA Fall 2021

Forms for Formless Nights (Improvisation) with Megan Wilson, online Nov 17, 2021

Equilibrium and Flow with **Christine Cole**, Art Room Studio, Philadelphia, PA Nov 5-7, 2021

Composing Emergence: Relational Practices in Performance Making with **Nita Little**, online
January-February 2021

The Future of Contact Improvisation, Earthdance, online April 23-25, 2021
Presentations & classes from Fatima Adamu Good, Ann Cooper Albright, Keith Hennessey, Leslie Heydon, Ishmael Houston-Jones, Nita Little, Yuenjie Maru, Eroca Nicols, Kathleen Rea & Taja Will

Centers of Practice: Continuing the Research of Nancy Stark Smith with **Sarah Young, Patrick Crowley, Ronja Ver, Jo Bruhn, Cristina Turdo**, Earthdance, online January 13-17, 2021

Anti-Oppression Training 101 led by the **Black and Brown Workers Cooperative**
Mascher Space Cooperative, online/Philadelphia, PA August 9-11, 2020

Improvisation Assembly: Practice in Action with the **Architects**, online July 24-26, 2020

Camp Design Online with **Lora Taub and Jordan Noyes**, Muhlenberg College Summer 2020

Canvas, VoiceThread, & Zoom Trainings, online June-July 2020

Racism and the Dance World with **Karida Griffith**, online June 6, 2020

Material for the Spine by **Steve Paxton** with **Otto Ramstad**, Zoom, 8 hours May 2020

Spiral Body Techniques With **Molly Shannahan**, Zoom Spring 2020

Embodiology, Africana-informed improvisation praxis with **Dr. S. Ama Wray**
Drexel University, Philadelphia, PA January 10-11, 2020

Keening with **Annie Wilson**, Philadelphia, PA and Zoom July 2019- April 2020

Contact Improvisation and Alexander Technique with **Suzanne Liska and Mark Young**
Leviathan, Lasqueti, British Columbia, Canada June 30-July 6, 2019

Simone Forti's Dance Constructions with **KJ Holmes**, MOMA, New York, NY January 5, 2019

National Dance Institute Training with **Ballet X**, Philadelphia, PA September 24-28, 2018

Red Square Practice with **Barbara Dilley**, Elkins Park, PA June 29-July 1, 2018

Movement Intensive in Compositional Improvisation with **The Architects**
Franklin & Marshall College, Lancaster, PA June 19-24, 2017 & June 17-23, 2018

a continuity of discontinuity or a way to practice dance with **Deborah Hay**
Mascher Space Cooperative, Philadelphia, PA June 11-15, 2018

Moving Alchemy with **Sara Shelton Mann** February 17-22, 2017
Djerassi Resident Artists Program, Woodside, CA

Dance Games for Engagement and Empowerment with **Bethany Formica** October 30, 2016
Dance Teaching Artists Group (TAG), Philadelphia PA

Trio A with **Pat Catterson**, Philadelphia, PA October 15-16, 2016

FormSmash, Tuning Workshop with **Karen Nelson**, Philadelphia, PA October 17-21, 2016

Overlapping Kinespheres, Philadelphia, PA June 16-19, 2016
Personal Resonance with Michael Kiley & Contemplative Dance Practice
with Asimina Chremos & Jude Robinson

The Prepared Body with **Deborah Hay**, Movement Research, New York, NY. April 25-29, 2016

Everybody Moves Festival, Northampton, MA March 25-26, 2016
Contact Improvisation and related fields with Olive Bieringa, Otto Ramstad, Kristen Chamberlin, KJ Holmes, Daniel Lepkoff, Lani Nahele, Lisa Nelson, Steve Paxton & Moti Zemelman.

Form in Question, Ensemble Improvisation Conference, New York, NY Jan 15-17, 2016
Dolphin Dance Project (Chisa Hidaka, Ben Harley), iLand (Jenifer Monson), Lower Left Collective, Gwendolyn Aiker, Melinda Buckwater, Kent De Spain, Margit Galanter, Maria Hodermarska, Lisa Nelson, Mary Overlie, & Susan Sgorbati.

Making the Mystery Visible with **Nancy Stark Smith**, Philadelphia, PA December 12-14, 2015

NowHere Festival Workshop, Philadelphia, PA October 19-23, 2015
Improvisation in Performance with Michael Evans, Bhob Rainey and Leah Stein

Center, Gravity, Rhythm: Global Forces in Dancemaking workshops Fall 2015
Mascher Space Cooperative in collaboration with Swarthmore College, Philadelphia, PA
David Zambrano, nora chipaumire, and Ziya Azazi.

Professional Training Program, Bates Dance Festival, Lewiston, ME Summer 2015
Underscore with Nancy Stark Smith, Contemporary Modern Dance with Kathleen Hermesdorff, Pilates with Robbie Cook & Spiraldynamik with Shonach Mirk Robles

Movement Improvisation Workshops February 28, 2015
Xfest, Gateway City Arts Center, Holyoke, MA with Asimina Chremos and with Joe Burgio

Rolling on a Grassy Slope; An Intensive Workshop in Contact Improv with **Martin Keogh**,
Christ Church Neighborhood House, Philadelphia, PA February 7-8, 2015

Buildabridge Training in Trauma Informed Arts Education, Philadelphia, PA January 31, 2015

Improvisation Technique as Performance Practice with **Zornitsa Stoyanova**,
Mascher Space Co-operative and <fidget space>, Philadelphia, PA January 16-18, 2015

Workshop with **luciana achugar**, Mascher Space Co-op, Philadelphia, PA October 6-10, 2014
Work on movement technique, pleasure, voice, presence, political body

