



Sheahan has been sharing her love and passion as a dance educator for over 32 years, is an International Classical Ballet Examiner for the ISTD, and has accomplished her Masters of Art, Dance Technique Pedagogy, remotely with Middlesex University, England.

Sheahan trained in Calgary, Toronto, Victoria, L.A., and England, studying ballet, contemporary, jazz, African, swing, character, tap, and musical theatre styles and danced professionally with Norwegian Cruise Lines and in independent projects throughout North America and the U.K. She is a graduate of Laine Theatre Arts in Epsom, England, where she was invited to teach during her final semester.

Sheahan is qualified and practiced as a Registered Massage Therapist and Certified Decongestive Therapist, which allows deeper understanding of the physical instrument and instruction to impart to her students.

Sheahan has attained her Fellowship in Imperial Ballet, and Licentiate in Modern Theatre with the ISTD and is grateful to have held the position of choreographer for the Badlands Passion Play for the 2019 season.

Sheahan is a proud to be a teacher and choreographer at Elite Dance Academy and Movement Instructor for Ambrose University's Fine Arts Theatre Diploma program and Modern instructor for the Dance Minor.

Volunteering as a member of the Healthy Dancer Canada's Dancer Screening Committee she co-presented at the 2018 HDC conference in Toronto, 2019 IADMS conference in Montreal, and HDC's online screening workshop in 2022.

Sheahan is proud to have taught many of Calgary's emergent dancers and dance educators and honoured to see so many of her students involved in professional dance communities around the world.

