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Elizabeth C Parks

M.A., MFA

www.elizabethparks.org

Educator, Artist, and Scholarly Researcher

Compassionate and contemplative pedagogies are combined with trauma-informed approaches to actor training to empower students to be dynamic performance authors and change makers. Great care is dedicated to fostering student-centered learning communities where students feel like they matter. Creative Research centers on the use of Noh, Margolis Method, and Lessac Kinesensics to create socially engaged devised, pre-scripted works, and solo works. Scholarly research explores Margolis Method as a new paradigm for actor training, uses of Lessac Kinesensics for neurodivergent students, and contemporary practices and development in Noh performance.

Certifications and Special Training

- Registered Somatic Movement Educator- 2025
- Margolis Method Certified Educator Level III -2024
- Lessac Kinesensics Voice and Body Certified Trainer -2024

Creative Activity

- Currently seeking fellowships and grants to adapt *Beautiful, Useful, True* into a solo performance to tour as a community-focused climate education initiative
- Director: *Life Sucks.*, Appalachian State University- 2025
- Director/Lead Devisor: *Beautiful, Useful, True*, Appalachian State University-2025

Scholarly Activity

- “Shoe Story : An Icebreaker with a Sole.” *Professors at Play ONLINE PlayBook*, Play Story Press, 2025.
- “Voice, Body, and Performance for the Noh Actor: A Keynote Conversation with Master Akira Matsui.” *Voice and Speech Review*
- Book Proposal: Margolis Method: Advancing Embodiment, Craft, and Care in Performance

Professional Memberships & National Appointments

- National Alliance of Acting Teachers
- Association for Theatre in Higher Education
 - Acting Program- Current- Digital Administrator
 - Acting Program- Former- New Member Liaison
 - Acting Program- Former -Adjudicated Acting Exercises Coordinator
- Association of Theatre Movement Educators
- Voice and Speech Trainers Association
 - VASTA 2024 Virtual Colloquium Co-Coordinator
- Lessac Training and Research Institute
- International Somatic Movement Education and Therapy Association
 - 2025 Summer Conference Co-Coordinator

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Education

MFA	Performance and Pedagogy Texas Tech University, 2014
M.A.	French Bowling Green State University, 2003
B.A.	English, Drama Concentration, French minor Franciscan University of Steubenville, 2000

Certifications and Other Credentials

Registered Somatic Movement Educator
International Somatic Movement Education and Therapy Association, 2025

Margolis Method Level III Teacher Certification
Margolis Method Center International, 2024

Lessac Kinesensics Voice and Body Certified Trainer
Lessac Training and Research Institute, 2024

Inclusive Excellence Certificate
University of Wisconsin-Stevens Point, 2023

D.F.A. (1) Diplôme de Français des Affaires, 1^{er} degré
Chambre de Commerce et de L'Industrie de Paris, 2003

Positions Held

Appalachian State University

Boone, NC

Assistant Professor of Acting/Stage Movement

Department of Theatre and Dance

2023- Present

Grants:

- S.A.F.E. Grant, Billy and Del Hunt Helton Faculty Excellence Award (\$3500)-2025
- University Forum Lecture Series (\$3000)- 2025
- Office of International Education and Development Exploratory Funding for Study-Abroad Trip (\$1500) -2024
- University Forum Lecture Series (\$5000)- 2024

Courses Taught:

- Acting I: Beginning Scene Study
- Acting III: Styles
- Voice and Movement for Stage (Movement Component)
- Advanced Movement Techniques
- Advanced Voice Techniques
- Acting for Non-Majors
- Topical Studies: Japanese Culture and the Drama of Noh (pending enrollment)
- Special Topics: Japanese Culture: The Music and Practice of Noh (pending enrollment)

[University of Wisconsin-Stevens Point](#)

Stevens Point, WI

[Visiting Assistant Professor of Acting](#)

[Department of Theatre and Dance](#)

2021- 2023

Courses Taught:

- Fundamentals of Acting I (BFA Sequence)
- Fundamentals of Acting II (BFA Sequence)
- Period Acting I (Shakespeare) (BFA Sequence)
- Period Acting II (Greek, Noh, Restoration, Commedia, Molière) (BFA Sequence)

[Lake Superior State University](#)

Sault Ste. Marie, MI

[Assistant Professor of Theatre](#)

[School of Arts and Letters](#)

2019- 2021

Courses Taught:

- Acting for Beginners
- Acting Studio
- Theatre History (General Education Course)
- Survey of Great Playwrights

- Staging Philosophy (co-taught with Philosophy/Honors faculty)

Hampden-Sydney College

Hampden-Sydney, VA

Visiting Assistant Professor of Theatre

Department of Fine Arts

2017-2018

Courses Taught:

- Acting
- Presence and Performance
- Directing
- Intro to Theatre

Austin College

Sherman, TX

Visiting Assistant Professor of Theatre

Department of Communication, Media, and Theatre

2015-2017

Grants:

Cullen-Richardson Grant for Scholarly and Professional Development -2015

Cullen-Richardson Grant for Scholarly and Professional Development -2016

Courses Taught:

- Acting
- Directing
- Presence and Performance
- Intercultural Voice and Movement
- The Music of the Speaking Voice
- Movement for Theatre
- Stage Games, Plays and DIY Theatre (Devising)
- Theatre in London

ArtsAloud-Oklahoma State University

Stillwater, OK

Department of Theatre

Guest Teaching Artist

September 2014

Classes and Programs Taught:

- Acting I

- Acting III
- Voice for the Actor
- Voice and Movement work for *Eurydice*
- *ArtsAloud*- prison outreach classes in devising, collaboration, and presence

Texas Tech University

Lubbock, TX

Graduate Part-Time Instructor

Department of Theatre and Dance

2012-2013

Grants: Two-time Recipient- Don and Kay Cash Grant for Graduate Student Research

Courses Taught:

- Intro to Acting
- Voice for the Actor (for BFA theatre majors) Teaching a course for theatre majors was a distinction not often awarded to graduate students
- Rehearsal and Performance

Red Rocks Community College

Lakewood, CO

Dance Program Coordinator/Theatre Lab Coordinator/Adjunct Instructor

Department of Theatre and Dance

2006-2011

Courses Taught:

- Intro to Theatre/Theatre Appreciation
- Development of Theatre I
- Development of Theatre II
- Jazz I
- Jazz II
- Hip Hop I
- Independent Study in Dance

RESEARCH

Book Proposal

Margolis Method: Advancing Embodiment, Craft, and Care in Performance

Co-Editors and Authors: Elizabeth Parks, Kym Longhi

- This is the first book to provide an overview of the origins, theory, and applications of Margolis Method. Twenty-three practitioners within theatre and across

performance disciplines detail their use of Margolis Method in the classroom, performance space and beyond in five key areas: Vulnerability in Performance, Acting, Directing/Devising, Converging Methodologies, and Cross-Disciplinary Applications.

