

Teaching has been a cardinal force in my life since I was 25 and became certified in Pilates. Since then I have also taught dance classes including contemporary, hip-hop, movement for actors, and workshops with themes including performance, improvisation, and composition.

I believe there is no one technique, approach, or way that will speak to everyone or give students a comprehensive movement experience. Bodies are simply too wild and unbound for one approach to work for everyone. There are so many things our bodies can do and I want to celebrate that in my teaching by pulling in things I've learned from many of the movement styles I have studied, from dance techniques to breath work to theater training to going to the club. Movement is expression; it is a way to integrate our minds and bodies; it is a way to release, connect, organize, and orient. I want all students to resonate with at least one of these experiences of movement, as they have so profoundly shaped my life.

I believe in treating students like people, not just bodies. I try to meet students where they are, and observe their strengths and learning styles. I work toward accepting everyone's bodies, capabilities, and limitations, including my own. I welcome my students to explore movement and 'what feels good' while striving to give them a clear idea of what I am hoping they can achieve. I believe that movement should not always feel like a struggle; to be worth it, there must be moments of supported abandon and abundant joy. I value an open and safe-feeling environment where students are encouraged to act with integrity towards themselves and others.

Teaching Pilates has given my life stability and direction for many years. I chose Pilates because I wanted a job that would support my dancer lifestyle and I had personally felt my deeper core muscles for the first time ever in a Pilates class, ten years after I began dancing. My experience of Pilates was that it was a place I could slow down and connect to subtler sensations in my body. Pilates also kept me connected to a world outside of dance where people with bodies and minds that are not obsessed with movement and expression come to feel a little bit better one day or week at a time. It is a gift to have identities in multiple worlds and not just one.

For me, teaching movement is the intersection of passion and meaning. I love sharing the joy of movement with others and believe that teachers can support individuals, empower communities, and improve lives. Education and learning have guided my life; I participate in this lineage to pass on the best of what I have learned with these ideals in mind and body.