

Curriculum Vitae

Juliet Shelley

B.A. Dance UK.S.T.A.T. PI cert.



Date and place of birth

May 22nd 1961

Tanzania, East Africa

Citizenship

UK/EU and New Zealand

Languages Spoken

English, French, German

Contact information

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Physical address

16 Rakeiora Grove

Korokoro,

Lower Hutt,

Wellington

5012 New Zealand

Webpage

<http://motionbeing.com/>

Education and Qualifications

2007 - 2012

Pilates Studio Teacher Training Certification
Performance Pilates – Director Ellena Conland
The Pilates Studio – Director Alison Townsend
Wellington, New Zealand

2003

Certification in Pilates Mat Work
Auckland, New Zealand
Pilates International, Sydney
Director: Sally Anderson

1991-1994

Certification as a Teacher of the Alexander Technique
Alexander Teacher Training School, Oxford, England
Director: Elizabeth Walker

1985-1986

Applikatie Jahr
Centre for New Dance Development
Amsterdam, Holland
Director: Aat Hougee

1979-1982

B.A. (Hons.) Dance Theatre (2ii)
Laban Centre for Movement and Dance, London, England
Director: Marian North

1977-1979

A Levels: English, French, German
King James College, Oxfordshire, England
Principal: David Henschel

1971-1977

Chiltern Edge Comprehensive, Berkshire, England
O Levels: French, English Literature, English Language, Biology, History, German, Maths

1966 - 1971

St Joseph's Primary School, Maidenhead, Berkshire, England

1966 - 1971

Royal Academy of Dancing Children's Exams
Primary, Grade One, Grade Two
The Red Shoes School of Dancing
Maidenhead, Berkshire, England

Employment: Pilates Teacher

August 2011 -- December 2014
Performance Pilates, Change House
150 Featherston Street, Wellington
Director/business owner: Ellena Conland

September 2009 – September 2011
The Pilates Studio, Courtenay Place, Wellington
Director/business owner: Alison Townsend

May 2009 – March 2011
Hot Yoga, Wakefield Street, Wellington
Director/owners: Lou Cassella and Claire Szabo-Cassella

November 2006 – February 2010
Habit Health and Fitness, Majestic Centre, Wellington
Director: Meredith Montgomery

July 2003 to February 2004
Bodyright Clinical Pilates Studio, Wellington
Director: Sue Hamilton

Employment: Alexander Technique Teacher

1999 – 2014
Home based private lessons, Wellington, New Zealand

2007 - 2009
Ghuznee Health Associates, Wellington, New Zealand

2001 – 2003
Wellington Alexander Teacher Training School
Wellington, New Zealand

1995 - 1999
Clarence Street Medical Centre,
Hamilton, New Zealand

Employment: Dance Teacher

Composition & Performance
Contemporary Technique
Contact Improvisation

2015

Contact Improvisation Workshop

Echoes, Porirua, Wellington, NZ

The Magic of Contact Improvisation

Workshops and demonstration with Ralf Jaroschinski
Crossways Community Centre
Wellington, NZ

2013

Real Time Dancing

Workshop in Performance Improvisation

Tuesday 16th July 10am to 2pm
Dancehouse, Melbourne, Australia

2012

Body as Teacher:

Authentic Movement, Scores for Dancing, The Underscore
Morning classes 10am to 12pm
May to June 2012
Thistle Hall, Wellington, NZ

2012

Scores for Dancing and Changing States

Saturday November 27th 2- 6pm
Black Grace Dance Studios, Auckland City, NZ

2011

The Heart and Body of Contact Improvisation

Friday 9th – Sunday 11th December 2011
Studio Company Blu, Sesto Fiorentino, Tuscany, Italy
For the 2011 Dotline Festival, Italy

2011

**Presence of Mind, Presence of Body
Movement Workshops**

Wednesday 12th & Thursday 13th October 10am to 4pm
NASDA Theatre, Christchurch Polytechnic & Institute of Technology,
Christchurch, NZ The Body Festival of Dance and Physical Theatre

2011

Contact Improvisation Workshop

Saturday May 14th
12.00 to 5.00pm
The Theatre School, UCOL
Palmerston North, NZ

Contact Improvisation Workshop

Friday April 15 – Sunday April 17th
Dance Studio, Wanganui City College,
St Hill Street, Whanganui

