

JENN PRAY

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EDUCATION

- 2023 – expected **Master of Fine Arts in Dance**, University of Washington (UW)
- 2012 **Bachelor of Arts in Dance and International Studies**, University of Iowa (UI)
Summa cum laude with honors
- 2010 International Student Exchange, Universiteit Leiden, The Netherlands
International Law and Politics

UNIVERSITY TEACHING

- 2021-23 **Pre-Doctoral Lecturer**, University of Washington, Seattle, WA
Instructor of Record:
Contemporary Ballet: Intermediate, Introductory
Contemporary Dance Histories: Dance & Theater since the 1960s
Contemporary Modern: Advanced, Intermediate, Beginning, Introductory
Improvisation in Postmodern and Contemporary Dance: Intermediate
- Teaching Assistant:
Anatomy for Dance: Guest lecturer for Shoulder Unit
Understanding Dance: Online, asynchronous survey course
- 2020 **Visiting Instructor of Theater and Dance**, Macalester College, St. Paul, MN
Beginning Ballet

PERFORMING EXPERIENCE

Dance Companies

- 2021-2022 **Chamber Dance Company**, Seattle, WA
Hannah C. Wiley and Rachael Lincoln, Artistic Co-Directors
Choreography by: Camille A. Brown, Gary Champi, Joe Goode,
Crystal Pite, Shapiro & Smith
- 2017-21 **Stuart Pimsler Dance & Theater**, Minneapolis, MN
Suzanne Costello and Stuart Pimsler, Artistic Co-Directors
Repertory: Suzanne Costello – *The Marys, Raising Our Voices, Terra Incognita, Blind Faith*; Sophia Pimsler – *Join Us*;
Stuart Pimsler – *House/Home, Total Surrender, Swimming to Cecile, Matinee, Tales from the Book of Longing*
Residencies: University of Alabama Birmingham, St Olaf College, MN;
University of Massachusetts Amherst; North Alamo Community College, TX;
Tofte Lake Center, MN; Shenandoah University, VA
Tours: Fergus Falls, MN; Red Wing, MN; Worthington, MN; Detroit Lakes, MN

- 2012-16 **Threads Dance Project**, Minneapolis, MN
 Karen L. Charles, Artistic Director
Repertory: Karen L. Charles – *In This Skin, Warriors of Light, Malignant, Humanity & Elysian Fields Ave, Different*; Rae Charles – *Mob/Faction, Hush*; Gierre Godley – *Luna*; Julie Marie Muskat – *Culpa Linea*; Sophia Pimsler – *Veiled*
- 2015-16 **STRONGmovement**, Minneapolis, MN
 Darius Strong, Artistic Director
Repertory: Darius Strong – *Stage One: Focus, But Can You See Through These Eyes, Access Granted, Chapter 10, Seek*
- 2012-16 **Dance & Other Behaviors**, Minneapolis, MN
 Jenn Pray and Jordan Lee Thompson, Artistic Co-Directors
Presenters: University of Iowa Dance Department, University of Iowa Museum of Art, The Southern Theater, Minnesota Dance Festival, Minnesota Fringe Festival, Public Functionary Art Gallery
- 2012-14 **Ballet Minnesota**, St. Paul, MN
 Andrew Rist, Artistic Director
 Original principal roles in *Cinderella* and *The Rite of Spring*
Repertory: Andrew Rist – *The Classic Nutcracker, Handel's Messiah*

