



Vanessa is an experienced dance educator, who is passionate about sharing her love of dance with her students. She began training at a young age in a variety of styles. Her performance credits include Ignite! Festival, the University of Calgary's MainStage, and Skylines Dance and Film festival. Vanessa's passion for dance education led her to pursuing professional teaching qualifications. She has successfully achieved her Associate Diploma in Imperial Classical Ballet, and her Associate in Modern Theatre from the Imperial Society of Teachers of Dancing.

Outside of the studio Vanessa's passion for learning about movement, health, and the body led her academic pursuits. She holds a Bachelor of Kinesiology with a minor in dance, and a Master of Science with a specialization in Health, Exercise, and Sports Psychology from the University of Calgary. Through her academic pursuits, she has had the opportunity to attend national and international dance science and medicine conferences. Vanessa also has peer reviewed publications, including in the journal *Research in Dance Education*.

Vanessa's knowledge of the body and passion for dance science inspires her to continue developing and exploring safe and healthy dance practices. She strives to foster confidence, hardwork, and inspiration to each of the students that she teaches, while helping them reach their potential as individuals.

