



ICON SAM: TEMPLE DANCES

JUNE 14–24, 2018

PERFORMER BIOS

GABRIELLE ABRAM is a Gary, Indiana native. She received her training at the TU Dance Center and Perpich Center for Arts Education. She has performed at the O'Shaughnessy Theatre, Bryant-Lake Bowl, and The Cowles Center for Dance & the Performing Arts with choreographers Mathew Janczewski, Vanessa Voskuil, Orlando Hunter, and Darrius Strong. She hopes to change the world through movement and inspire a community of young movers.

JULIA GAVIN BITHER is a performer and dance-maker living in Minneapolis. She creates movement-based installation work with collaborator Claire King. She has performed with HIJACK, Laurie Van Wieren, Laura Levinson, Anna Marie Shogren, Chris Schlichting, Emily Johnson/Catalyst, GENDER TENDER, DaNCEBUMS, and Mad King Thomas.

BARB BRYNSTAD is a Minnesota-based musician with decades-long deep roots in the Twin Cities music community. As a singer, bass, and guitar player, she has played in several well-known local bands with strong followings including Willie Murphy's Angel-Headed Hipsters and the One-Hit Wonders, to name a few. She also frequently contributes backing vocals and bass to a variety of recording projects, and enjoys playing all styles of music, including blues, funk, pop, rock, country, gospel, and jazz. During the day, she works as a marketing director for a global technology company.

CARLIE CLEMMERSON began training with Minnesota Dance Theatre at age four. She has received instruction in classical ballet, modern dance, and tap. Carlie spent two summers at San Francisco Ballet School on scholarship, participated as a trainee at the Paris Opera Ballet School summer session and with the Royal Danish Ballet. Carlie has performed principal roles in *Loyce Houlton's Nutcracker Fantasy*, *Knoxville, Summer of 1915*, *Lise Houlton's The Enchantment*, *Rumblings*, *Edifice Wrecks*, *An Arrangement* and *Dispatches*. She has also performed in works by Wynn Fricke, Helen Hatch, and in Jose Limon's *The Moor's Pavane*. She holds the distinction of rising through the *Nutcracker* ranks from the littlest mouse, to Marie, to her debut as the Sugarplum Fairy in 2017.

RAHILA COATS is a dance major at the University of Minnesota. She has performed at the U of M dance concerts in the works of Carl Flink and Chris Schlichting as well as works by Jeffery Peterson, Karen L. Charles, John Mark Hostelier, Rae Charles Harge, Dario Mejia, Lara Ciganko, and Betsy Maloney. In 2017, she toured with Threads Dance Company to Atlanta. For her junior college year she will be studying in the joint student program between Hebrew University and the Academy of Music and Dance in Jerusalem.

SUSANA DI PALMA has been the founder and artistic director of Zorongo Flamenco Dance Theater in Minneapolis for 35 years. The Company just completed its spring season at The Cowles Center featuring di Palma's *Garden of Names*. Di Palma lived and worked in Spain to learn the traditions of flamenco, expanding on that tradition to create original theater flamenco works. In 2016, her *Lorca's Women* won a Sage Award for Best Performance as well as "Artist of the Year." In 2018, Susana was a recipient of the McKnight Fellowship for Choreography. She is an esteemed master teacher of flamenco.

NON EDWARDS is a dancer, choreographer, and administrator focused on agency, signature, improvisation, and the phenomenology of dance. Currently performing with HIJACK, Deborah Jinza Thayer, and Morgan Thorson, she has worked with such diverse artists as Jennifer Glaws, Mathew Janczewski, Kerry Parker, April Sellers, Laurie Van Wieren, and in collaboration with Missa Kes. Occasionally, she teaches Bastard Dance Practice.

SAM FEIPEL has been dancing tap, jazz, and acrobatics since he was seven, starting ballet and modern when he was twelve years old. He has studied at the Central Illinois Ballet and the School of Ballet Chicago, and was frequently a guest artist for the Ketchikan Theatre Ballet of Alaska. A 2005 McKnight Fellowship for Dancers recipient, Sam's MDT repertory exceeds 60 ballets. This is Sam's fifteenth season with the MDT Company.