Chapter included with Book Proposal

Evolving Stanislavski-based Acting through Margolis Method

This chapter examines the foundational connections between Margolis Method and Stanislavski's System of acting as rooted in a shared deterministic, causal world view. This shared world view allows Margolis Method to elucidate Stanislavski's concepts of intentions, tactics, and dramatic conflict through the devices of "Cause, Absorb and Effect, Transition" and "Stretching and Compressing the Space through Push and Pull."

Publications

Parks, Elizabeth. "Shoe Story : An Icebreaker with a Sole." *Professors at Play ONLINE PlayBook*, Play Story Press, 2025, pp. 49-50.

- This publication details an icebreaker developed while teaching Acting for Non-Majors at Appalachian State University. In the exercise, participants describe their shoes while discovering more about themselves and their classmates.

Parks, Elizabeth, Jonah Salz, and Akira Matsui. "Voice, Body, and Performance for the Noh Actor: A Keynote Conversation with Master Akira Matsui." *Voice and Speech Review*, vol.19, issue 2025, pp. 190-196.

- This is an edited version of my interview with Akira Matsui as a Keynote Session during the 2024 VASTA Virtual Symposium. Special translation offered by Jonah Salz.

Parks, Elizabeth. "Ma Soeur." *Theatre of the Mind*. Noble House Publishers, Poetry Division, 2003.

International Conference Presentations

International Conference Solo Presentations

"Beautiful, Useful, True and Beyond: How do we keep change alive?" Arts + Change Virtual Conference, 2026.

- This three-part presentation examines the 2025 Appalachian State University theatre production of *Beautiful, Useful, True* and the questions which emerged after the performance.

“Compassion, Empowerment, and Co-creation: Epistemic Justice in Margolis Method and Lessac Kinesensics,” Arts + Change Virtual Conference, 2025.

- Presentation examined the ways Lessac Kinesensics and Margolis Method create compassionate, empowering, and epistemically just spaces.

“Amplifying Intentionality: Margolis Method as Intervention in Beginning Acting Curricula.” 3rd International Margolis Method Conference, Minneapolis, Minnesota, 2023.

- Practical Uses of Margolis Method to support early college acting students’ engagement with intentions and tactics.

“Agency for Educators: Margolis Method as Embodied Pedagogy Training in Teacher Education.” Margolis Method 2nd International Conference, New York, NY, 2019.

- A paper examining the uses of Margolis Method as training methodology for embodied pedagogy practices in the classroom.

“Pass Toss Release”

- An original acting exercise presented at the Adjudicated Acting Exercises Debut Panel, Association for Theatre in Higher Education, Hyatt Regency Grand Cypress, Orlando, F, 2013.

International Conference Panel Organizer and Presenter

Longhi, K., Parks, E.C., “Discourse about Margolis Method Discourse.” 4th International Margolis Method Conference, Norman, Oklahoma, 2025.

- Presentation with co-editor on our book project *Margolis Method: A New Paradigm for Embodiment, Craft, and Care in Performance*. Highlights from the book were shared along with victories, challenges, and lessons learned in bringing Margolis Method into a larger conversation within the field.

Griffin, M., Louihis, H., Parks, E.C. “Real Connection for New Acting Focus Group Members.” Association for Theatre in Higher Education Pre-Conference Symposium, 2025.

- A gathering of new ATHE and Acting Focus group members to share current research interests and forge new research partnerships.

Griffin, M., Louihis, H., Parks, E.C. “Igniting Resilience in 2025.” Association for Theatre in Higher Education Pre-Conference Symposium, 2025.

- A pre-conference gathering for new ATHE and Acting Focus group members to connect, find rejuvenation and resilience with one another by sharing research and teaching victories and challenges over the year.

Bellaver, M., Parks, E.C., Pirret, L. “Neurodiversity, Kinesensics, and the Need for Compassionate Equity in Performer Training.” In/Corporate Voice, 2024 Voice and Speech Trainer’s Association Virtual Symposium, 2024.

- Sharing of ongoing research in Lessac Kinesensics as a valuable tool for neurodivergent students and educators within the framework of Compassionate and Contemplative pedagogies.

Parks, E. C., "A Keynote Conversation with Akira Matsui." In/Corporate Voice, 2024 Voice and Speech Trainer's Association Virtual Symposium, 2024.

- Interview with Master Noh teacher and performer Akira Matsui who is designated as an Important Intangible Cultural Asset by the Japanese government. We discussed Matsui's sixty years as a performer, the voice and body in Noh performance, and creator of cross-cultural collaborations in Noh.

Barre, D., Beller, J., Busselle, K., Hanson, J., Myers, D., Parks, E., Parness, E. "R-E-S-P-E-C-T: Using Margolis Method to Center Care and Respect in Class and Rehearsal." Association for Theatre in Higher Education, Austin, TX. 2023.

- A multi-disciplinary panel and workshop session discussing the uses of Margolis Method in ways that empower actors and honor their biopsychosocial wellbeing.

Rikard, L., Rada, J., Parks, E. C. Cruz, CA, 2014. "Barter as Deliverance from the Desert."

- Chairperson of a panel on the practices of Odin Teatret and other international theatre companies that fostered communities and cultural exchange. Association for Theatre in Higher Education, Scottsdale, AZ.

Prettyman, C., Parks, E. C., Jimenez, E., Baisley, A. 2013. "Displacement Effect"

- Chairperson of a devised performance presentation centering on the oppressiveness of women by women in a theatrical construct. Association for Theatre in Higher Education, Hyatt Regency Grand Cypress, Orlando, FL.

International Conference Panel Participation

Arp-Dunham, J., Chaffee, A., Ferry, N., Parks, E.C., Smith, R.S., Sturm, L., Thrash, S. "Failure, Play, and Creative Risk: Defining 'Discomfort' as a Tool for Growth." Association for Theatre in Higher Education Virtual Conference, 2025.

