

## Nicole Bindler

Master Somatic Movement Therapist, [ISMETA](#)  
Dance Maker, Curator & Writer  
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**Practitioner of Body-Mind Centering, School for Body-Mind Centering (BMC) (2017)**  
**Certificate in Somatic Movement Education, School for BMC (2014)**  
**Certificate in Embodied Developmental Movement and Yoga, School for BMC (2013)**  
**Certificate in Embodied Anatomy Yoga, School for BMC (2011)**  
**Degree in Muscular Therapy, Muscular Therapy Institute (2002)**  
**BA with a concentration in Dance and Poetry, Hampshire College (1999)**

### Selected Teaching and Speaking Experience

2024—Movement Research and YallaPunk, NY, NY. *Embodying Palestine Solidarity.*  
2024—WildHeart, Wallkill, NY. *Myofascial Release in Voice and Contact Improvisation.*  
2024—Philadelphia Museum of Art, Philadelphia PA. *Museum Mindfulness.*  
2024—Chicago Dancemaker’s Forum, Chicago, IL. *Embodying Palestine Solidarity.*  
2024—CI Study Hall, Chicago, IL. *CI and Attunement: consent as an embodied practice.*  
2024—Vox Populi, Philadelphia, PA. *Embodying the Endocrine System.*  
2023-2024—Headlong Studios and Cardell Dance Studio, Philadelphia, PA. *Contact Improvisation.*  
2023—International Theatre Institute, Berlin, Germany. *Embodying Neuroqueer/Neuroqueering Embodiment.*  
2023—Wawerskie Centrum Kultury, Poland. *Embodying Neuroqueer/Neuroqueering Embodiment.*  
2022—Ponderosa, Lunow-Stolzenhagen, Germany. *Collectivity/Invagination.*  
2022—CI Leipzig Community Workshop, Germany. *Contact Improvisation and Consent Training.*  
2022—Sandberg Instituut, Amsterdam, Netherlands. *Embodying Neuroqueer/Neuroqueering Embodiment.*  
2022—University of Roehampton, London, UK. *Scar Talk.*  
2022—Dance Studies Association Conference, Vancouver, BC. *Lecture on Palestinian Contemporary Dance.*  
2022—Cornish College, Seattle, WA. *Somatics and Improvisation.*  
2022—CI Eugene Community Workshop, OR. *Matching Tone/Matching Power.*  
2022—CI@50, Oberlin College, OH. *Blood, Sea.*  
2022—Body-Mind Centering Conference, online. *Scar Talk.*  
2022—The Whole Shebang, Philadelphia, PA. *Contact Improvisation.*  
2021—ACT / RE / ACT PODCAST. *Conversation with Nicole Bindler.*  
2021—Sandberg Instituut, Amsterdam, Netherlands. *Polyvagal Theory and Protest.*  
2021—Wawerskie Centrum Kultury, Poland. *Clitoral Embodiment.*  
2021—Somatische Akademie Berlin, Germany. *Clitoral Embodiment.*  
2021—Somatic Kin, Bern, Switzerland. *Clitoral Embodiment.*  
2021—Body-Mind Centering® Online Somatic Symposium. *Intentional Reemergence: dreaming the aftertime.*  
2021—Future of CI Conference, online. *Intentional Reemergence: dreaming the aftertime.*  
2021—Earthdance Sunday Series, online. *Intentional Reemergence: dreaming the aftertime.*  
2021—Online classes through Freeskewl. *Intentional Reemergence: dreaming the aftertime; Somatic Aesthetics.*  
2020—Warsaw CI Flow International Dance Festival, online. *Consent Culture; CI and Body-Mind Centering.*  
2020—Consent Culture in Contact Improvisation Online Symposium. *Beyond Sex: consent as liberation.*  
2020—Online classes through Freeskewl. *Clitoral Embodiment; Neuroqueer; Polyvagal Theory & Protest.*  
2020—Online workshop through Move Move Collaborative. *The Embryology of Voice and Hearing.*  
2019—Body IQ Festival, Berlin, Germany. *Clitoral Embodiment.*  
2019—Contact Impro Leipzig, Germany. *Contact Improvisation and Consent.*