Minnesota-based choreographer **WYNN FRICKE**, recipient of seven McKnight Fellowships in Choreography and Performance, produces, according to *City Pages*, precise and virtuosic work "guided by extremes of physicality. Part of the pleasure of watching it is that the difficult appears effortless; the tiny and delicate, Herculean." Wynn danced with Zenon Dance Company from 1992 to 2001 and since 1998 has created eight original works for the company including her most recent work, *The Mourning Tree*, which premiered in 2015 with live traditional Bulgarian folk music performed by Mila Vocal Ensemble. In 2016, Wynn traveled with Zenon to Havana, Cuba where her choreography, *My Very Empty Mouth*, was presented at the historic Jose Marti Theater. Wynn served as Choreographer-in-Residence with Minnesota Dance Theatre from 2005–2007, and in 2008 she was the Dayton-Hudson Distinguished Visiting Artist at Carleton College. She has had choreographic residences at the American Dance Festival in Durham, NC; at The Yard in Chilmark, MA; and in Yaroslavl, Russia. Wynn has created work for additional companies including James Sewell Ballet, Ballet Arts Minnesota, Ragamala Dance Company, Frank Theatre, Minnesota Ballet, and Borrowed Bones Dance Theatre. Wynn is Assistant Professor in the department of Theater and Dance at Macalester College in St. Paul, MN where she has taught since 2008.

HIJACK, is the choreographic collaboration of Kristin Van Loon & Arwen Wilder. Van Loon & Wilder each grew up in Chicago, met at Colorado College, and established their collaboration in Minneapolis in 1993.

HIJACK actively questions where and for whom dance is performed. Specializing in the inappropriate, they toy with audiences' expectations through their interpretation of venue. They perform each HIJACK dance in both social and theatrical spaces. Pieces bear the imprints of the places they've been.

HIJACK has taught and performed in New York (at DTW, PSI22, HERE ArtCenter, Catch/Movement Research Festival, La Mama, Dixon Place, Chocolate Factory, Brooklyn Studios for Dance), Japan, Russia, Central America, Ottawa, Chicago, Colorado, New Orleans, Philadelphia, Seattle, San Francisco, Iowa, at Bates Dance Festival, Seattle Festival of Dance Improvisation, and Fuse Box Festival in Austin, Texas.

HIJACK has taught Contact Improvisation/Improvisation upstairs at Zenon Dance School every Wednesday morning for eighteen years. They also teach at University of MN and TU Dance School. In 2014, Contact Quarterly published the chapbook "Passing For Dance — a HIJACK reader". This is their fourth project with Sally Rousse: "Try To Sit in A Non-Evocative Pose" (BLB, 2005), "At Best" (with James Sewell Ballet, 2010), "DecoLabia" (Ecolab Plaza, 2016).

In 1995, **LISE HOULTON** was appointed artistic director of Minnesota Dance Theatre (MDT), having recently retired from an acclaimed international performing career that included Stuttgart Ballet and American Ballet Theatre.

MDT was founded in 1962 by Loyce Houlton, one of the first American women to gain international recognition as a choreographer, teacher, and producer. Loyce embarked on an artistic journey that would change the Twin Cities' artistic landscape and have a lasting impact on the world of dance. Under her direction, MDT began drawing attention for the beauty, energy, and daring aesthetics of her work. National recognition for its innovative performances helped establish MDT as the flagship dance company in Minnesota.

JUDITH HOWARD has been making dances in the Twin Cities for over 30 years and her work has been presented at numerous venues, nationally and internationally, including the Walker Art Center, the Southern Theater, 9x22 Dance/Lab, the NY Improvisation Festival and The International Festival of Contemporary Dance in Yaroslavl, Russia. Judith has performed the work of numerous choreographers including: SuperGroup, HIJACK, Morgan Thorson, Laurie Van Wieren, Off-Leash Area, Shapiro & Smith Dance, Skewed Visions, April Sellers, and Mad King Thomas. Her work has been supported by the McKnight and Jerome Foundations, the MN Regional Arts Council, and Carleton College. She was selected "Twin Cities Best Choreographer" in 2005 and received a Sage Award for Outstanding Performance (with April Sellers) in 2006. She was honored for her teaching with a Sage Award for Outstanding Dance Educator in 2014 and a Sage Award for Outstanding Performer in 2016 for her solo in the work of SuperGroup. Judith is currently an associate professor in Dance at Carleton College where she directs the Dance Program.