Back to Earth

Open Level Contact Improvisation Workshop
Saturday 10am to 1pm
Wanganui Yoga Studio, Wanganui, NZ

2010

Two hour contact workshop

Contact Jam Sydney, Annandale,
Sydney, Australia

2010

Back to Earth

Two hour workshop
Australian Contact Improvisation Conference,
Byron Bay, Australia

2010

Open Level Adult Classes

Contemporary Dance Technique
New Zealand School of Dance, Wellington, NZ

2009

Contact Improvisation Workshop
SOUL, Centre for Body and Mind, Auckland

2009

Contact Improvisation Workshops
Prana Festival, Coromandel,

2008

Performance Improvisation Workshop
Sunday 28th September 10am to 12pm
Black Grace Studios, Auckland

2008

Contact Improvisation Workshops
Prana Festival, Coromandel

2005 - 07

**Open adult classes in
Contemporary Technique**
Tarrant Dance Studios, Wellington, NZ

2005 - 7

**Community Classes in Contact Improvisation
And Movement Improvisation**
NZ School of Dance, Wellington

2005

Body as the Creative Site
Three Workshops
20th – 22nd April from 2 – 5pm
Dancehouse
Melbourne, Australia

2002

**Moving Easy, Easy Moving,
Weekend workshop**
Contact Improvisation & Skinner Releasing Workshop
With Raewyn Thorburn
NZ School of Dance,
Wellington, NZ

2000

Contact Improvisation Class
This Moment Contact Teachers Conference, Auckland
With Martin Keogh
UNITEC School of Performing and Screen Arts, Auckland

1999

Contact Improvisation Tutor
New Zealand School of Dance, Wellington
Wellington Performing Arts School, New Zealand

Teaching Work in England

1983 to 1994

Movement Skills

Contemporary Dance Technique

Contact Improvisation

Theatre of the Deaf, PAN Theatre, Sadler's Wells, London
Oxford and Milton Keynes Open University Dance Societies
Pegasus Theatre and Old Fire Station Arts Centre, Oxford
Oxford College of Further Education and Oxford School of Drama
Bishop Kirke, Temple Cowley, Peers and Banbury Schools, Oxfordshire
Community classes, workshops, summer schools independently and with Jointwork Dance Group, Oxford
Movement Fundamentals: Contemporary dance technique for adults: Reading, Berkshire

Organisational and Administrative Work: Dance

Producing and Marketing

Professional Dance Workshops

Wellington, Auckland and Dunedin, New Zealand

2015

The Magic of Contact Improvisation

With Ralf Jaroshinski

Auckland and Wellington, NZ

2008

Sensation and Form

With Andrew Marcus (USA)

Auckland and Wellington

2006

Body Mind Centering

Otto Ramstad and Olive Bieringa, (USA)

NZ School of Dance and Toi Poneke Arts Centre, Wellington

2004

Technique, Improvisation, Composition

Magpie Music Dance Company (Holland):

The Auckland Performing Arts Centre

1999

In the Eye of the Hurricane:

Contact Improvisation with Martin Keogh (USA),

Auckland and Wellington

1998

Coming into Contact

Contact Improvisation with Nancy Stark Smith (USA).

Auckland, Dunedin and Wellington

1996

Moving in EarthSpirit

With Zjamal Xanitha (Australia), Thames, Coromandel Peninsula

**Choreography, Performance, Producing Work
USA, New Zealand, Australia**

2015

Embody2
Bats Theatre, Wellington, NZ

2014

Embody Dance Platform
Te Whaea National Dance & Drama Centre
Wellington, NZ

2013

Improvvisamentes
Open Frame Ensemble
Wellington Dance Festival
Thistle Hall, Cuba Street, Wellington

Sois – Solo piece
Up the Ante
Cecil Street Studios, Fitzroy,
Melbourne, Australia

Orange Light Oh Schloopadoop!
Open Frame Ensemble, Wellington
PARTY Open Frame Ensemble, Wellington

2012

UltravioletinfraneK
Open Frame Ensemble, Wellington
You, Me and Charley
Open Frame Ensemble, Wellington