**Selected Teaching and Speaking Experience (continued)**

- 2019—Tanzlabor Leipzig, Germany. *Improvisation for Mixed Abilities*.
- 2019—Rosa Linde, Leipzig, Germany. *Clitoral Embodiment*.
- 2019—Contact Improvisation Warsaw, Poland. *Contact Improvisation and Consent*.
- 2019—Warsaw, Poland, (private studio). *The Immune-Neuro-Endocrine System*.
- 2019—Mascher Space’s 155 Swan Song Festival, Philadelphia, PA. *Somatic Aesthetics*.
- 2019—Body-Mind Centering Festival, Albany, NY. *Matching Tone/Matching Power*.
- 2019—International Conference on Disability Studies, Arts & Education, Philadelphia, PA. *Disability Justice*.
- 2019—Conney Conference on Jewish Arts, New York, NY. *Embodied Palestine Solidarity*.
- 2019—Light Box, Detroit, MI. *Somatic Aesthetics*.
- 2019—Collective Sweat, Detroit, MI. *Blood, Sea*.
- 2019—YallaPunk, Philadelphia, PA. *The Deadly Exchange*.
- 2019—Ontario Regional Contact Improvisation Dance Jam, Toronto, Canada. *Spiritual Bypassing Lecture*.
- 2019—Women in Dance Leadership Conference, Philadelphia, PA. *Clitoral Embodiment*.
- 2019—Potsdam Contact Improvisation Jam, Germany. *Blood, Sea; Contact Improvisation and Consent*.
- 2019—Ponderosa, Lunow-Stolzenhagen, Germany. *Clitoral Embodiment*.
- 2019—Berlin Contact Improvisation Festival, Germany. *Blood, Sea*.
- 2019—954 Movement Collective, Philadelphia, PA. *Inclusive Contact Improvisation Jam*.
- 2019—Links Hall, Chicago, IL. *Matching Tone/Matching Power*.
- 2019—Drexel University, Philadelphia, PA. *Embodied Anatomy*.
- 2018—Falling Leaves Jam, Earthdance, Plainfield, MA. *Disability Justice*.
- 2018—University of Wisconsin, Milwaukee. *Contemporary Dance; Composition*.
- 2018—Madison WI, (private studio). *Clitoral Embodiment*.
- 2018—University of Minnesota, Minneapolis. *Embodied Palestine Solidarity*.
- 2018—Hamline University, St Paul, MN. *Embodied Palestine Solidarity*.
- 2018—Jews and Jewishness in the Dance World, Arizona State University. *Embodied Palestine Solidarity*.
- 2018—Arizona State University. *Improvisation technique*.
- 2018—Texas Dance Improvisation Festival, Texas Women’s University. *Contact Improvisation*.
- 2018—University of Texas, Austin. *Embodied Palestine Solidarity*.
- 2018—Goldsmith’s University, London, UK. *Clitoral Embodiment*.
- 2018—Ontario Regional Contact Improvisation Dance Jam, Toronto, Canada. *Blood, Sea*.
- 2018—The Place, London, UK. *Blood, Sea*.
- 2018—Dock 11, Berlin, Germany. *Clitoral Embodiment*.
- 2018—Radical Contact, Gothenberg, Sweden. *Contact Improvisation and Consent*.
- 2018—Finnish Hall, Berkeley, CA. *Contact Improvisation and Consent*.
- 2018—Body-Mind Centering Association Conference, Northampton, MA. *Clitoral Embodiment*.
- 2017—Falling Leaves Jam, Earthdance. *Embodying Equity*.
- 2017—Bodily Undoing Symposium, Bath Spa University, UK. *Embodied Palestine Solidarity*.
- 2017—Body-Mind Centering Festival, Albany, NY. *Clitoral Embodiment*.
- 2017—Texas Dance Improvisation Festival. Texas Christian University. *Embodied Embryology*.
- 2017—Drexel University, Philadelphia, PA. *Creation of new work for university dance ensemble*.
- 2017—St Mary’s College of Maryland. *Contemporary Dance; Composition*.
- 2016-2018—University of Pennsylvania PennArts program, Philadelphia, PA. *Dance Improvisation*.
- 2016-2017—Pennsylvania chapter, Dance Movement Therapists Association. *Body-Mind Centering*.
- 2016—University of Pennsylvania, Philadelphia, PA. *Contemporary Dance Performance Practice*.