- A roundtable session focused on addressing discomfort and failure for undergraduate acting students.

Bellaver, M., Parks, E.C., Pirret, L., Reade, Ashleigh. "Creating an Environment for Compassionate Equity in Performance Training of Neurodivergent Actors." Association for Theatre in Higher Education Virtual Conference, 2025.

- Panel shared recent research in Lessac Kinesensics as a valuable tool for neurodivergent students and educators within the framework of Compassionate and Contemplative pedagogies.

Bellaver, M., Farmer, H., Griffin, M., Parks, E.C., Sturm, L. "Beyond the Real: Working in Heightened Style." Association for Theatre in Higher Education Virtual Conference, 2025. (Accepted presentation, panel cancelled)

- Panel on creating ways for students to find truth and authenticity in stylized performance such as Shakespeare, Moliere, and other performance modes considered "non-realistic" acting.

Galloway, S., Jung, J., Parks, E. C., Scully, A. "Building Resilience through Theatre: Showing Up for Yourself," Association for Theatre in Higher Education Conference, Atlanta, GA, 2024.

- Panel examining the specific ways in which the study and practice of theatre can build resilience in students. My contribution focused specifically on what it means to show up for yourself as a student, the ways in which I invite students to show up for themselves, and how they *actually* choose to show up for themselves.

Davidson, D., Hunter, L., Kane, C., Marty, J., Marty, P., Parks, E. C., Shawyer, S., "Consent Across the Curriculum: Acting Classroom Best Practices," Association for Theatre in Higher Education Conference, Atlanta, GA, 2024.

- Panel discussing the varied approaches and challenges to consent-based teaching of theatre history, design, performance, and dramatic writing.

Bellaver, M., Parks, E. C., Pirret, L. "Kinesensics as Compassionate and Contemplative Pedagogy." Kinesensic Connections, Lessac Training and Research Institute. Online, 2024.

- Inaugural panel explored the uses of Lessac Kinesensics as a valuable tool for neurodivergent students and educators within the framework of Compassionate and Contemplative pedagogies.

Parks, E.C., "Learning Comes Before my ego: Balancing Learning and Re-envisioning Assessment within Academia." Association for Theatre in Higher Education Conference, Atlanta, GA, 2024. (Accepted, unable to present)

- Presentation focused on the practices of the co-creating rubrics and community agreements and the foundational mantra of "Learning comes before my own ego" as my personal standard for impactful teaching.

Bremer, S., Costa, A., Eckert, R., Fort, L., Jutting, J., Parks, E., Ré Arp-Dunham, J., Rikard, L., "Trauma-informed, Anti-racist and Compassionate Care Practices: A Directing Focus Group Workshop/roundtable." Association for Theatre in Higher Education, Austin, TX. 2023.

- Eight theatre directors will bring exercises, suggestions, and ideas for creating Trauma-informed, Anti-racist and Compassionate Care Practices in our work.

Rikard, L., Parks, E. C., Meneghini, T. Cruz, CA, 2016. "Speaking Bodies, Bodies Speaking: Why and How Stage Movement Practice and Education Differs from Dance Practice and Education."

- One of four panelists presenting on "Defining the Theatre Movement Educator." Presentation examined the ways Theatre Movement Education is often conflated and confused with Dance Education, the differences in the two disciplines, and the necessity of the academy to acknowledge these differences. Association for Theatre in Higher Education, Chicago, IL.

National/Regional Conference Presentations

Solo National/Regional Conference Presentations

Parks, E.C. "The Music, Drama, and Performance of Noh" Global Symposium 2025. Appalachian State University, Boone, NC, 2025.

- The musical structure, basic movement patterns, philosophy, and overall practice of Noh was explored and demonstrated for session attendees.

"Bringing Émilie: La Marquise du Chatelet to Life on Stage." Global Symposium 2024. Appalachian State University, Boone, NC, 2024.

- This solo presentation explored the ways in which principles of physics were used to bring to life *Émilie La Marquise du Chatelet Defends her Life Tonight* on the Valborg stage.

Parks, E.C. "Centering Belonging, Agency, and Compassion to Build a Learning Community." UW-Stevens Point Teaching Conference, Stevens Point, WI, 2023.

- Strategies such as Co-creating rubrics and community agreements, mini meditation, crossing the threshold, and discussion tools explored to support building learning communities based in a Pedagogy of Compassion and Contemplative Pedagogy.

"Enhancing Pedagogical Impact through Voice and Movement"

The Upper Peninsula Teaching and Learning Conference, Sault Ste. Marie, MI, 2020.

- An interdisciplinary workshop on the uses of Noh, Lessac Kinesensics, and Patsy Rodenburg to create a more dynamic and vitalizing presence in the classroom while maintaining vocal health.

"Exploring Tonal and Structural NRG Through Japanese Noh"

Lessac Research and Training Institute Mid-Atlantic Regional Conference, Fredericksburg, VA.2019.

- A participatory workshop using Noh utai (singing) to create a new familiar event of Tonal and Structural NRG in Lessac Kinesensics.

"Creating Classroom Impact through Embodied Pedagogy,"

Texas Educational Theatre Association TheatreFest, Hyatt Regency Dallas, Dallas, TX.2016.

- A participatory workshop exploring ways to use performance training from Noh, Lessac Kinesensics, and Patsy Rodenburg work for work theatre teacher to enjoy a more dynamic and vitalizing presence in the classroom while maintaining vocal health.

“My Character’s Body and my Body’s Character,”

Texas Educational Theatre Association TheatreFest, Hyatt Regency Dallas, Dallas, TX, 2016.

- A participatory physical theatre workshop based on Margolis Method, The Michael Chekhov Technique, Lessac Kinesensics, and Viewpoints.

“The Problem of Embodiment: Text, Image, and the Actor in the work of Michael Chekhov and Arthur Lessac,” The 46th Annual Comparative Literature Symposium: Representing Reality in Text and Image: Clichés, Stereotypes, and Caricatures, Texas Tech University, Lubbock, TX,2014.

- Paper presentation proposing the possible intersections of Michael Chekhov and Arthur Lessac’s work with text, image, imagination, voice training, and actor training.

“Be an Actor Warrior” University Interscholastic League Superconference, Texas Tech University, Lubbock, TX, 2013.

- A participatory physical theatre workshop based on Margolis Method and the practices of Odin Teatret.