2011

Soul of the Beast
The Restore Project
The Body Festival of Dance and Physical Theatre,
Christchurch

2011

Soul of the Beast: Solo Variation
Dinamiche Scomposte Dotline Festival, Tuscany, Italy
Siobhan Davies Studios, London

2008

The Settlement with Hans van den Broeck, The Print Factory, Wellington
Duet with Andrew Marcus Waikato University Dance Department and Kenneth Myers Centre,
Auckland University *'In Living Memory'* With Andrew Marcus, Bats Theatre, Wellington

2007

Sukinature, Solo, City Gallery Wellington and TAPAC, Auckland for Tempo Dance Festival

2006

The Seeds of Love with Annabel Reader
Bats Theatre, Wellington

2005

MMMDance:
Glimpse with Juliet Shelley and Bob Eisen
Bats Theatre, Wellington

The Dance Card, Dancehouse, Melbourne, Australia

2004

Magpie Music Dance Company (The Netherlands) and *Libella Fa* TAPAC, Auckland
Libella FA Dance Music Collective Bats Theatre, Wellington

2004

Dance Umbrella, Crossing Dance – Vivian/Taranaki Streets, Wellington, September 8th
Performance Improvisation with Kristian Larsen, Lyne Pringle, and Alyx Duncan, Happy Music Club
Roll Again Baby, Wellington Performing Arts Centre,
'Song Birds', Hutt City & The Orchid House

2003

The Changing Room, Fringe Festival, Studio 1, Te Whaea Dance & Drama Centre, Wellington.
Roll Baby Roll, Wellington Performing Arts Centre, Wellington

2000

Chakra Cool, Wellington Performing Arts Centre,

1999

Ready CI Intensive, Dancers Group, San Francisco, USA

A Lovepatch on my Earthquake: Wellington Performing Arts Centre Dance Diploma Students,
BATS Theatre

Conundrum, Cecil Street Studios, Melbourne, Australia

1998

Action Fantasy, Solo Te Whaea National Dance and Drama Centre, Wellington

1997

Here She Comes, Movement Research, New York, USA
The Connecting Curve of the Heart, for '4 Women Dance', Next Wave Dance Festival Watershed Theatre, Auckland and New Place Theatre, Hamilton

1996

The Dance Drum and The Playful Heart.
With Catherine Chappell, Raewyn Thorburn and others.
Thames High School & UNITEC School of Dance, Performing Arts School, Auckland

1995

Continuum Curve and Fall, New Place Theatre, Hamilton

1993

Swell 1 with musician Garth Paine, Pegasus Theatre, Oxford
Thamesdown Dance Studios, Swindon

1992

Lykos Lux Commissioned by Out of Order Dance Group; Pegasus Theatre, Oxford;
Bracknell Arts Centre, Berkshire

1990

The Death of a Fairy, Direction and choreography by Katie Duck
Centre for New Dance Development, Holland, Pegasus Theatre, Oxford;
Willesden Green Arts Centre, London
A Fair Wind and Rising Directed by Jos Houben of Theatre de Complicite;
Pegasus Theatre, Oxford, England

1989

Instant Catastrophe Plus Pegasus Theatre, Oxford.
Coventry Centre for Performing Arts.
Platform Souls, Chisenhale Dance Space.
Into the Cauldron, Trio, Pegasus Youth Theatre, Oxford

1988

Instant Catastrophe Pegasus Theatre, Oxford;
Oxford Polytechnic; Mill Arts Centre, Banbury; Darlington Festival of the Arts;
Festival of Improvisation, London
Tribute to Graciela, Solo, Coventry Centre for Performing Arts

1987

Hennes Clothes Company Fashion Show, Eight group pieces. Oxford Town Hall

1986

Between the Lines, Solo, C.N.D.D. Holland; *Tuba Sea, Solo*, with musician Larry Fishkind, C.N.D.D., Holland
Move Closer, Solo, Centre for New Dance Development, Holland

1984:

Animal Baby, Solo, King James College Arts Festival, England

1982:

Two of a Kind, duet, Graduation Piece, Laban Centre, London, UK

**Professional Development
Workshops and Summer Schools Attended**

2015

The Magic of Contact Improvisation
With Ralf Jaroschinski
Auckland, NZ

2013

The Origins of Alignment
Yoga and Body Mind Centering with Donna Fahri
Friday September 27th to Tuesday November 1st
Auckland, NZ

2013

Eric Franklin Workshop: Conditioning the Psoas
The Pilates Studio, Wellington, NZ

2013

Annual Conference Workshops with Robert Britton (USA)
Alexander Technique Teachers Society of New Zealand
Wellington

2012

Exercise Selection and Programming
Pilates International Training Centre
With Sally Anderson Principal Pilates ITC
Wellington

Body Weather Workshop with Frank van de Ven
13th – 15th February
Thistle Hall, Wellington

2011

The Dotted Dance Festival
Teatro di Limmonaia
Sesto Fiorentino, Florence, Tuscany, Italy
Classes and workshops with Charlotte Zerbey
Company Blu Studio, Sesto Fiorentino and at Settignano, Florence, Italy

2010

Contact Improvisation Retreat and Underscore Practise
Govinda Valley, Sydney, Australia

2010

Australian Contact Improvisation Convergence
Byron Bay, Australia

Choreolab

2004, 2005, 2007, 2009
Tarrant Dance Studios
Cuba Mall, Wellington, New Zealand

2002

Week long workshop in Dance Technique and Improvisation
With Katie Duck and Michael Schumacher of Magpie Music Dance Company

Alexander Technique and Trisha Brown Repertory with Shelly Senter
Dancers Group Summer Dance Festival, Dancers Group, San Francisco, USA

2001

Body Cartography Project
Olive Bieringa and Otto Ramstad, Wellington

2000

Workshops with Nancy Stark Smith, Jennifer Monson, Deborah Hay,
Dancehouse, Melbourne, Australia

2000

This Moment, Contact Teachers Conference with Martin Keogh, Auckland, NZ
Three Week Continuing Training Intensive with Nancy Stark Smith, Earthdance, USA

1999

Ready: Contact Improvisation Three Week Intensive, San Francisco, USA
With Martin Keogh and Ray Chung

In the Eye of the Hurricane
Contact Improvisation workshops with Martin Keogh,
Auckland and Wellington, NZ

1998

'Coming into Contact' with Nancy Stark Smith (USA)
Wellington, Auckland and Dunedin, NZ

1997

Workshops with Kirstie Simson and Karen Nelson
New York Improvisation Festival,
Movement Research, New York City

1997

Jordi Cortes Molina
jPhysical Theatre Workshops
Auckland, NZ

1997

C125 Anniversary
Contact Improvisation 25th Anniversary Birthday Jubilee
Oberlin, Ohio, USA

1995

Deborah Hay 'Performing Statelessness', Auckland, NZ

1988

New Dance Summer School, Brighton, England

1998

European Contact Improvisation Teacher's Exchange, Berlin, Germa

1987

European Contact Improvisation Exchange, Angers, France
New Dance Winter School, Centre for New Dance Development, Amsterdam, Holland

1986

Dartington International Summer School, England

1985

New Dance Summer School, Centre for New Dance Development, Amsterdam, Holland

1982

Workshop in Body Mind Centering
Developmental Movement Patterns
With Bonnie Bainbridge Cohen (USA)
Old Street Studios, London, UK

Computer & IT Software Skills

Microsoft Office, Outlook, Excel, PowerPoint, Mind Body Online

Personal hobbies and interests:

Writing, reading, financial literacy and wealth creation, music, running, yoga, swimming, horse riding, cooking, sustainable lifestyle practices, healing practices, Jungian and feminist psychology, organic/natural skincare and cosmetics, macrobiotics, raw food, nutrition, herbalism, architecture, travel, fine art, folklore and literature, nature, spirituality, history, textiles, fashion, gardening.

I have three children born in 1991, 1994 and 2001

Referees

Ellena Conland (NZ)

Email: info@performancepilates.co.nz

Claire O'Neil NZ)

Email: fidgetcompany@yahoo.co.nz

Lucia Walker (UK)

Email: thinkup2@btinternet.com

Carolyne Jamieson (NZ)

Email: carolyne@xtra.co.nz

Martin Keogh (USA)

Email: Martinkeo@aol.com