## **Selected Teaching and Speaking Experience (continued)**

- 2016—The Mütter Museum, Philadelphia, PA. *Embodied Embryology*.
- 2015-2020 - The Whole Shebang, Philadelphia, PA. *Embodied Anatomy*.
- 2015—iLand, NY, NY. *The Embodied Activist*.
- 2014 & 2015—Nahed Elias Bandak Yoga Studio, Bethlehem, Palestine. *Anatomy for Asana*.
- 2014 & 2015—Diyar Dance Theater, Bethlehem, Palestine. *Dance technique; Composition*.
- 2013-2017—Temple University, Philadelphia, PA. *Dance Science and Somatics*.
- 2013—Studio 34, Philadelphia, PA. *Yoga Anatomy Study Group; Anatomy for Asana*.
- 2013—Yoga Garden, Narberth, PA. *Anatomy for Asana*.
- 2013—Earthdance Moving Arts Lab, Plainfield, MA. *Somatic Aesthetics: Composing from Within*.
- 2013—Cultivate Festival, Bethlehem, NH. *Somatic Aesthetics: Composing from Within*.
- 2013—SOS Festival, Shepardsstown, WV. *Somatic Aesthetics: Composing from Within*.
- 2012-2013—Beyond Asana Yoga Training, Maas Building, Philadelphia, PA. *Anatomy for Asana*.
- 2012—Capital Jam, Washington, D.C. *Somatic Aesthetics: Contact Improvisation and Composing from Within*.
- 2011-2017—University of the Arts, Philadelphia, PA. *Improvisation; Experiential Anatomy; Somatics; Yoga*.
- 2011—Contact Festival Freiburg, Germany. *Contact Improvisation*.
- 2011—Moore College of Art and Design, Philadelphia, PA. *Gender Inequity in Contemporary Dance*.
- 2011—Yoga Child, Philadelphia, PA. *Anatomy for Asana*.
- 2011—Hawthorne Yoga, Philadelphia, PA. *Anatomy for Asana*.
- 2011—Kensington Yoga and Reiki, Philadelphia, PA. *Anatomy for Asana*.
- 2011—Estudio Gabriela Morales Rosario, Argentina. *Embodied Anatomy Yoga*.
- 2011—San Telmo Studio, Buenos Aires, Argentina. *Contact Improvisation*.
- 2010—Down Dog Yoga, West Reading, PA. *Anatomy for Asana*.
- 2010—nEW Festival, Philadelphia, PA. *Embodied Anatomy*.
- 2010—Ursinus College, Collegeville, PA. *Contact Improvisation*.
- 2010—Bowerbird, Philadelphia, PA. *Free-Improvisation for Musicians and Dancers*.
- 2010—Estudio Gabriela Morales, Rosario and Buenos Aires, Argentina. *Contact Improvisation*.
- 2009—Studio 34, Philadelphia, PA. *Experiential Anatomy*.
- 2008—Grassroots Studio, Seattle, WA. *Contact Improvisation; Performance Practice*.
- 2007-2014—Wild Meadows Improvisation Intensive, Schellsburg, PA. *Somatics; Performance Practice*.
- 2007—Massage Arts Center of Philadelphia. *Massage Therapy Fundamentals and Anatomy*.
- 2007—YogaWood, Collingswood, NJ. *Contact Improvisation*.
- 2006—Yoga Child, Philadelphia, PA. *Experiential Anatomy*.
- 2005-2020—Rotating local studios, Philadelphia, PA. *Contact Improvisation*.
- 2005—Buenos Aires, Rosario, Cordoba and Jujuy Argentina, local studios. *Contact Improvisation*.
- 2004—Green Street Studios, Cambridge, MA. *Contemporary Dance*.
- 2003—Before the Jam series, Cambridge, MA. *Contact Improvisation*.
- 2003—Links Hall, Chicago, IL. *Contemporary Dance*.

## **Publications**

- 2024—*Embodying our Little Legs: the embryology of the genitalia from a nonbinary perspective*; BMC Currents.
- 2023—*The Case for Invagination #3*; Emergency INDEX, Ugly Duckling Presse.
- 2021—*Intentional Reemergence: dreaming the aftertime*; thINKingDANCE.