JUDITH BRIN INGBER first made dances as a child for her invalid grandmother. Later she received dance composition training at Sarah Lawrence under master Bessie Schoenberg. After dancing in NY, she moved to Tel Aviv where Judith taught dance composition

for apprentices of the Batsheva Dance Co and performed her own work. She returned to Minneapolis, working at Walker Art Center where she created and choreographed for the Choreographers' Evening, a program that has continued for over 40 years. Judith also choreographed and taught dance composition for the dance program at the University of MN. Her works have also been seen at Laurie Van Weiren's 9x22 series including "Clouds," a duet she choreographed with dancer Sally Rousse to original music by Jim Miller. Her dances were also in the repertory of Voices of Sepharad, the company she co-founded with singer David Harris; they performed extensively throughout the US, in Canada, Poland, and Istanbul.

ANNA JOHNSON is an interdisciplinary artist and arts educator based in Minneapolis. She creates image-driven performance art and music. She has collaborated and performed with Open Eye Figure Theatre, In the Heart of the Beast, Live Action Set, and the Soap Factory's *Haunted Basement*. Anna recently premiered new solo performance in Red Eye Theatre's *Works In Progress* Festival.

Anna currently directs and performs with the folk music project *Bella Yaga*. She is a new member of *Mila Vocal Ensemble*, a women's choir that performs Eastern European vocal traditions. Anna received a BA in Studio Art from Macalester College in 2014.

JESS KIEL-WORNSON is multimedia artist based in the Twin Cities. She holds a BFA from Webster University and an MFA from University of Illinois CU. Her work examines how we learn systems of power through our stories and surroundings. The installation "Befriending other men, falling in with a goat, and finding secrets to keep" considers the formation of masculine identities and communities through Masonic mythologies.

TUMELO KHUPE is a hip hop dancer from Botswana currently studying to obtain a Bachelor of Arts degree in Music Theatre (major) and Dance (minor). Having been a part of Urban Empire Dance Academy, based in Botswana, I am the first member to leave to further my performance education as well as build relationships with artists outside of Botswana. I have been in the Twin Cities for almost two years and I am so grateful to be granted these opportunities to share this platform with the amazing artists that contribute to my growth and identity as a performing artist. Highlights in the Twin Cities: *MIXTAPE* (2017) at The Cowles Center and *I'm From Vol 2* at the Southern Theater.

PEDRO PABLO LANDER is a queer Minneapolis-based, Venezuelan performing artist and maker. Pedro is currently a teaching artist with Upstream Arts and the Pillsbury House Theatre where he hosts monthly Drag Story Hour for children.

JUSTIN LEAF is a performance artist based in Minneapolis. He graduated from The Juilliard School in 2001 and was a company member of James Sewell Ballet (2002–2008) and Minnesota Dance Theatre (2008–2014). Since 2006, Justin has presented more than two-dozen cabaret works that merge song, dance, and story, often through the persona of Mistress Ginger. Justin has received a 2001 Zaraspe Prize for Outstanding Choreography, a 2007 Minnesota SAGE Award for Best Performance, a 2009 McKnight Fellowship for Dancers, and a 2014 Next Step Fund Grant. Justinleaf.com

ANGELIQUE LELE is an actor, dancer, and yoga teacher. She has been performing on the stage for most of her life. In 2000, she co-founded an LA-based theater company called Toxic Shock Stage. They had a good run. Perhaps you've heard of them? No? Didn't think so. Nevermind then, Minneapolis beckoned anyways. In 2012, a trapeze accident paralyzed and landed her in a wheelchair, which is when she had the great fortune to discover the world of integrative dance. She is grateful to have performed with Young Dance, choreographer Maria Tierney, in Jerome Bell's *Gala*, as well as with Revolution Dance in Tampa, Florida. Angelique is excited to be working with this amazing group of talented performers. Thank you Sally!

JUDITH HOLO LUE CHOY is a Minneapolis-based interdisciplinary sonic-performance artist and choreographer. Their work prioritizes the experiences of historically oppressed groups, especially transgender people and people of color, and how such identities affect the way one interacts with the world. Her work aims at constructing a sense of healing from communal traumas.

From age three, **MARY MAILAND** has always had a passion for performance and expression. At Jamm Dance Company, she studied a wide range of styles and techniques, including ballet, pointe, tap, jazz, contemporary, modern, hip hop, and swing. She will complete a BFA in Theater and Dance at Macalester College in 2019. Mary is a member and choreographer for Crash Dance Productions 2 since 2017, a pre-professional contemporary dance company located in Minneapolis. She has performed choreography by Wynn Fricke at the American College Dance Association Regionals, nominated for Nationals in 2018. Mary continues to expand her movement vocabulary and technique by taking classes in the Twin Cities and working with local choreographers. She never wants to stop learning and improving.