“3-2-1 Contact: An Introduction to Contact Improvisation.” Texas Education Theatre Association Festival, Houston, TX, 2013.

- A participatory workshop on the basics of contact improvisation concluding with a “Jam Session.”

“Movement for the Non-dancer: Contact Improvisation” Southeastern Theatre Conference, The Galt House, Louisville, IN, 2013

- A participatory workshop on the basics of contact improvisation concluding with a “Jam Session.”

“Eurasian Movement: An Intercultural Approach to Physical Intelligence” Southeastern Theatre Conference, The Galt House, Louisville, IN, 2013.

- A participatory workshop based on the Theatre Anthropology work of Odin Teatret and Eugenio Barba and Nicola Savarese.

“Undiscovered Territory: Practical Exploration of New Horizons in Actor Training,” Rocky Mountain Theatre Association Festival, Cheyenne Little Theatre, Cheyenne, WY, 2011.

- A participatory workshop exploring the intersections of Yoga and Fitness Instruction with Actor Training.

"Contact Improvisation" University Interscholastic League Superconference, Texas Tech University, Lubbock, TX, 2011.

- A participatory workshop on the basics of contact improvisation concluding with a "Jam Session."

"Movement for the Non-dancer: Contact Improvisation"

Rocky Mountain Theatre Association Festival, Grand Street Theatre, Helena, MT, 2010.

- By popular demand, I was invited to reprise my participatory workshop from the previous year on the basics of contact improvisation concluding with a "Jam Session."

"Contact Improvisation" Rocky Mountain Theatre Association Festival, Fort Lewis College, Durango, CO, 2009.

- A participatory workshop on the basics of contact improvisation concluding with a "Jam Session."

"Auditions from A to Z: How to Get the Part,"

Rocky Mountain Theatre Association Festivention, Western State College, Gunnison, CO, 2007

- A participatory workshop of the do's and don'ts of professional auditioning offered to college students.

Panel Organizer and Presenter-National/Regional Conference

Raney, K. Parks, E. C. Lowe, N., Banks. L. "A Liberal Arts Education as Agent of Artistic Dreams," Texas Educational Theatre Association TheatreFest, Hyatt Regency Dallas, Dallas, TX, 2016.

- Chairperson of panel for undergraduate students to examine and present on their experience earning a liberal arts education.

Parks, E. C., Ortiz, L. "#LookUp- A Reprise"

Arts and Humanities Graduate Research Conference, Texas Tech University, Lubbock, TX, 2013.

- A reimagining and performance of a project I'd previously devised for 12 actors set on one person. The project examined the theatricality of witnessing, the myth of Sisyphus, and the role of the Greek messenger in Classic Greek drama.

Woolley, R. Stromness-Bruce, E., Parks, Ison, J., Hartley, L. E. C. Baisley, A. "Echoes of Familiarity" Kennedy Center American College Theatre Festival, Region 6, Centenary College of Louisiana, Shreveport, LA, 2013.

- Performance of a devised work I created with graduate and undergraduate students for the Devised Work Initiative.

Panel Participant -National/Regional Conference

Miller, R., Parks, E.C. "Emilie La Marquise Du Chatelet: a play by Lauren Gunderson." Research and Creative Activity at Appalachian 2024, Appalachian State University, Boone, NC, 2025.

- This presentation explored the use of Margolis Method in staging the production of *Émilie La Marquise du Chatelet Defends her Life Tonight* with Dr. Ray Miller. Physics was not only the story of Émilie, but through Margolis Method served as a way to create dynamic moments on stage.

Stromness-Bruce, E., Parks, E. C., Chansky, D., Brown, C. "3 Eleanors," 30th Annual Conference on the Advancement of Women, Texas Tech University, Lubbock, TX, 2014

- Performance in a devised production based on the lives of Eleanora Duse, Eleanor of Aquitaine, and Eleanor Roosevelt. Written by Karen Wurl. Directed by Dorothy Chansky.

HONORS AND AWARDS

- Theatre Nohgaku Mitsuo Kama Memorial Award, 2022
- 1st Place, Best of Conference Award, Theatre Arts Category, Arts and Humanities Graduate Research Conference, 2013
- Honorable Mention as Director of Movement for *Fuddy Meers*, Kennedy Center American College Theatre Festival, 2013

GRANTS

- S.A.F.E. Grant, Billy and Del Hunt Helton Faculty Excellence Award, Appalachian State University, 2025
- University Forum Lecture Series, Appalachian State University, 2025
- Office of International Education and Development Exploratory Funding for Study-Abroad Trip, Appalachian State University, 2024
- University Forum Lecture Series, Appalachian State University, 2024
 - Cullen-Richardson Grant for Scholarly and Professional Development, 2015
 - Cullen-Richardson Grant for Scholarly and Professional Development, 2016
 - Don and Kay Cash Grant for Graduate Student Research, 2012
 - Don and Kay Cash Grant for Graduate Student Research, 2013

CONTINUED RESEARCH and PROFESSIONAL DEVELOPMENT

Movement and Dance

Feldenkrais Method <i>Intro to Abdominals</i> , Debra Bowles, Movement and Creativity	2023
Feldenkrais Method <i>Intro to Treasure Chest</i> Tiffany Sankary, Movement and Creativity	2023
Feldenkrais Method <i>Intro to Strength Stability and Vitality</i> , Tiffany Sankary, Movement and Creativity	2023
Feldenkrais Method-Organic Intelligence: Move your Vision, Tiffany Sankary, Movement and Creativity	2023
<i>Commedia dell'Arte 4-Week Crash Course</i> , In-depth exploration of the characters and the movement of Commedia dell'Arte, Sydney Schwindt, Momentum Stage	2022
<i>Laban in Performance</i> , a four-week course applying the Laban/Bartenieff Movement System to character development, Nicole Perry CLMA, Momentum Stage	2022
<i>Laban for Actors: Using the Psychological Interpretations of the 8 Effort Actions</i> Nicole Perry CLMA, Momentum Stage	2021
<i>Embodied Poetics</i> with Aimee Meredith Cox The EcoSomatics Workshop Series, University of Michigan	2021
<i>Guffaw</i> with Meghan Moe Beitiks The EcoSomatics Workshop Series, University of Michigan	2021
<i>Intro to Divination Practices for Creatives</i> with Edgar Fabián Frias The EcoSomatics Workshop Series, University of Michigan	2021
<i>Boulder Jazz Dance Workshop Intensive</i> University of Colorado, Boulder	2008
<i>Boulder Jazz Dance Workshop</i> University of Colorado, Boulder	2007
<i>Danse Théâtre</i> Université François Rabelais, Tours, France	2002