Dance Projects

- 2018 **Non Edwards Dance**, Minneapolis, MN
- 2017 **Lime Rickey International**, Minneapolis, MN
Destroy//Minneapolis by Leyya Tawil
- 2017 **Brian Evans Dance**, St. Paul, MN
- 2017 **DanceCo**, Minneapolis, MN
 Brittany Fridenstine-Keefe and Matthew Keefe, Artistic Co-Directors
- 2017 **Loom Lab**, Minneapolis, MN
 Mariah Larkin and Torre Edahl, Artistic Co-Directors
 Lead Role in *Devised Dance Theater Work*
- 2016 **Minnesota Opera**, St. Paul, MN
Romeo & Juliet, Penny Freeh
- 2016 **Tanzwerkstatt Europa**, Munich, Germany
 Featured Soloist at *Who's Next? Open Stage*
- 2016 **Henny Jurriens Stichting**, Amsterdam, the Netherlands
 Featured Soloist at *Bel Campo Dance*
- 2015-16 **Live Action Set**, Minneapolis, MN
 Noah Bremer and Joanna Harmon, Artistic Co-Directors
The Sparrow, The Half-Life, and Crime & Punishment
 Devised ensemble dance theater works

Dance Projects Continued

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|---------|---|
| 2014-15 | Kinetic Evolutions , Minneapolis, MN Sarah LaRose-Holland, Artistic Director |
| 2014 | James Sewell Ballet , Minneapolis, MN Guest Artist for <i>DanceUSA</i> performance |
| 2012 | Poetic Rebound Performance Company , Iowa City, IA Nicole Hussain Morford, Artistic Director |
| 2011 | Latin Choreographers Festival , Brooklyn, NY <i>Some Day</i> , Eloy Barragán |
| 2011 | Brooklyn Ballet First Look Choreography Showcase , Brooklyn, NY <i>Some Day</i> , Eloy Barragán |
| 2010 | Turks and Caicos Friends of the Arts , Turks and Caicos Islands <i>The Nutcracker</i> , George de la Peña |
| 2009-14 | Iowa Dance Theatre , Des Moines, IA Mary Joyce Lind, Artistic Director Principal Guest Artist |

ADDITIONAL TEACHING

Faculty Positions

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| 2016-21 | St. Paul Conservatory for Performing Artists: St. Paul, MN Public Arts Charter High School with Dance Track Anatomy & Wellness Ballet: Beginning, Intermediate |
| 2013-21 | Ashley Ballet Arts Academy: Golden Valley, MN Pre-Professional Dance Studio, ages 4-18 Modern: Beginning, Intermediate, Advanced Contemporary: Intermediate, Advanced Ballet and Pointe: Beginning, Intermediate, Advanced Jazz: Beginning, Intermediate |
| 2011-12 | University of Iowa Youth Ballet Forum: Iowa City, IA Intermediate Ballet |

Anatomy and Somatics

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| 2020-Present | Jenn Pray Yoga & Wellness: Owner, Seattle, WA Virtual Studio Membership Platform and Livestreamed Classes Mindfulness and Breathwork: Open Level Vinyasa Yoga: Basics, Open Level, Advanced |
| 2020 | Cowles Center for Dance: Minneapolis, MN Wellness for Dancers |

- 2019-20 **Yess Yoga:** Teacher Trainer & Teacher, Minneapolis, MN
 Anatomy & Alignment of Arm Balances & Inversions
 Roll & Release: Myofascial Release
 Vinyasa Yoga: Open Level
- 2013-18 **Your Yoga:** Teacher Trainer, Manager, Minneapolis, MN
 Anatomy of Movement: 32-hour Module for Yoga Teacher Training
 The Art of Sequencing: 32-hour Advanced Training for Yoga Teachers
 Dynamic Alignment for Yoga Teachers
 History and Evolution of Yoga for Yoga Teachers
 Voice Coaching for Yoga Teachers
 Lila: Open Level Playful Movement Improvisation
 Vinyasa Yoga: Basics, Open Level, Advanced
- 2011-12 **BodyMoves Movement Studio:** Teacher, Iowa City, IA
 Vinyasa Yoga: Intermediate
- 2010 **Universiteit Leiden Sportscentrum:** Leiden, The Netherlands
 Open Level Yoga