MEGAN MCCLELLAN has been a dynamic presence in the Twin Cities dance scene for over 20 years. She received a 2003 McKnight Fellowship in Dance and City Pages named her a 2012 Artist of the Year. In addition to her 17-year relationship with Shapiro & Smith Dance, Megan has performed for Minnesota jazz master Zoe Sealy, Joe Chvala and the Flying Foot Forum, Black Label Movement, Beyond Ballroom Dance Company, Keane Sense of Rhythm, Guthrie Theater, Ordway Center, Minnesota Opera, Illusion Theater, Walker Art Center, and Nautilus Music-Theater, to name a few. Besides dancing for others, she co-founded the dance and theater company Sossy Mechanics with her husband Brian Sostek. Known for their Fred-and-Ginger style dancing, their shows *Trick Boxing* and *Pieces of Eight* have toured nationally and internationally to critical acclaim, and led to their winning a 2015 Ivey Award for Playwriting and Choreography.

JIM MILLER, HPMT, MT-BC is a Board Certified Music Therapist. Jim works as a music therapist with Optage Hospice where he is able to leverage the power of music to help patients and their families through the continuum of end of life. Jim is also the co-principal flute with the Jewish Community Center Symphony of St. Paul and Minnesota's Health Sciences Orchestra. Jim is especially grateful to Judith Brin Ingber as *WHERE?* is his fourth collaboration with her.

RACHEL MILLER has been training in multiple disciplines of dance since the age of 5 in competition studios such as Studio 4 Dance, and now at the University of Minnesota Twin Cities as a BFA Dance Major. Through the program, she not only trains and studies, but

networks herself with artists such as Gregory Dolbashian, Wynn Fricke, Gerald Casel, and Rosy Simas. Outside of school, she works freelance, including backup dancing on stage and in music videos for singing artists Tickle Torture and Little Scream, as well as various events at the Xcel Energy Center including the recent Prince Tribute concert where she danced alongside Tori Kelly and Chaka Khan with local hip hop/contemporary company Shapeshift. Rachel also teaches/choreographs in the disciplines of contemporary, lyrical, and ballet at Studio 4 where she brings her moving aesthetic to life in her students, both inspiring them as well as being inspired by their progress and talent.

Brooklyn native, **ALANNA MORRIS-VAN TASSEL** is one of Dance Magazine's "25 to Watch" for 2018. A dancer, teaching artist, choreographer, and artist organizer, Alanna had a ten-year career with TU Dance (Toni Pierce-Sands and Uri sands, Co-Artistic Directors). She received the 2015 McKnight Dancer Fellowship and 2011 Minnesota SAGE Award, Outstanding Performer. Currently, Alanna is developing a body of solo dance excavating transition and journey. She is a teaching artist through the TU Dance Center, Steppingstone Theatre for Youth Development, COMPAS, and East Side Arts Council.

Alanna is a graduate of Fiorello H. LaGuardia High School of Music & Art and Performing Arts and holds a BFA in Dance from The Juilliard School.

SALLY ROUSSE leads a multi-faceted life in dance that includes performing, teaching, curating, choreographing, and writing, receiving two McKnight Artist Fellowships for Dancers (2001 and 2014), a 2013 Sage Award for Outstanding Performer, and named "Artist of the Year" (City Pages, 2010). She trained at the School of American Ballet and with David Howard before performing as a leading dancer with Ballet Chicago, the Royal Ballet of Flanders, and James Sewell Ballet, which she co-founded in NYC in 1990. Sally has taught and choreographed at several companies and schools including Harvard University, Ballet Hispanico, Ballet Preljocaj, Matthew Bourne's *Swan Lake* and *Car Man*, and Paul Taylor. She is certified in Reiki, Brain Gym® and Zena Rommett Floor-Barre® and teaches at MDT both in the Performing Arts Division and the Open Division. Sally is the first Artist in Residence at the Cowles Center. During the past year, she has engaged the community through free movement workshops, discussions, and has given historic tours throughout the entire Cowles Center for students and audiences. She collaborated with artist Coco Connelly on covering the five brown doors of the Goodale Theater with dance photography featuring women and/or artist of color. Sally's next work will be at Open Eye Figure Theater in late September, 2018.