Margolis Method (physical theatre)		
<i>Margolis Method 5-Day Summer Intensive</i>	2025	
University of Oklahoma		
<i>Conducted Interview with Kari Margolis</i>	2025	
Hour-long interview on the foundations and development of Margolis Method (March 2025)		
<i>Conducted Interview with Kari Margolis</i>	2025	
Hour-long interview on the foundations and development of Margolis Method (January 2025)		
<i>Margolis Method 5-Day Summer Intensive</i>	2024	
Margolis Method Center International		
<i>Margolis Method 5-Day Summer Intensive</i>	2023	
University of Minnesota, Twin Cities		
<i>Margolis Method Educators Certification Level III</i> , a 60-hour intensive in teaching Margolis Method	2023-2024	
Margolis Method Center International		
<i>Margolis Method Educators Certification Level II</i> , a 60-hour intensive in teaching Margolis Method	2022-2023	
Margolis Method Center International		
<i>Virtual Summer Intensive for Educators</i>	2022	
Margolis Method Center International		
<i>Educators Certification Level I</i> , a 60-hour intensive in teaching Margolis Method	2021-2022	
Margolis Method Center International		
<i>Create Theatre with Every Breath</i> , Virtual Summer Intensive, a week-long intensive training in Margolis Method	2021	
Margolis Method Center International		
<i>Virtual Summer Intensive for Educators</i>	2020	
Margolis Method Center International		
<i>Margolis Method for Educators</i>	2018	
Margolis Method Center International		

Three-day master class with Kari Margolis Wild Wind Performance Lab Texas Tech University, Lubbock, TX	2013
Two-day Master Class with Kari Margolis Fort Lewis College, Durango, CO	2009

Voice for the Actor

<i>Lessac Kinesensics 3-Hour Continuing Professional Development Workshop</i>	2025
<i>Focus on Tonal NRG: Review, Refresh, Restore</i> Deb Kinghorn, Lessac Training and Research Institute	2025
<i>Completed Certified Trainer Development, Awarded Certified Trainer Status</i> Lessac Training and Research Institute	2025
<i>Completed Mentorship and Facilitator Training for Certified Trainer Status</i> Lessac Training and Research Institute	2023-2024
<i>Lessac Kinesensics Connections- A Good Ol' Fashioned Tune-Up with Crytal Robbins and Nancy Krebs</i> Lessac Training and Research Institute	2023
<i>Lessac Kinesensics Facilitator Training Course (8 Weeks)</i> Lessac Training and Research Institute	2022
<i>Fitzmaurice Voicework, Zoom Gathering</i> , Elena De La Fuente, The Fitzmaurice Institute	2022
<i>US Summer Intensive</i> , Earned Practitioner Status Lessac Training and Research Institute	2021
<i>Lessac Kinesensics Training</i> Texas Tech University, Lubbock, TX	2012

Noh Performance

<i>Noh Training with Rick Emmert, John Ogelvie, Teruhisa Oshima, and Kinue Oshima, Oshima Noh Theatre, Tokyo and Fukuyama , Japan</i> Theatre Nohgaku	2024
<i>Noh Training Project</i> , three-week intensive training in Noh dance, singing, and drumming with Richard Emmert, Matt Dubroff, and Jubilith Moore, Hampden Sydney, VA Theatre Nohgaku	2022
<i>Noh Theatre Training (Kita School)</i> , fifteen-week training in Noh Utai/Singing, Shimai/dance, and Hayashi/drumming with Professor Matt Dubroff, Hampden-Sydney College, Hampden-Sydney, VA Theatre Nohgaku	2017
<i>Noh Training Project</i> , three-week intensive training in Noh dance, singing, and drumming with Richard Emmert, Akira Matsui, and Jubilith Moore, Bloomsburg, PA	2013

Intimacy and Consent

<i>Two Hour Tips: The Intimacy Choreographer Lab</i> Theatrical Intimacy Education	2025
<i>Trauma-Informed Practices for Classrooms and Rehearsal Rooms Workshop</i> Momentum Stage, Nicole Perry, CLMA and Molly Schenck	2025
<i>Consent in Academia/University</i> Intimacy Directors and Coordinators	2022
<i>Foundations of Race, Intimacy, and Consent</i> Theatrical Intimacy Education	2022
<i>Consent in the Acting Classroom</i> Theatrical Intimacy Education	2022
<i>Intimacy Choreography for Performance</i> Theatrical Intimacy Education	2022
<i>Theatrical Intimacy Best Practices</i> Theatrical Intimacy Education	2022

Laban for Intimacy Work- A Choreographer's Toolbox, Nicole Perry, CLMA
Intimacy Directors and Coordinators

Devising

Viewpoints and Devising with Mat O'Patrny and Jessica Burr of Blessed Unrest
Wild Wind Performance Lab
Texas Tech University, Lubbock, TX

Devising, Impulse work, and Movement work with Rich Brown
Wild Wind Performance Lab
Texas Tech University, Lubbock, TX

Odin Week Festival, Devising and performer training with Odin Teatret company members
Odin Teatret, Holstebro, Denmark

Rhodopi International Theatre Laboratory, 4-week training intensive in Suzuki and Noh training with Izumi Ashizawa, Theatre Making/Devising with Jed Harris, Mime training and devising with Alexander (Sasha) Iliev, Aerial fabric training with Benita Primo
Rhodopi Dramatichen Teatar, Smolyan, Bulgaria

Diversity, Equity, Inclusion

Mental Health First Aid Certification Training
CETLSS, Appalachian State University

Let's Get Started: Communicating Respect Workshop
Office of Diversity, Appalachian State University

Creating Change Conversation
Momentum Stage

Anti-Racism Training
Diversity and Resiliency Institute of El Paso

Transgender and Gender Nonconforming Identities in the Theatre
Shira Gitlin, Momentum Stage