Master Classes and Guest Teaching

- 2020 **Minnesota State University, Mankato:** Mankato, MN
 Advanced Contemporary
- 2020, 16 **Threads Dance Project:** Minneapolis MN
 Voice & Movement: 4 class series
 Professional Contemporary: 4 class series
- 2019 **St. Olaf College:** Northfield, MN
 Ballet: Beginning, Intermediate
- 2019 **Classical Ballet Academy:** Summer Intensive, St. Paul, MN
 Intermediate Modern
- 2019 **Zenon Dance School:** Summer Session, Minneapolis, MN
 Adult Intermediate Ballet
- 2018 **Macalester College:** St. Paul, MN
 Intermediate Modern
- 2015 **New Tampa Dance Theater:** Summer Intensive, New Tampa, FL
 Modern: Intermediate and Advanced
 Ballet and Variations: Advanced
- 2013-15 **Mankato Ballet Company:** Summer Intensive, Mankato, MN
 Intermediate Modern, Intermediate Ballet
- 2008-14 **The Pointe Academy:** Summer Intensive, Des Moines, IA
 Modern: Beginning and Intermediate
 Intermediate Dance Making
 Intermediate Contemporary Repertory

Master Classes and Guest Teaching Continued

- 2013 **University of Iowa:** Iowa City, IA
Advanced Ballet
- 2010 **Universiteit Leiden Sportscentrum:** Leiden, The Netherlands
Intermediate Ballet

CHOREOGRAPHY

- 2022 **Chamber Dance Company:** Meany Studio Theater, Seattle, WA
Silent Summer, 10-minute dance theater solo
- 2022 **UW Dance Department:** Meany Studio Theater, Seattle, WA
FLAWLESS, 12-minute dance theater work for 5 undergraduates
- 2021 **Threads Dance Project:** The Cowles Center, Minneapolis, MN
Glitch, 12-minute dance theater commission for 5 dancers
- 2021 **The Phipps Dance Company:** The Phipps Center for the Arts, Hudson, WI
Emergence, 6-minute contemporary ballet ensemble piece for pre-professional youth company
- 2020 **Inbox@ArtBox:** Off-Leash ArtBox, Minneapolis, MN
Safe House, 3-minute dance theater solo
- 2020 **Iowa Dance Theater:** Fisher Theater at Iowa State University, Ames, IA
All That Remains, 10-minute contemporary ensemble piece for high school age dancers
- 2019 **Minnesota Dance Festival:** Loft Stage, Woodbury, MN
Shadowlands, 6-minute contemporary solo with singing
- 2018 **The Phipps Dance Company:** The Phipps Center for the Arts, Hudson, WI
In/Out/Through, 9-minute modern ensemble piece for pre-professional youth company
- 2018 **The Video Variant:** Minneapolis, MN
Human, Filmed and Edited by Nadia Honory
Choreographer and Director for 3-minute dance film
- 2017 **McNally Smith College of Music:** Art Inspired Music, St. Paul, MN
Within, 4-minute site specific solo, composed by Max Altmark
- 2017 **gallery three:** St. Paul, MN
Secrets, 6-minute site specific solo with visual artist Alex Poepping
- 2017 **Red Stag Supperclub:** Not My President's Day, Minneapolis, MN
Here We Are Again, 7-minute solo selected for protest performance
- 2016 **Tanzwerstatt Europa:** Muffathalle, Munich, Germany
Here We Are Again, 7-minute solo selected for new work showcase