NTERANYA ARNOLD SANGINGA is a Congolese dancer and writer focused mainly on exploring his and other afro-descendant roots and cultures. For *ICON SAM*, he performs under the wise guidance of Wynn Fricke. Otherwise, Arnold is a member of Afoutayi Dance Company and has also worked with artists Wonsun Mbengeni, Keith Mundangepfupfu, Patricia Brown, Iminza Mbwaya, Dikenna Ogbo, Mareme Dieng, Brian Evans, Meghan Johnson, and Veda Sunassee. Outside of dance, he continues to look at the use of cultural language for community rehabilitation, as he completes his Political Science degree at Macalester College. This is his Cowles Center debut. Koko Bwenene.

EVE SCHULTE is a performer and instructor based in Minneapolis. She grew up training in ballet and modern at Minnesota Dance Theatre, and transitioned to company member in 2007. In 2009, she joined James Sewell Ballet, where she serves as both dancer and artistic associate. She also frequently collaborates with Live Action Set. In the summertime, she teaches at Blue Lake Fine Arts Camp, and has twice served as co-director for their International Ballet Ensemble. Her choreographic work *Any Offered None* was nominated for a 2016 MN Sage Award for Outstanding Performance. Eve also holds a B.A. in English from the University of Minnesota.

SAMANTHA SHORT, born and raised in Minnesota, started dancing at local competitive studio Short Dance Studios. Sam attended high school at Saint Paul Conservatory for Performing Artists (dance program) and spent six years with Heights Ballet Company performing locally. In addition to training with Darrius Strong, Lisa Berman, Herb Johnson, and at TU Dance summer intensives; Sam has performed at the JSB TEK BOX and the O'Shaughnessy several times for school performances. This is Sam's first year with STRONGmovement, recently performing in *MIXTAPE: Side B*.

SEAN SMUDA is an artist: seansmuda.com, curator of Pirsig Projects and Biennale Beinalley (which have an open call for works on FB and martists.org), and photographer: smudaphoto.com. He loves dance and dancers, even when they flip their wigs.

BRIAN SOSTEK's exploits have ranged from acting in some of Hollywood's most quickly cancelled sitcoms to touring internationally with percussive dance-theater company Joe Chvala and the Flying Foot Forum. Over three decades, he has parlayed his background in various dance forms, his lifelong experience with comedy, and his fascination with verbal and physical play into a successful and constantly expanding career in the performing arts. He has created and performed work for numerous companies including Sossy Mechanics, which he founded with wife Megan McClellan and with whom he won a 2015 Ivey Award for Playwriting and Choreography.

DARRIUS STRONG is a Twin Cities-based choreographer, dancer, and educator whose creative work has been chosen for the Walker Arts Center Choreographers' Evening, Rhythmically Speaking, The American College Dance Festival, and was featured in the New Griots Festival at the Phoenix Theater, Minneapolis. Strong has created works for Threads Dance Project, Flying Foot Forum, Alternative Motion Project, St. Olaf College, Macalester College, and Hamline University. He has shared evening-length works *Ipseity* and *Access Granted*, and recently was commissioned to create a work for the 2017 Momentum New Dance Works series. Strong served as a 2016 Sage Award panelist and 2017 Metropolitan Regional Arts Council panelist.

Strong developed his own dance company STRONGmovement in 2015. He is also on faculty at St. Paul Conservatory for Performing Artists High School, TU Dance Center, and Eleve Performing Arts Center where he focuses on teaching young dancers how to connect their identity to movement. Strong is also a company member of Black Label Movement.

He is interested in working with movers of all experience levels in hopes of developing a broader supportive community, creating and building his company STRONGmovement.

SOLANA TEMPLE began her training with the Tucson Regional Ballet, later dancing with the company Ballet Tucson through her high school years. She spent her summers training with Boston Ballet, State Street Ballet, Ballet Austin, and Movement Invention Project. Solana attended The Juilliard School, where she received a BFA, performing works by Liam Scarlett, Merce Cunningham, Paul Taylor, Jose Limon, Eliot Feld, Larry Keigwan, Emery LeCrone, and Darrell Grand Moutrie. Solana was awarded the Martha Hill Prize for outstanding leadership and achievement in dance. At MDT, Solana has performed in works by Adam Barruch, Darwin Black, Christopher Bruce, Wynn Fricke, Elizabeth, Lise and Loyce Houlton, Marius Petipa, Glen Tetley, and Elayna Waxse. This is Solana's third season with MDT.

