



Shannon grew up and began her dance training in Ontario, where she attended the Quinte Ballet School and the Hamilton Conservatory for the Arts. Her love of dance led her to Alberta to attend the University of Calgary, where she graduated in 2007 with a Bachelor of Arts in Dance with Distinction, given by the faculties of Fine Arts and Kinesiology. While in the program, Shannon greatly benefitted from both the ballet training of the School of Alberta Ballet, as well as the contemporary instruction from the university. She was also fortunate enough to perform in several shows within and outside the university setting.

Shannon has taught dance in Calgary for over 12 years, with a focus on classical ballet. In 2017 she successfully completed her Associate Diploma teaching exam in ballet from the Imperial Society for Teachers of Dance (ISTD) under the mentorship of Shirley Agate-Proust. Shannon is always excited to share her knowledge gained of technique and artistry with her students. She uses the discipline, work ethic, and dedication learned through her years of dancing in all aspects of her life and hopes she can pass this on to all the up-and-coming dancers she comes across.