Cultivate Dance Festival, Bethlehem, NH August 13-16, 2014
Contemporary technique with Alexandra Beller, Alex Springer & Xan Burley, and Belinda He

Composition Workshop with **Myra Bazell**, Iron Factory, Philadelphia, PA June 21, 2014

Franklin Method for Dancers with **Shannon Murphy**, Mascher, Phila, PA July 22-26, 2013

States of Grace with **Nancy Stark Smith**, Movement Research, New York March 6-10, 2013

Contact Improvisation/Improvisational Composition January 14-18, 2013
 Falls Bridge Workshop with **Margaret Paek and Rebecca Bryant**, Philadelphia, PA

seeing.repeating.rituals with **Jill Sigman**, New York, NY May 17-18, 2012

Dance with **Anna Halprin**, Kentfield, CA September 2010

Çudamani Summer Institute a 3-week intensive in traditional Balinese dance Summer 2008
Gamelan Çudamani, Pengosekan, Ubud, Bali, Indonesia

Logomotion with **Simone Forti**, Before Zip, Orvieto, Italy October 14-20, 2006

Clowing and Comedy Improvisation Training

Intermediate Clowning with **Virginia Scott** August 3 & 4, 2024
 Crossroads, Plays and Players, Philadelphia, PA

Workshops, Ocean State Improv Fest, Wakefield, RI June 6-7, 2024
Power of the Second Move, Comedy through Connection, Characters on Characters

Workshops, Happy Valley XL Improv Festival, State College, PA May 17-18, 2024
Improv Without Ideas with **Justin Peters & Kelly Buttermore**, **The Game of the Scene**
 with **Ify Nwadiwe & Improv Taxonomy** with **Chris George**

Beginning Clowning with **Virginia Scott** February 17, April 27 & 28, 2024
 Crossroads, Plays and Players, Philadelphia, PA

Comedy Improv 4 with **Rachel Semigran**, Crossroads, Philadelphia, PA June 14- July 19, 2023
 with performance at Sawubona Creativity Project, Philadelphia, PA July 22, 2023

Comedy Improv 3 with **Nick Gillette**, Crossroads, Philadelphia, PA April 27-June 1, 2023
 with performance at Plays & Players Theatre Skinner Studio, Philadelphia, PA June 3, 2023

Comedy Improv 2 with **Sarah Clemency**, Crossroads, Philadelphia, PA. Jan 11-Feb 15, 2023
 with performance at Plays & Players Theatre Skinner Studio, Philadelphia, PA Feb 18, 2023

Comedy Improv 1 with **Kelly Conrad**, Crossroads, Philadelphia, PA Sept 14- Oct 19, 2022
 with performance at Plays & Players Theatre Skinner Studio, Philadelphia, PA Oct 29, 2022

Awards

Recipient of Penn Treaty Special Services District (PTSSD) Sponsorship to choreograph
 produce Vervet Dance's *Quartet for the End of Time*, Icebox Project Space, Philadelphia, PA
 performed November 22-23, 2024

Recipient of (PTSSD) Sponsorship to choreograph *Tidal River* and produce for the *Philadelphia 2021
 Global Water Dance*, Penn Treaty Park, Philadelphia, PA, performed June 12, 2021

Commissioned Choreographer, *Between sky and Earth, everywhere flowers* for *En-Route:
 A Festival of Site Specific Dance* **Muhlenburg College**, Allentown, PA performed May 7-9, 2021

Curator, Faculty, and Performer of *Dissolving Doors; Festival of Compositional Improvisation*,
 supported by **PTSSD** funding, produced at Mascher Space Cooperative, Phila, PA June 19-23, 2019

Artist in Residency, mentored by Sara Shelton Mann at **Djerassi**, Woodside, CA, February 2017

Performer and Curator of *NowHere Festival of Free Improvisation in Sound and Movement*
supported by **PTSSD** funding, produced at and in collaboration with Mascher Space Cooperative,
Temple University, Girls Rock Philly, Philadelphia, PA, October 19-25, 2015

Invited Performing Artist to perform ***Processional*** in collaboration with Flandrew Fleisenberg at the
Biennial of Performance and Sound Art, The Quarry, Acton, MA, September 7, 2013

Invited Choreographer in the **Philadelphia Dance Showcase**, Dance USA Philadelphia (DanceUP),
Performance Garage, Philadelphia, PA, April 16, 2013

Invited Choreographer in **Dance in Public Places**, DanceUP, Galleria Mall, Phila, PA, Feb 2011

Recipient of DanceUP, **Professional Development Scholarship**, January 2011

Teaching Assistant and MFA Scholarship Fund, University of North Carolina at Greensboro,
Greensboro, NC, August 2007-May 2010

Kohler Award for Internationalizing the Curriculum, UNCG, Greensboro, NC, Summer 2008

Choreographer with support as **CEC New Edge Mix Artist** from the Community Education Center,
Philadelphia, PA to develop *Re-directed Trajectory* 2005-2006 and perform January 13-15, 2006

Choreographer/Teaching Artist with support from **Abington Art Center** as the **Summer Dance Resident**, Jenkintown, PA to develop and perform *Re-directed Trajectory*, Summer 2005

Professional Affiliations

Vervet Dance, Founding Artistic Director, Choreographer 2011-present

Mascher Space Cooperative, founding member 2005-2007, February 2013-present

Impermanent Society of Philadelphia, founding member February 2015-2020

Dance USA/ Philadelphia member 2007, 2010-2015

North Carolina Dance Alliance member 2008-2010

References, Clearances, and more Contact information available upon request