ERIN THOMPSON has been dancing at The Cowles Center since 1978 when the historical Masonic Temple became the Hennepin Center for the Arts. She is currently a Senior Teaching Specialist in the University of Minnesota's Department of Theatre Arts and Dance, teaching contemporary dance and the Alexander Technique. She has received numerous awards including a New York Dance and Performance Award 'Bessie' in 1986, a Sage Outstanding Dance Educator award in 2008, and City Pages Best Dancer award in 2016. Thanks for the magic, Judith and Sally!

Hi. How are you? xoxo, **MORGAN THORSON**.

ZACHARY TUAZON was born and raised in Tinley Park, Illinois. He received his initial training in ballet, modern, and jazz under the tutelage of Brenda Langan and Diane King. He has also received training from the Gelsey Kirkland Academy of Classical Ballet, Milwaukee Ballet, and Hubbard Street Dance Chicago. He went on to receive his BA in Dance Pedagogy from Butler University where he performed works by Gustavo Ramirez Sansano, Susan McGuire, Derek Reid, and Patrick Hinson. At MDT Zachary has performed in works by Adam Barruch, Darwin Black, Wynn Fricke, Helen Hatch, Loyce and Lise Houlton, Jose Limon, Marius Petipa, Glen Tetley, and Elayna Waxse. He is also an accomplished pianist. This is his third season with the MDT Company.

ISABELLE TUDOR started dancing at the age of six, studying ballet, tap and modern dance. She began studying at Minnesota Dance Theatre in 2012, and has attended summer intensives at MDT, Next Generation Ballet, Miami City Ballet, Ballet BC, and with Suzanne Farrell at the Kennedy Center. Isabelle was an apprentice with the company in 2016 and performed in works by Adam Barruch, Helen Hatch, Loyce and Lise Houlton, Marius Petipa, Glen Tetley, and Elayna Waxse. This is Isabelle's first season as a company member.

MORGAN (MAGIC DYKE) VELDHIJZEN is a Point Park University graduate with a Bachelor of Arts in Dance and a concentration in Modern. Some of their favorite past credits include: *Module* with Sidra Bell Dance New York, *The Dirty Ball* with Attack Theatre, *Hubbard Street: Fatum Inflicum* by Terence Marling, and *Side Street Walk* by Raphael Xavier. Morgan has danced professionally with ChoreoNova (Pittsburgh, PA), Attack Theatre (Pittsburgh, PA), and Alternative Motion Project (Minneapolis, MN). Since moving to the area they have discovered the art of transformation through makeup; exploring the realms of masculinity, femininity, and everything in between, they are proud to call themselves a Drag King in the community. Morgan has found refuge in these people and this process, as it has been a journey requiring both fragility and vigor and she would like to extend her dearest thanks to Judith Howard for being the Earth Mother and driving force of this ICONIC experience.

LUCIA WEBB is a dancer and choreographer from Oregon. She graduated with a BA in Dance and American Studies from Carleton College in 2016 and remains interested in the confluence of the two subjects. She feels motivated by the way that art can create both clarity and confusion.

CHENG XIONG is a young professional dancer that grew up in the East side of St. Paul, Minnesota who started off as a street dancer. Xiong received his Bachelor of Arts in Dance at The University of Minnesota Twin Cities in 2014. Currently he works with professional dance companies such as Black Label Movement, STRONGmovement, and In New Company. Xiong is not just a sought-after Hip-Hop/Breakdance instructor, he is also leading and helping connect communities with a passionate organization called Hmong Breakers Leadership Council.

PEGGIE ZOERHOF founded The Intelligent Body Pilates Studio in Chanhassen, MN in 1997. She is among the first STOTT PILATES® certified instructors in the Minneapolis/St. Paul area and studied under the direction of Moira Merrithew, who co-founded STOTT PILATES® with husband Lindsay Merrithew. Her life long love and study of dance lead her to Pilates and allows her to support her professional dancer daughter, Amanda Zoerhof, in very practical ways.

After growing up in Door County, WI, she graduated in 1982 from Carroll University in Waukesha, WI with a BA in Communication. Understanding that communication is circular and occurs within the context of movement plays heavily into her work as a teacher, business owner, parent and human.