CHOREOGRAPHY CONTINUED

- 2016 **Henny Jurriens Stichting:** Bel Campo Dance, Amsterdam, the Netherlands
Here We Are Again, 7-minute solo selected for new work showcase
- 2016 **ARTshare:** The Southern Theater, Minneapolis, MN
The Beginning of Things, 45-minute immersive dance theater work
created with vocal artist Jessica Pray Patel
- Fictions*, 40-minute ensemble dance theater work created with media
artist Jordan Lee Thompson, composed by Seth Tracy
- 2016 **Threads Dance Project:** TekBox Theater, Minneapolis, MN
Contact, 15-minute contemporary commission for 6 dancers
- 2016 **Italian Film Festival,** Minneapolis, MN
The Time Machine, directed by Roberto Francesco Cicero
Choreographer for 20-minute film
- 2016 **Ballet Arts Youth Ensemble,** Tekbox Theater, Minneapolis, MN
Seek, 8-minute contemporary duet choreographed with Darrius Strong
- 2015 **Minnesota Dance Festival:** O'Shaughnessey Auditorium, St. Paul, MN
The Deep, 7-minute contemporary quartet, composed by Seth Tracy
- 2015 **TU Dance Center:** Hit the Step! St. Paul, MN
Seek, 8-minute contemporary duet choreographed with Darrius Strong
- 2015 **Public Functionary Gallery:** HOTROCITY Launch Party, Minneapolis, MN
Eyes on Me, 6-minute improvisational score for 3 dancers
- 2015 **Iowa Dance Theater:** Hoyt Sherman Place, Des Moines, IA
Eta Carinae, re-staging of a contemporary ensemble work for high
school age dancers
- 2014 **Dances at the Lakes:** Lake Harriet Rose Garden, Minneapolis, MN
Eta Carinae, contemporary ensemble work adapted to an outdoor site
- 2014 **Ballet Arts Youth Ensemble:** TekBox Theater, Minneapolis, MN
Lorelei, 6-minute contemporary solo, vocals by Jessica Pray Patel
Eta Carinae, contemporary ensemble work for pre-professional youth
company
- 2014 **Ritz Renovate Choreographers Evening:** Ritz Theater, Minneapolis, MN
Lorelei, 6-minute contemporary solo, vocals by Jessica Pray Patel
- 2014 **Minnesota Museum of American Art:** Project Space, St. Paul, MN
Project Space, 20-minute solo improvisation, sound score by Ryan Horton
- 2014 **Minnesota Dance Festival:** O'Shaughnessey Auditorium, St. Paul, MN
Migrations, 7-minute trio, composed by Olivia Quintanilla

CHOREOGRAPHY CONTINUED

- 2014 **University of Iowa Alumni Concert:** Space Place Theater, Iowa City, IA
(In)humanity excerpts, composed by Seth Tracy
- 2014 **Minnesota Fringe Festival:** Southern Theater, Minneapolis, MN
(In)humanity, 50-minute dance theater work for 8 dancers, composed by Seth Tracy, film by Jordan Lee Thompson
- 2013 **Minnesota Fringe Festival:** Intermedia Arts, Minneapolis, MN
Memoryscape, 50-minute contemporary dance work for 3 dancers and vocalist Jessica Pray Patel, composed by Seth Tracy, film by Jordan Lee Thompson
- 2012 **University of Iowa Museum of Art:** Iowa City, IA
Reflections, 35-minute improvisational work, film by Jordan Lee Thompson

COMMUNITY ENGAGEMENT

- 2022-Present **Merrill Gardens Independent Living:** Seattle, WA
Lead Teacher
Mind in Motion: weekly movement class for senior adults
Arts in Motion: 3-week storytelling and dance residency for senior adults
- 2017-21 **Stuart Pimsler Dance & Theater:** Minneapolis, MN
Community Engagement Teaching Artist & Music Direction
Suzanne Costello and Stuart Pimsler, Artistic Co-Directors
Lead Teacher
Caring for the Caregiver: Workshop for healthcare providers
Family Albums: 2-week dance and theater residency for 5th graders
Assistant Teacher
Families In Motion: Workshops for families and children
Raising Our Voices: 2-week creative performance residency for people impacted by cancer
The Citizen Artist: Master class for college students
Text and Performance: Master class for college students
Life Stories: 2-week movement and storytelling residency for seniors
- 2017-20 **Washburn High School:** Minneapolis, MN
Mindful Movement for English Language Learners
- 2012-13 **Minneapolis Public Schools Beacons Program:** Minneapolis, MN
After school dance program for middle schoolers
- 2012 **United Action for Youth:** Iowa City, IA
Dance Program Artist in Residence