Service

Service to the Discipline

VASTA- Voice and Speech Trainers Association

- VASTA Virtual Symposium Co-Coordinator 2023-2024

ATHE- Association for Theatre in Higher Education

- Acting Program Executive Board
 - Digital Administrator- 2025-2026
 - New Member Liaison 2023-2025
 - “Enjoying Resilience” Session Co-Host. Association for Theatre in Higher Education Virtual Conference, 2025.
 - “Real Connection for New Acting Focus Group Members.” Session Co-Host. Association for Theatre in Higher Education Virtual Conference, 2025.
 - Adjudicated Acting Exercises Committee-2022- 2025
- TASC- Theatre and Social Change Executive Board- Member at Large-2023
- Acting Program Pre-Conference Planner-2017

RMTA- Rocky Mountain Theatre Association Board Member 2009-2011

University Service

Appalachian State University

- Graduate School and Professional Audition Coaching and Support for Ralph Phillips, Phoebe Atkins, and Casey Choiniere- Fall 2025
- Audition Coaching Spring Mainstage Auditions- 2023-2025
- Recruiting at NCTC College Day 2023-2025
 - Auditor and Respondent to more than 75 High Schools Student Auditions
 - Appalachian State University Ambassador, answering questions of students and parents
- Recruiting at Fall University Open House 2023-2025
- Season Selection Committee, 2024-2025 (For 2025-2026 Season)
- Theatre and Dance Scholarship Committee 2024, 2025
- Created, Planned, Organized, and Led Keith Hamilton Cobb Artist Residency, in collaboration with faculty from English, Music, , 2024-2025
- Created, Planned, Organized, and Led Kari Margolis Artist Residency, 2023-2024
- Coordinated On and Off Campus Marketing for Margolis Residency with PJ Wirchansky from the Dean’s office and Keith Martin from the Department of Theatre

and Dance. 2023-2024

- See local [newspaper article in Watauga Democrat](#).
https://www.wataugademocrat.com/news/asu_news/app-state-theatre-and-dance-to-host-kari-margolis-for-artist-residency-feb-6-7/article_0fef4aec-bc72-11ee-b897-9f239380876e.html
- Graduate School Audition coaching for a student (Jordan Warren) 2023-2024
- Monthly Performance Concentration Curriculum meetings with Derek Gagnier, 2023-2024
- Professional audition coaching for a student Blake Lee, 2024
- Guest Teacher in Marianne Adams' Somatic Sustainability class, 2025
- Guest- Teacher on Acting in Shannon Roark's Theatre Experience class, 2023, 2025
- Guest Teacher on Collaborative Process and Embodied Creating in Emily Daughridge's Collaboration Dance Class, 2023 and 2024.
- Guest Adjudicator of Resumé's in Gina Grandi's Capstone class, 2023
- Guest Panelist in Gina Grandi's Capstone class, 2023

University of Wisconsin-Stevens Point

- Recruiting at IHSTF (Illinois High School Theatre Festival)- 2022, 2023
- Advocacy, Access, and Allyship Committee, 2021- present
- Recruiting at the virtual Pittsburg Unified Auditions, 2021
- Adjudicator of BFA Acting Public Performances, 2021
- Assisting the Theatre and Dance Department as the host of the 2021 Wisconsin High School Theatre Festival, 2021

Lake Superior State University, Sault Ste. Marie, MI

- Honors Council, tasked with reviewing and adjudicating senior honors projects, 2019-2020
- Presence and Performance workshop offered for the Lake Superior State University Admissions Office, 2020

Hampden- Sydney College, Hampden-Sydney, VA

- Presence workshops for the Wilson Center for Leadership Students, Fall 2017
- Presence workshops for the Wilson Center for Leadership Students, Spring 2018
- Student Chaperone: Theatre trip to New York City, January 2018

Austin College, Sherman, TX

- *Heptagon of Hope* (performance of a devised student work), Austin College Scholarship Conference, 2017
- Posey Leadership Award Committee, 2015-2016
- Theatre Program Marketing Coordinator 2016-2017
- Engagement and coordination of Guest Artist Aaron Rossini and ASTEP (Artists

Striving to End Poverty), 2015-2016

- Created a panel of students and faculty to present at the Texas Educational Theatre Association, Inc. TheatreFest, 2016
- Collaborated with Collin College Dance Faculty to offer a dance workshop at Austin College, 2016
- *Embodied Pedagogy* workshop for faculty, 2016
- *Embodied Pedagogy* workshop for new faculty, August 2016
- Recruitment for Austin College at the Booker T. Washington High School for Visual and Performing Arts 2015 Student Showcase, 2015
- Audition and Call-back Workshop, 2015 and 2016

Texas Tech University, Lubbock, TX

- Graduate Student Advisory Council, 2012-2013
- Trained Chemistry Lab Teaching Assistants in presence and classroom management skills, 2012

Red Rocks Community College, Lakewood, CO

- Theatre and Dance Department Recruiting, 2006-2011
- Spearheaded creation of an Associate of Arts Degree with a Dance emphasis, 2009
- Adjudicator for *Speak Truth to Power*, RMTA Festival, 2008
- Hiring Committee: Student Life Activities Coordinator, 2008 and 2009

Community Service

Children's Advocacy Center, Sherman, TX

- Get Your Wiggles Out! A theatre games workshop, 2016

Germinal Stage Denver, Denver, CO

- Volunteer Box Office, Usher, 2005-2009

French American Chamber of Commerce, Rocky Mountain Division, Denver, CO

- Volunteer Activities Coordinator, 2004-2005

Memberships and Affiliations:

NAAT- National Alliance of Acting Teachers

ATHE- Association for Theatre in Higher Education

AP- Acting Program Executive Board- Adjudicated Acting Exercises Committee and New Member Liaison

TASC- Theatre and Social Change Executive Board- Member at Large (2021-2023)

WTP- Women and Theatre Program

LTRI- Lessac Research and Training Institute®

ATME- Association of Theatre Movement Educators

VASTA- Voice and Speech Trainers Association

ATDS- American Theatre and Drama Society 2022-2023

Alpha Psi Omega- Theatre Honor Society

Pi Delta Phi- French Honor Society

RMTA- Rocky Mountain Theatre Association, 2007-2011

OTA- Ohio Theatre Alliance, 1998, 1999, 2004

ITA- Illinois Theatre Alliance, 2004

RELATED EXPERIENCE

[5th Wall Theatre](#)

Richmond, VA

PR/Marketing Director

2018-2019

- Plan and implement marketing and publicity strategies for productions and events
- Coordinate sponsorships, program ads, and collaborations with local businesses
- Draft and distribute press releases
- Liaise with Volunteer Coordinator to execute marketing strategies
- Liaise with graphic designer and photographer for all artwork for publications
- Liaise with local publications, media outlets, critics, and theatre advocates
- Update website, ticketing, and social media platforms