**Publications (continued)**

- 2020—*Death Is Kinda Busy These Days*; thINKingDANCE.  
2020—*In This Moment We Remember and Fortify*; thINKingDANCE.  
2020—*In This Moment We Dream*; thINKingDANCE.  
2020—*In This Moment We Use Our Superpowers*; thINKingDANCE.  
2020—*In This Moment, 'Rich with Terror and Vitality'*; thINKingDANCE.  
2020—*The Splitting of the Moon\**, *Like an Old Widower's Heart*; thINKingDANCE.  
2019—*Embodying Palestine Solidarity*; American Jewish Studies Perspectives.  
2019—*Reflections on the Site/Sound Festival*; Site/Sound blog.  
2019—*Palestinian Dance and the Obfuscation of Somatic Source Material*; Somatics Toolkit.  
2019—*A Non-Binary Guide to Embodying One's Embryonic Gonads*; Somatics Toolkit.  
2018—*The Sea as a Doorway and a Border*; thINKingDANCE.  
2018—*On Bias and Neutrality in CI*; Contact Quarterly.  
2017—*A guide to clitoral embodiment*; Journal of Dance & Somatic Practices.  
2017—*Clitoral Embodiment: A somatic practice and a non-binary approach to experiencing the genitalia*; Contact Quarterly.  
2017—*The Dance Apocalypse/Solos* with Gabrielle Revlock; Emergency INDEX, Ugly Duckling Presse.  
2017—*Women on the Border of Freedom*; thINKingDANCE.  
2017—*How Does a Clown Deal with Change?*; thINKingDANCE.  
2017—*Being a Pig in the Village*; thINKingDANCE.  
2017—*Killer Sideburns' Stochastic Stars*; thINKingDANCE.  
2017—*Grappling With Whiteness in a Field of Poppies*; thINKingDANCE.  
2016—*Jerome Bel's Utopia in a Box*; thINKingDANCE.  
2016—*Free Advice and an Interview with Farah Saleh*; thINKingDANCE.  
2016—*Archiving Occupation, Identity and Resistance*, with Hadar Ahuvia; thINKingDANCE.  
2016—*Dancing in Bethlehem: A Diary*; Jewish Currents.  
2015—*Women*; thINKingDANCE.  
2015—*I hate it*, with Gabrielle Revlock; Curate This.  
2015—*Greg the Creature, the Human*; thINKingDANCE.  
2015—*Jewish American Choreographers Grapple with Zionism and the Nakba*; thINKingDANCE.  
2014—*Black Girl*; thINKingDANCE.  
2014—*Palestinian Dabke Makes its Way to the Annenberg*; thINKingDANCE.  
2014—*Luscious Sadness*; thINKingDANCE.  
2014—*Ugly Numbers, three part series on gender inequity in Philadelphia dance presenting*; thINKingDANCE.  
2014—*Nation-State as Cell*; BMC Currents.  
2013—*Context within the content: A zen dilemma? Or a writer's responsibility?*; thINKing DANCE.  
2013—*Restless Narratives in a Funereal Juke Joint*; thINKing DANCE.  
2013—*Horror and Humor in a Fictional Cold-War Society*; thINKing DANCE.  
2013—*Deborah Hay in Philadelphia*, with Gregory Holt; Movement Research's Critical Correspondence.  
2012—*Meaning Reveals Itself (Through the Dance)*; Susan Rethorst project through Bryn Mawr College.  
2012—*I made this for you*, with Gabrielle Revlock; Emergency INDEX, Ugly Duckling Presse.  
2012—*Contact Festival Freiburg Report*, with Joey Lehrer; Contact Quarterly.

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### Grants & Awards

- 2024—Leeway Foundation Window of Opportunity Grant: *Embodying Palestine Solidarity*.  
2024—Leeway Foundation Window of Opportunity Community Care Fund.  
2023—Leeway Foundation Window of Opportunity Community Care Fund.  
2022—Dance Studies Association Conference Fellowship.  
2022—Illuminate the Arts Grant, Office of Arts, Culture and the Creative Economy.  
2022—Leeway Foundation Window of Opportunity Community Care Fund.  
2021—Illuminate the Arts Grant, Office of Arts, Culture and the Creative Economy.  
2021—Leeway Foundation Window of Opportunity Community Care Fund.  
2020—COVID-19 Arts Aid PHL, Office of Arts, Culture and the Creative Economy.  
2020—Leeway Foundation Window of Opportunity Relief Fund.  
2016—Ellen Foreman Memorial Award: *Blood, Sea* with the Drexel University Dance Ensemble.  
2015—Leeway Foundation Art and Change Grant: *WOMEN* with Diyar Theater.  
2015—Puffin Foundation: *Chicken Fight* with Gabrielle Revlock.  
2013—PEW Center for Arts and Heritage Planning Grant: *The Dance Apocalypse* with Gabrielle Revlock.  
2012—Live Arts Brewery, subsidized Composition intensive and artist stipend with Susan Rethorst.  
2012—Pennsylvania Partners in the Arts, Project Stream Grant: *Deborah Hay Solo Festival*.  
2012—Philadelphia Cultural Management Initiative: *Mascher Space Cooperative Retreat*.  
2011—A.W.A.R.D. Show! finalist, *I made this for you*, in collaboration with Gabrielle Revlock.  
2011—Dance Advance Professional Development Grant: *March to Marfa intensive* with Barbara Dilley.  
2011—Live Arts Brewery, subsidized *Kalari intensive* and artist stipend with Jayachandran Palazhy.  
2011—New Stages for Dance Initiative theater rental subsidy support for the performance of *Pia Mater*.  
2010—Dance Advance Professional Development Grant: *Deborah Hay, SPCP*, Findhorn, Scotland.  
2009—Foundation For Contemporary Arts Emergency Grant: Travel to Beirut to perform in *IRTIJAL'09*.  
2009—Dance Advance Professional Development Grant: *Dance Ranch Marfa* with Lower Left.  
2008—Dance Advance Professional Development Grant: *Katsura Kan residency* at Mascher Co-op.  
2008—Dance Advance Professional Development workshop and participant stipend with Deborah Hay.  
2007—Dance Advance Professional Development Grant: *New Dance/Japan residency* with Corrie Befort.