RESEARCH & WRITING

- 2022 **Dance Graduate Research Symposium – UW**, Seattle, WA
Unlocking Creativity: Community-Engaged Dance and Storytelling for Senior Adults
- 2021 **Dance in Higher Education Presentations – UW**, Seattle, WA
Social Interaction & Meaning-Making in Dance Education
- 2012 **International Studies BA Honors Thesis Symposium – UI**, Iowa City, IA
Implementation of the Responsibility to Protect Principle in Libya: The Roles of Individuals, Regional Mediation and Power Politics
- 2012 **Burns Weston Human Rights Essay Prize – UI**, Iowa City, IA
Implementation of the Responsibility to Protect Principle in Libya: Individuals and Regional Organizations as Human Rights Advocates
- 2011 **Research in the Capitol:** Des Moines, IA
Choreographed Culture: Mexican Folk Forms in American Modern Dance
- 2011 **Iowa Center for Research by Undergraduates Newsletter:** Iowa City, IA
Moving Through History: Researching Modern Dance in the Early 20th Century

SERVICE

- 2022-Present **UW Dance Student Association:** Graduate Student Adviser
- 2022-Present **UW Dance Majors Concert:** Mentor to undergraduate choreographer

PROFESSIONAL DEVELOPMENT

- 2019 **YogaCalm:** 100-hr Youth Yoga Instructor Training, St. Paul, MN
- 2016 **Kula Yoga:** 75-hr Advanced Vinyasa Teacher Training, Old Saybrook, CT
- 2016 **Impulstanz:** Professional Dance Festival, Vienna, Austria
Janet Panetta and Peter Jasko
- 2016 **Tanzwerkstatt Europa:** Professional Dance Festival, Munich, Germany
Bosmat Nossan, Ori Flomin, Juan Kruz and Noe Soulier
- 2016 **Henny Jurriens Stichting Summer Intensive:** Amsterdam, the Netherlands
Heidi Vierthaler, Kathleen Hermesdorf, Louise Michel Jackson,
Guy Nader, Maria Campos
- 2015 **Maureen Fleming, Regenerative Body Architecture:** Minneapolis, MN

PROFESSIONAL DEVELOPMENT CONTINUED

- 2014-15 **Structural Yoga Therapy Training:** Minneapolis, MN
- 2013 **Your Yoga:** 200-hr Yoga Teacher Training, Minneapolis, MN
- 2012 **TU Dance Summer Intensive:** St. Paul, MN
Toni Pierce-Sands, Uri Sands, Laurel Keen

HONORS, AWARDS AND GRANTS

- 2021-Present **Teaching Assistantship** – UW Seattle, Seattle, WA
- 2021-Present **Full Tuition Waiver** – UW Seattle, Seattle, WA
- 2020 **Gaia Fenna Memorial Artist Fellowship** – Tofte Lake Center, Ely, MN
- 2018 **Minneapolis Retired Teachers Inc.**, Minneapolis, MN
Grant for Teaching Artist Residency at Washburn High School
- 2017, 19 **Washburn Foundation**, Minneapolis, MN
Grant for Teaching Artist Residency at Washburn High School
- 2012 **Burns Weston International Human Rights Essay Prize**, Iowa City, IA
- 2012 **Collegiate Scholar Award** – U of Iowa Honors Program, Iowa City, IA
- 2011 **Iowa Dance Theater Hall of Fame Inductee**, Des Moines, IA
- 2010 **Iowa Center for Research by Undergraduates**, Iowa City, IA
Research fellow scholarship for dance history research under the
guidance of Rebekah Kowal
- 2008 **Iowa Center for the Arts Scholarship**, Iowa City, IA
U of Iowa Department of Dance
- 2008 **Iowa Scholarship for the Arts** – Iowa Arts Council, Des Moines, IA