

Dance can be considered one of the oldest, most primal activities practiced by humans. It is, for me, the oldest, most familiar, and reliable "constant" in my life. As a human who has danced for *most* of her life, in a diverse range of styles, both professionally and recreationally, dance is an enormous part of my identity. I believe dance is an essential part of humanity. It is human nature to dance-- when children are excited, they "jump for joy". Dance is worth sharing for many reasons and should be accessible to all people, but it is of utmost importance that young, developing students be exposed and have access to an education in dance. Teaching dance in the public school system is desirable because of the invaluable skills a student can gain, including, but not limited to:

Concentration; work ethic; etiquette; creative thinking; focus; musicality; professionalism; non-verbal expression; courtesy; respect; critical thinking; comprehension; physical strength; physical fitness; energy management; confidence; physical, mental, and emotional health; brain plasticity; socialization; etc. These are life skills that are applicable and beneficial regardless of what career path a student takes.

My teaching embodies and encourages creative thinking, expression, and innovation. I am looking for a supportive school community that embraces those same ideas. Having danced in several professional dance companies, in varying genres and techniques of dance, makes me versatile and quick thinking. My versatility and creativity are strengths I can use in the classroom to engage and enthuse students.

I believe that when we dance, there is no room for hate. I believe that dance heals. It unifies and enables. Dance is a brain-body practice and while it does indeed exercise the body, it also engages the mind and uplifts the soul. Dance has always added meaning and purpose to my life. My goal is to share the benefits and joys of dance with the students of New York City's public school system.