### Selected Curatorial Projects

- 2024—*Unpacking Zionism in Modern Dance* with Leila Mire, Studio 34, Philadelphia, PA.  
2023—*Contact Improvisation workshop* with Taja Will, The Whole Shebang, Philadelphia, PA.  
2023—*Axis Syllabus workshop* with Nuria Bowart, The Whole Shebang, Philadelphia, PA.  
2022—*Dance films by Palestinian Artists*, Fidget Space, Philadelphia, PA.  
2020—*Consent Culture and Contact Improvisation Online Symposium*.  
2017—*The Judaica Project* with Ben Spatz, FringeArts & The Whole Shebang, Philadelphia, PA.  
2017—*Honing the Honest Body* with Neige Christenson, Performance Garage, Philadelphia, PA.  
2016—*Palestinian Artist Showcase*, The Whole Shebang, Philadelphia, PA.  
2015—*Making the Mystery Visible* with Nancy Stark-Smith, University of the Arts, Philadelphia, PA.  
2013—*FALLS BRIDGE* featuring Lower Left, Philadelphia, PA.  
2012—*Deborah Hay Solo Festival*, Philadelphia, PA.  
2012—*FALLS BRIDGE*, featuring Ishmael Houston-Jones and Yvonne Meier, Philadelphia, PA.  
2011—*TEMPORARY NOW*, Fidget Space, Philadelphia, PA.

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### Selected Curatorial Projects (continued)

2011—*FALLS BRIDGE*, Featuring K.J. Holmes, Philadelphia, PA.

2008-2011—*StudioSeries*, Studio 34, Philadelphia PA.

### Selected Dance Video Projects

2019—Performer. “*Elsewhere*” by Zornitsa Stoyanova, Philadelphia, PA.

2018—Director. “*WOMEN*” with Diyar Theatre, Bethlehem, Palestine.

2016—Co-director/performer with Gabrielle Revlock. “*Corkscrew Flower*” Philadelphia, PA.

2016—Co-director/performer with Gabrielle Revlock. “*Pre-dating and Post-dating*” Philadelphia, PA.

2015—Co-director/performer with Gabrielle Revlock. “*Chicken Fight*” Philadelphia, PA.

2015—Performer. “*Dark Matter*” by Zornitsa Stoyanova, Philadelphia, PA.

2011—Choreographer/Performer. “*Kyoto\_Naigai*” by Gene Coleman, Philadelphia, PA.

2007—Co-director/performer with Loren Groenendaal. “*Rosemary, That’s for remembrance*” Asheville, NC.

### Selected Residencies

2024—Advanced CI lab for experience practitioners, Dreaming Stone, Rutherfordton, NC.

2021—Catwalk Art Residency, Catskill, NY.

2020—Move Move Collaborative, online.

2019—Light Box Residency, Detroit, MI.

2019—Open Space Residency, The Whole Shebang, Philadelphia, PA.

2018—Guest Artist Residency, University of Wisconsin, Milwaukee.

2017—Co-Lab Residency, St. Mary’s College of Maryland.

2016—The Wedding Space, Berlin, Germany.

2015—Cross Pollination Residency, Philadelphia, PA.

2013—Place [Maker] Space residency, Earthdance, Plainfield, MA.