[Dogtown Dance Theatre](#)

Richmond, VA

Grant-Writing Assistant

2018-2019

- Draft narrative and necessary documentation for grant applications
- Coordinate with Artistic and Executive Director on grant application narratives,

documents, and submissions

- Liaise with granting institutions on all grant applications
- Research future grant opportunities
- Advance the financial sustainability and sponsorship of Dogtown Dance Theatre

[Texas Tech University](#)

Lubbock, TX

Graduate Student Marketing and Graphic Design Assistant

Department of Theatre and Dance

2011-2012, 2014

- Created departmental event programs
- Assisted with press releases
- Assisted with the creation of event posters

Red Rocks Community College

Lakewood, CO

Dance Program Coordinator

Department of Theatre and Dance

2009-2010

- Recruited, hired, mentored dance faculty in Hip Hop, Modern, and Ballroom dance
- Increased enrollment by 350% in one year
- Spearheaded state-wide dance curriculum reform
- Assisted with the recruitment of prospective students
- Advised and mentored students
- Facilitated curriculum development
- Scheduled classes

[Red Rocks Community College](#)

Lakewood, CO

Theatre and Dance Marketing and Publicity Manager

Department of Theatre and Dance

2006-201

- Created marketing materials including department catalogs, event programs, production posters and postcards
- Distributed all marketing materials
- Drafted and distributed press releases
- Liaised with college staff to update department website and production archive
- Updated costume rental website and processes
- Organized photo shoots to better market rental stock

- Served as communication conduit between faculty, administration, and guest artists

Red Rocks Community College

Lakewood, CO

Conference Coordinator

Department of Theatre and Dance

2006-2011

- Created conference posters and programs
- Coordinated marketing, conference logistics, staffing, photography, and auditions
- Served as marketing assistant and graphic designer
- Served as Registration and Scholarship Auditions Associate Coordinator

Red Rocks Community College

Lakewood, CO

Box Office Manager

Department of Theatre and Dance

2006-2011

- Supervised all box office activities
- Staffed/scheduled box office personnel
- Managed all box office monies and deposits
- Maintained records of department fiscal activity
- Maintained production archives

Red Rocks Community College

Lakewood, CO

Costume Rental Manager

Department of Theatre and Dance

2006-2011

- Maintained the organization of rental stock
- Managed all transactions with local theatre companies
- Scheduled rental appointments
- Managed all costume rental monies and deposits
- Laundered and repaired rental stock
- Managed all dry-cleaning of rental stock
- Oversaw the maintenance and repair of equipment

Red Rocks Community College

Lakewood, CO

Theatre/Production Manager

Department of Theatre and Dance

2006-2011

- Oversaw the maintenance and repair of equipment
- Served as liaison between theatre companies and the Theatre and Dance Department
- Maintained the organization, cataloging, and repair of properties and backdrop stock

PROFESSIONAL THEATRE WORK

Acting

Black Bottle Man	Mary/Mrs. Evans/Conductor	Dogtown Dance Theatre/RVA Catholic Theatre	2019
Faces of a Barter	Ensemble	Odin Teatret	2013
The Bacchae	Agave	Rhodopi Dramatichen Teatar	2012
Growing Up White on the Reservation*	Vickie	Buntport Theatre	2010
Hot + Wax: On Being Too Big to Fail	Pasiphae Your Mom	The LIDA Project	2010
Summer Madness:		Germinal Stage Denver	2010
<i>Madly in Love</i>	Mary Todd		
<i>The Bald Soprano</i>	Mrs. Martin		
Joseph K.	Ensemble	The LIDA Project	2009
Rain/ of Terror	Lucille	The LIDA Project	2009
Bovanity Fair	Ensemble	Bovine Metropolis Theatre	2008
I Hate Hamlet	Deirdre	Evergreen Players	2008
What the Butler Saw	Geraldine Barclay	Germinal Stage Denver	2007
365 Days/365 Plays			
<i>Santa Ana Groundhog</i>	Mother Lady	RMTA Festivention	2007
Convenient Truths	Ensemble	Bovine Metropolis Theatre	2007
Improv	Ensemble	Impulse Theatre	2006

Death of a Salesman	Letta/Jenny	Aurora Fox Theatre	2006
The Problem With Doppelgangers*	Sister Sarah	Arvada Center for the Arts and Humanities	2005
Improv	Ensemble	Denver Theatre Sports	2005

Industrials and Radio

Re/Max, Denver, CO, 2006
 Franciscan Radio WFRS, Steubenville, 2000

Directing

<i>Life Sucks.</i>	Appalachian State University	2025
<i>The Fool of Elsinore</i>	Wisconsin Shakespeare Festival	2023
<i>The Tempest</i>	Schmeeckle Shakes	2022
<i>The Bridge</i>	Lake Superior State University	2020
<i>Gidion's Knot</i>	Lake Superior State University	2019
<i>Lord of the Flies</i>	Hampden-Sydney College	2017
<i>Heptagon of Hope</i>	Austin College	2017
<i>Metamorphoses</i>	Austin College	2016
<i>Love and Information</i>	Austin College	2016
#LookUp	Texas Tech University	2013
<i>One Year, Four Miles Up the Cherry Creek*</i>	Rocky Mountain Theatre Association Festival	2011
<i>Maggie's Magical Midnight*</i>	Playwrights' Showcase of the Western Region	2009
<i>Death In Advertising</i>	Red Rocks Community College	2008
<i>Bovantiy Fair (Asst. Director)</i>	Bovine Metropolis	2008
<i>Dream Scene</i>	Red Rocks Community College	2008
<i>Mother Rising</i>	Red Rocks Community College	2008

<i>Slipping Into Anarchy*</i>	Playwrights' Showcase of the Western Region	2007
<i>Iphigenia at Aulis</i>	Anathan Theatre	1999
<i>The Wizard of Oz</i>	Pine Forest Camp	1998
<i>Stuart Little</i>	Pine Forest Camp	1998
<i>You're a Good Man Charlie Brown</i>	Pine Forest Camp	1998

