

# LEILAH KIRSTEN

MOVEMENT & DANCE ARTIST

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Eastern Cape, RSA

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## PROFILE

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Leilah Kirsten is a South African movement and dance artist with a necessity to express her human experience through the moving body. She aims to inspire curiosity and personal reflection in audiences and aspires to transport them into their own creative sanctuaries. Leilah works with improvisation as a base for her creations and draws inspiration from the complexity of the human condition. She is a curious, intuitive and strong performer.

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## AREAS OF EXPERTISE

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- Release Technique
- Improvisation
- Contemporary Dance
- Choreography
- Training and Workshop Facilitation
- Event Organization & Co-ordination
- Private Movement & Dance Coaching
- Pilates & Physical Training Coaching

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## COMMUNITY PROJECTS

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**PERA School of Performing Arts (Cyprus) |**  
South African audition coordinator (2020)

**The Movement Project |** Co-facilitator and organizer, CTN (2019)

**Movement Immersion |** Co-facilitator, organizer and coordinator, CTN (2019)

**Jazzart Dance Theatre Training Programme |**  
Dance Training Facilitator, CTN (2019)

**Chrysalis Leadership Academy |** Dance Training Facilitator, CTN (2018)

**Movement Weekend Intensives |**  
Independent Project, JHB & CTN (2018)

**MusicDance021 |** Performances & Workshops, CTN (2018 to present)

**Contemporary Dance Classes Cape Town |**  
Founder & Organizer, CTN (2015)

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## PROFESSIONAL EXPERIENCE

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**PERFORMER (FREELANCE & INDEPENDENT ARTIST) |** *Multiple Engagements, 2002 to Present*

*Organizations & Companies:* Yaotl Physical Art Company (France), Darkroom Contemporary, Baxter Theatre & Scenkonst Sormland (Sweden), Jazzart Dance Theatre, The Cape Dance Company.

### Performance Artist

A solo performer as well as collaborator with a particular interest in improvisation and multi-disciplinary performance art. Release Technique and Contemporary Dance forms influence her physicality and creative works.

**Artistic Residency |** The Forgotten Angle Theatre Collaborative, 2020

**Artistic Residency |** Any Body Dance Lab, 2018

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## PERFORMANCE EXPERIENCE

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### “Present Tense”

Independent improvised performance, Any Body Dance Lab Artist in Residence Program, Cape Town, March/April, 2018

### “Por La Cordura” (work in progress)

Solo work co-directed by Yaotl Physical Art Company, New Dance Lab, Experimental Dance Festival, Cape Town, 2017

### “With Eyes in the Nape of My Neck”

Yaotl Physical Art Company, Cape Town International Dance Festival (full 50 minute duet) and Baxter Dance Festival (15 minute excerpt), 2016

### “LUKAS”

Yaotl Physical Art Company, Cape Town International Dance Festival, 2015

### “BLUEPRINT” – trio starts at 3:57

Darkroom Contemporary, Cape Town City Hall, 2014

### “I Hit the Ground Running”

Baxter Theatre (Cape Town) and Scenkonst Sormland (Sweden), 2013

### “Partly God”

Jazzart Dance Theatre and Lara Foot, Artscape Theatre, 2010

### “Cicadas”

The Cape Dance Company, National Arts Festival, Alvin Ailey Centre (New York) and Edinburgh Arts Festival (Scotland), 2007

### “Indlela”

The Cape Dance Company, National Arts Festival, Alvin Ailey Centre (New York) and Edinburgh Arts Festival (Scotland), 2007

**Numerous performances with The Cape Dance Company, 2002-2007**

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## EDUCATION

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**Young Adult Training & Job Creation Programme** (2009 – 2011)

Jazzart Dance Theatre, Cape Town

**Certificate in Contemporary Dance & Theatre Studies** (2005 – 2007)

Cape Academy of Performing Arts, Cape Town

Additional Study

**Reiki 1: Usui Method of Natural Healing** | 6<sup>th</sup> generation Reiki Master, Louise Westerhout (2019)

**Budokon Yoga Teacher Training (50hr)** | Budokon University (2018)

**Small Business Boardroom Course** | The School of Lifestyle Medicine (2015)

**Pilates Matwork Course** | Prime Movement (2013)

**Massage Training Programme** | The School of Lifestyle Medicine (2012)

**Personal Trainer Certificate** | American Council of Exercise (ACE) (2011)

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## CHOREOGRAPHERS WORKED WITH

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Iesu Escalante

Alfred Hinkel

Sean Bovim

Adele Blank

Gustin Makgeledisa

Louise Coetzer

Jackie Manyapelo

Debbie Turner

Ina Wichterich

Ananda Fuchs

Sbonakaliso Ndaba

Michelle Reid

Mziyanda Mancam

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## ADDITIONAL PROFESSIONAL EXPERIENCE

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**MOVEMENT & DANCE TEACHER (FREELANCE)** | *Multiple Engagements, 2008 to Present*

*Schools, Studios & Organizations: Jazzart Dance Theatre, Chrysalis Leadership Academy, South African Society for the Advancement of Dancing (SASAD), Zip Zap Social Circus, Dance For All, The Cape Academy of Performing Arts, Fish Hoek High School, Constantia Waldorf High School, Observatory Community Centre, GOODBalance Studio.*

**Dance Facilitation**

Host contemporary dance, improvisation and release technique classes, workshops and intensives for pre-professional and professional dancers.

**Movement Practice**

Introduce alternative movement methodologies (based on contemporary dance techniques, functional movement training and improvisation) to a varied adult audience through weekly classes, weekend workshops and intensive programmes.

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## ADDITIONAL SKILLS

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**General:** Rehearsal Manager, Team Coordinator, Adjudicator, Online Marketing Skills (Facebook & Instagram), Writing, Basic Website Design, Administration, Research.

**Languages:** English – Native Proficiency