2009—Improvisation practice with Asimina Chremos at Silverspace, Chicago, IL.

2007-16—Mascher Space Cooperative, Philadelphia, PA.

### Selected Improvisation Projects

2024—Collaboration with David Dove, Villanova University, PA.

2024—Collaboration with David Dove, Lawndale Art Center, Houston TX.

2024—“*METER: experiments in poetry, music & movement*” Studio 34, Philadelphia, PA.

2023—“*Blood, Sea*” Studio 34, Philadelphia, PA.

2022—Collaboration with David Dove, Fire Museum Presents, Philadelphia, PA.

2020—Move Move Collaborative online performance.

2018—“*Blood, Sea*” The Performance Garage, Philadelphia, PA.

2018—“*Blood, Sea*” Texas Dance Improvisation Festival, Texas Women’s University.

2018—Collaboration with David Dove, Lawndale Art Center, Houston TX.

2017—Collaboration with Leslie Scates and David Dove, MECA, Houston TX.

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### Selected Improvisation Projects (continued)

- 2016—*“Everything”* created with Ashley Tini, Fidget Space, Philadelphia, PA.  
2015—*“Marrow”* created with Curt Haworth, MOVE DANCE THINK FEST, Philadelphia, PA.  
2014—*“left/right/water/ice”* created with Any Hayleck and Curt Haworth, Performance Mix Festival, NYC.  
2013—*“Invisible”* created with Any Hayleck, Sonic Circuits Festival, Washington, DC.  
2013—*“Acapella”* SomaFest, Dance New Amsterdam, NYC.  
2013—*“Levitate”* created with Bhub Rainey and Curt Haworth, Cultivate Festival, Bethlehem, NH.  
2013—*“Levitate”* created with Curt Haworth, Earthdance Moving Arts Lab, Plainfield, MA.  
2013—*“Invisible”* created with Andy Hayleck, SOS Festival, Shepardsstown, WV.  
2012—Collaboration with Gene Coleman and Troy Herion, Thirdbird at Abrons Arts Center, NYC.  
2011—Collaboration with Lower Left, Crowley Theater, Marfa, TX.  
2009—Collaboration with Raed Yassin, IRTIJAL09’, Beirut, Lebanon.  
2009—Collaborations with various participants, Xfest, Lowell, MA.  
2009—*“Welcome House”* created with Liza Clark, First Person Arts Festival, Philadelphia, PA.  
2009—Collaboration with Gene Coleman, Bowerbird, Plays and Players Theater, Philadelphia, PA.  
2008—Collaboration with Corrie Befort, Fireside Festival, Seattle, WA.  
2008—*“SoundSpace Japan/USA”*, Mascher Space Cooperative, Philadelphia, PA.  
2007—*“New Dance/Japan residency”* with Corrie Befort. Tokyo, Japan.  
2006—*“Tabadol Project,”* Kennedy Center, Washington, D.C.  
2005—Tour with Leonel Kaplan, Buenos Aires, Cordoba, Rosario, Jujuy, Argentina.  
2005—*“Aquatic Uncle”* created with Andy Hayleck D.C. Improvisation Festival, Washington, D.C.  
2004—Collaborations with various participants, High Zero Festival, Baltimore, MD.

### Selected Choreographic Projects

- 2022—*“The Case for Invagination #4”* Cannonball Festival, Philadelphia, PA.  
2021—*“The Case for Invagination #3”* Body IQ Festival, Berlin, Germany.  
2021—*“The Case for Invagination #3”* Cannonball Festival, Philadelphia, PA.  
2020—*“Bone Fascia Blood Breath”* Philadelphia Museum of Art.  
2020—*“The Case for Invagination #2”* Dixon Place, New York, NY.  
2019—*“The Case for Invagination #2”* Light Box, Detroit, MI.  
2018—*“WOMEN”* Jews and Jewishness in the Dance World Conference, Arizona State University  
2017—*“WOMEN”* U.S. tour with Diyar Theater, Philadelphia, Baltimore, Chicago, New York & Hartford.  
2017—*“The Case for Invagination”* JACK, Brooklyn, NY.  
2016—*“The Case for Invagination”* FringeArts Scratch Night and The Whole Shebang, Philadelphia, PA.  
2015—*“WOMEN”* created and performed with Diyar Theater, Bethlehem, Palestine.  
2015—*“The Dance Apocalypse/Solos”* created with Gabrielle Revlock, JACK, Brooklyn, NY.  
2015—*“The Dance Apocalypse”* created with Gabrielle Revlock, Joe’s Pub, NYC.  
2014—*“I made this for you.”* created with Gabrielle Revlock, Kelly Strayhorn Theater, Pittsburgh, PA.  
2014—*“I made this for you.”* created with Gabrielle Revlock, Seattle International Dance Festival.  
2014—*“The Dance Apocalypse”* created with Gabrielle Revlock, FringeArts, Philadelphia, PA.  
2012—*“Ceiling Fan in Philadelphia”* Under Exposed series, Dixon Place, New York, NY.  
2012—*“The Dance Apocalypse”* created with Gabrielle Revlock, DraftWork at Danspace Project, NY, NY.  
2012—*“I made this for you.”* created with Gabrielle Revlock, Dance Place, Washington D.C.