* Staged Reading

Devising

<i>Beautiful, Useful, True (Director/Devisor)</i>	Appalachian State University	2025
<i>As We Climb (Director/Devisor)</i>	University of Wisconsin- Stevens Point	2022
<i>Rights Given, Rights Taken: Stories of Equality (Director/Devisor)</i>	Lake Superior State University	2020
<i>Heptagon of Hope* (Director/Devisor)</i>	Austin College	2017
<i>#LookUp (Director/Devisor)</i>	Texas Tech University	2013
<i>Piano Project</i>	Odin Teatret	2013
<i>Orphic Argonautica</i>	Rhodopi Dramatichen Teatar	2013
<i>Alexander the Great</i>	Rhodopi Dramatichen Teatar	2013
<i>The Bacchae</i>	Rhodopi Dramatichen Teatar	2013
<i>Displacement Effect (Director/Devisor)</i>	ATHE Conference in Orlando, FL	2013
<i>Echoes of Familiarity (Director/Devisor)</i>	Centenary College/KCACTF	2013
<i>Hot + Wax: On Being Too Big To Fail</i>	The LIDA Project	2009
<i>Bovantiy Fair</i>	Bovine Metropolis Theatre	2008
<i>Inconvenient Truths</i>	Bovine Metropolis Theatre	2007

Voice and Movement Coaching

<i>Émilie: La Marquise Du Châtelet Defends her Life Tonight</i>	Movement Director, Dialect Coach, Appalachian State University	2025
<i>Carrie</i>	Voice and Projection Coach	2024

<i>Men on Boats</i>	Vocal Coach, Appalachian State University	2024
<i>Passage</i>	Viewpoints Consultant, Appalachian State University	2023
<i>Rights Given, Rights Taken: Stories of Equality</i>	Lake Superior State University	2020
<i>The Importance of Being Earnest</i>	Lake Superior State University	2020
<i>Black Bottle Man</i>	Dogtown Dance Theatre	2019
<i>Atsumori</i>	Hampden-Sydney College	2018
<i>Lord of the Flies</i>	Hampden-Sydney College	2017
<i>Emperor of the Moon</i>	Austin College	2017
<i>Metamorphoses</i>	Austin College	2016
<i>Love and Information</i>	Austin College	2016
<i>Hedda Gabler</i>	Austin College	2015
<i>#LookUp</i>	Texas Tech University	2016
<i>Fuddy Meers</i>	Texas Tech University	2013
<i>The Wizard of Oz</i>	Pine Forest Camp	1998
<i>You're a Good Man Charlie Brown</i>	Pine Forest Camp	1998

Producing		
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Spring 2011
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Fall 2010
<i>Godspell</i>	Red Rocks Community College	Spring 2010
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Spring 2010
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Fall 2009
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Spring 2009
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Fall 2008
<i>Time and Again Times Ten</i>	Red Rocks Community College	Summer 2008

<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Spring 2008
<i>Collaborative Dance Concert</i>	Lakewood Cultural Center	January 2008
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Fall 2007
<i>Red Rocks Community College Dance Concert</i>	Red Rocks Community College	Spring 2007

Related production experience

<i>The Fool of Elsinore</i>	Dramaturg	Wisconsin Shakespeare Festival	2023
<i>He's the First</i>	Dramaturg	Wisconsin Shakespeare Festival	2023
<i>A Disorderly House</i>	Dramaturg	Wisconsin Shakespeare Festival	2023
<i>The Bridge</i>	Scenic Painter	Lake Superior State University	2020
<i>The Bridge</i>	Sound, Projection, and Costume Design	Lake Superior State University	2020
<i>Atsumori</i>	Set Design Consultant Seamstress House Manager	Hampden-Sydney College	2018
<i>Lord of the Flies</i>	Costume Design/Construction Prop Design Sound Design Stage Management Trainer	Hampden-Sydney College	2017
<i>Metamorphoses</i>	Costume Design mentor Sound Design Live Instrumentation Designer	Austin College	2017
<i>Love and Information</i>	Live Instrumentation Designer	Austin College	2017
<i>Hot +Wax</i>	Dramaturg Writing and Development Collaborator	The LIDA Project	2010

<i>Time and Again Times Ten</i>	Scenic Artist	Red Rocks Community College Theatre	2008
<i>Bovanity Fair</i>	Writing and Development Collaborator	Bovine Metropolis Theatre	2008
<i>Weapons of Choice Convenient Truths</i>	Lighting Operator Writing and Development Collaborator	RRCC Theatre Bovine Metropolis Theatre	2007 2007
<i>Variety/Olio Show</i>	Costume Construction	RRCC Theatre	2008
<i>A Midsummer Night's Dream</i>	Costume Construction	RRCC Theatre	2006
<i>Summer Youth Conference</i>	Scenic Designer Set Construction Scenic Artist	Franciscan University of Steubenville	1999
<i>G.K. Chesterton</i>	Lighting Operator	Anathan Theatre	1999
<i>Twelfth Night</i>	Assistant Stage Manager Costume Construction Properties Mistress	Anathan Theatre	1998
<i>Trojan Women</i>	Costume Construction	Anathan Theatre	1997
<i>Kindertransport</i>	Stage Manager	Anathan Theatre	1996

Educational Acting Experience

<i>The Country Wife</i>	Dainty Fidget	Texas Tech University	2013
<i>The Learned Ladies</i>	Bélise	Texas Tech University	2012
<i>Reduced Hamlet</i>	Hamlet	Anathan Theatre	2000
<i>The Inspector General</i>	Fevronya Petrova	Anathan Theatre	1999
<i>The Infernal Machine</i>	Mother	Anathan Theatre	1998
<i>Our Town</i>	Mrs. Gibbs	Anathan Theatre	1998
<i>The Land of Counterpane</i>	Blinky	Anathan Theatre	1998
<i>The Goblins Plot to Murder God</i>	Goblin	Anathan Theatre	1997

<i>Trojan Women</i>	Chorus	Anathan Theatre	1997
<i>Tartuffe</i>	Marianne	Anathan Theatre	1997

Special Skills:

Advanced French writing, reading, speaking, Noh Kata (movement), Noh Utai (singing), and Shimai (dance), Contact Improv, Period Movement, Jazz Dance, Hip Hop Dance, Zumba® and Aqua Zumba® Certified Instructor (Salsa, Merengue, Cumbia, Reggaeton), 19 years of experience as a group fitness instructor of the following formats: Step, Turbokick® and various kickboxing formats, Aqua, Yoga, Pilates, Schwinn Cycle and various indoor cycle formats.