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### Selected Choreographic Projects (continued)

- 2012—“*Pia Mater*” Performance Garage, Philadelphia, PA.  
2012—“*Sand in My Soda Pop*” Center for Performance Research, Brooklyn, NY.  
2011—“*I made this for you.*” created with Gabrielle Revlock, *The AWARD SHOW!* Philadelphia, PA.  
2010—“*Sand in My Soda Pop*” Community Education Center, Philadelphia, PA.  
2010—“*Sand in My Soda Pop*” Una Casa, Buenos Aires, Argentina.  
2010—“*Vortical*” Bowerbird, Plays and Players Theater, Philadelphia, PA.  
2007—“*The Drought*” Hampshire College, Amherst, MA.  
2006—“*Wrong Boat*” Performance Mix Festival, Joyce Soho, New York, N.Y.  
2006—“*My Little Monstrosity*” neW Festival, Drake Theater, Philadelphia, PA.  
2005—“*Wrong Boat*” Community Education Center, Philadelphia, PA.  
2005—“*Print*” Philadelphia Live Arts Festival.  
2004—“*Print*” Imagine Festival of Arts, Issues and Ideas, WAX, Brooklyn, NY.  
2004—“*P.S. 41*” Shawinigan Street Theater Festival, Shawinigan, Quebec.  
2004—“*Places I’ve Never/Been*” La Casa de la Cultura Ecuatoriana, Quito, Ecuador.  
2003—“*Infirmery*” Transmodern Age Festival, Baltimore, MD.

### Selected Performance Projects

- 2024—“*After YES*” created by Meghan Frederick, Studio 34, Philadelphia, PA.  
2023-2024—“*The Pains and Pleasures of Aging*” created by Sheila Zagar, CEC, Philadelphia, PA.  
2019—“*I Think Not*” created by Deborah Hay, Fidget Space, Philadelphia, PA.  
2017—“*Lick my Gun*” created by Zornitsa Stoyanova, Mascher Space Cooperative, Philadelphia, PA.  
2012—“*I Think Not*” created by Deborah Hay, Unidad De Vinculación Artística, Mexico City.  
2012—“*I Think Not*” created by Deborah Hay, Performance Mix Festival, NYC  
2008—“*Curious Fish*” created by Katsura Kan, Mascher Space Cooperative, Philadelphia, PA.  
2008—“*Bodies in Urban Spaces*” created by Willi Doerner, Philadelphia Live Arts Festival.  
2006—*Ensemble Improvisation* created by Asimina Chremos, Philadelphia Dance Projects, Philadelphia, PA.  
2006—“*What a Quaint Scene We Were That Night*” created by PIMA Group, CEC, Philadelphia, PA.  
2005—“*Bardo*” created by Leah Stein Dance Company, Philadelphia Live Arts Festival.  
2005—“*Lost Spirits*” created by Ju-Yeon Ryu, Philadelphia Museum of Art.  
2004—“*The Crazy One: A Love Story*” created by Debra Bluth, Boston College.  
2002—“*CHIMERAlab Theatre Project*” created by Jennifer Hicks, Mobius, Boston, MA.  
2001—“*Nightfalling*” created by Brenda Divelbliss, Emerson Majestic Theater, Boston, MA.

### Selected Professional Development

- 2024—Massage Techniques for the Sacrum, Feet, and Skull, George Russell, New York, NY.  
2024—Horizons, Irene Dowd, Movement Research, New York, NY.  
2023—Contact Improvisation, K.J. Holmes, Movement Research, New York, NY.  
2023—Contact Improvisation, Taja Will, The Whole Shebang, Philadelphia, PA.  
2023—Axis Syllabus, Nuria Bowart, The Whole Shebang, Philadelphia, PA.  
2022-2023—The Spirit of Anatomy, George Russell, New York, NY.



**Selected Professional Development (continued)**

- 2022—Axis Syllabus, Nuria Bowart, The Field Center, Bellows Falls, VT.  
2021—Biodynamic Craniosacral Therapy: Volumes 1, 2 & 3, Lyons Institute, online.  
2021—Improvisation intensive, Megan Bridge, Fidget Space, Philadelphia, PA.  
2020—Leading an Online Training & When Things Go Wrong Online, Training for Change.  
2020—SHIFT, Artists U, online.  
2019—Choreography for Warming-up to Dance, Irene Dowd, Movement Research, New York, NY.  
2018-2019—Release your Voice Intensive, Elissa Weinzimmer, online.  
2018—Moving's View, Nancy Stark Smith and Karen Nelson, Earthdance, Plainfield, MA.  
2017—The Edge is a Field, Deborah Hay, Movement Research, New York, NY.  
2017—Contact Improvisation, Neige Christenson, Performance Garage, Philadelphia, PA.  
2016—Repertory workshop, Boris Charmatz. Drexel University, Philadelphia, PA.  
2016—Undoing Racism, The People's Institute for Survival and Beyond, Philadelphia, PA.  
2015—Contact Improvisation, Nancy Stark Smith, University of the Arts, Philadelphia, PA.  
2014—Dance intensive, Luciana Achugar, Mascher Space Cooperative, Philadelphia, PA.  
2013—Franklin Method, Shannon Murphy, Mascher Space Cooperative, Philadelphia, PA.  
2013—Composition, Michelle Boulé, Mascher Space Cooperative, Philadelphia, PA.  
2013—Ensemble Thinking, Lower Left, Falls Bridge Festival, Philadelphia, PA.  
2012—Improvisation, Ishmael Houston-Jones and Yvonne Meier, Falls Bridge Festival, Philadelphia, PA.  
2012—Composition, Susan Rethorst, Live Arts Brewery, Philadelphia, PA.  
2012—Performance Practice, Deborah Hay, Philadelphia, PA.  
2011—Composition, John Jasperse, Live Arts Brewery, Philadelphia, PA.  
2011—Red Square, Barbara Dilly, Marfa, TX.  
2011—Contact Improvisation, Karen Nelson, Contact Festival Freiburg, Germany.  
2011—Solo Performance Commissioning Project, Deborah Hay, Findhorn, Scotland.  
2011—Yoga, Bharatanatyam, Kalari, Jayachandran Palazhy, Live Arts Brewery, Philadelphia, PA.  
2011—Improvisation, K.J. Holmes, Falls Bridge Festival, Philadelphia, PA.  
2010—Axis Syllabus, Kira Kirsch, Mascher Space Cooperative, Philadelphia, PA.  
2009—Ensemble Thinking, Lower Left, Marfa, TX.  
2008—Community Engagement, Anti-Oppression Resource and Training Alliance, Philadelphia, PA.  
2008—Butoh, Katsura Kan, Mascher Space Cooperative, Philadelphia, PA.  
2008—Composition, Miguel Gutierrez, Mascher Space Cooperative, Philadelphia, PA.  
2008—Performance Practice, Deborah Hay, Mascher Space Cooperative, Philadelphia, PA.  
2007-2014—Bartenieff Fundamentals, Sharon Mansur, Wild Meadows Improvisation Intensives, Central PA.  
2007-2014—Viewpoints, Cyrus Khamabtta, Wild Meadows Improvisation Intensives, Central PA.  
2007—Butoh, Yoshito Ohno, Yokohama, Japan.  
2006-2007—Contemporary Dance, Leah Stein & Myra Bazell, Philadelphia, PA.  
2006—Contact Improvisation, David Brick, Philadelphia PA.  
2006—Pilates, Nicole Rogers, Philadelphia, PA.  
2005—Ordinary / Extraordinary Theater workshop, Pig Iron Theater Co., Philadelphia, PA.  
2002-2004—Feldenkrais: Awareness Through Movement (200 hrs), Jessica Newman, Cambridge, MA.  
2003—Anatomy Trains (50 hrs), Tom Myers, Cambridge, MA.  
2000-2001—Alexander Technique (50 hrs), Linda Carmichael, Somerville, MA.  
1995-1998—Body-Mind Centering; Pilates, Cathie Caraker & Rythea Kaufman, Northampton, MA.