



## Leilah Kirsten

**Nationality:** South African  
**Date of Birth:** 13 March 1986

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### **MOVEMENT COACH, PHYSICAL THEATRE ARTIST & DANCER.**

She started her dance training with The Cape Dance Company's, Debbie Turner in 1998 and graduated from CAPA in 2007. She went on to participate in Jazzart Dance Theatre's Young Adult Training and Job Creation Programme (2009 – 2011) under the directorship of Alfred Hinkel where she fell in love with Release Technique and experienced a variety of African dance and music training. She has freelanced as a contemporary dancer and worked with local and international choreographers and companies since 2012. Training in the circus environment and performing with Yaotl Physical Art Company for their productions, "LUKAS" in 2015 and "With Eyes in The Nape of My Neck" in 2016 opened her mind to the possibilities of her own physicality and storytelling abilities as a physical theatre artist, dance and teacher of movement.

[Click here for video references \(YouTube\)](#)

## **APTITUDES:**

- Movement Coach & Workshop facilitator
- Project Co-ordinator
- Yoga Instructor, Pilates Teacher and Personal Fitness Trainer
- Improvisation facilitator
- Performer /Artist / Dancer

## **EDUCATION:**

- **Budokon University:** 50hr Budokon Yoga Teacher Training, 2017 & 2018
- **The School of Lifestyle Medicine:** Small Business Boardroom Course, 2015
- **Prime Movement:** Pilates Matwork Course, 2013
- **ACE (American Council of Exercise):** Personal Trainer Certificate, 2011

## **Jazzart Dance Theatre:**

Young Adult Training & Job Creation Programme, 2009 to 2011:

- African Dance
- Contemporary Dance – Release Technique
- Gumboot Dance
- Improvisation
- Indian Dance
- Tap Dance
- Vocal Training – African songs and vocal improvisation

## **Cape Academy of Performing Arts:**

Full-time Course in Contemporary Dance and Theatre Studies, 2005 to 2007:

- Acting for theatre and film
- Anatomy
- Ballet
- Body Conditioning
- Contemporary Dance
- Dance History
- Drama Theory
- Music Theory
- Tap Dance
- Vocal Training – Musical Theatre

## **WORK EXPERIENCE:**

### **Freelance performance work:**

- “Present Tense”, independent creation & performance, Any Body Dance Lab Artist in Residence programme, Cape Town, March/Aril 2018
- “[Por La Cordura](#)” (a work in progress), 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, 2016, 15 minute excerpt performed at Baxter Dance Festival, 2016
- “LUKAS”, Yaotl Physical Art Company, Cape Town International Dance Festival, 2015
- “BLUEPRINT”, Darkroom Contemporary, Cape Town City Hall, 2014

- “I Hit The Ground Running”, Baxter Theatre (Cape Town) and Scenkonst Sormland (Sweden), 2013

### **Jazzart Dance Theatre:**

- Western Cape Focus Schools – Artists in Residence, 2010 and 2011
- Cedarburg Festival, Clanwilliam, 2011
- Prince Albert, Community Outreach Programme, 2011
- Baxter Dance Festival, 2010
- FIFA World Cup Draw for live television, 2009
- “Partly God”, Directed by Alfred Hinkle and Lara Foot, 2009
- Danscape 2009, 2010 and 2011

### **Cape Dance Company:**

- Cape Dance Company, Edinburgh National Arts Festival, Scotland, 2007
- Cape Dance Company, Ailey Citigroup Theater, New York City, 2007
- Cape Dance Company, Grahamstown National Arts Festival, 2003 – 2007

### **Yoga, Personal Training, Pilates and Dance Teaching:**

- Dance and Yoga teacher at Unraveled Yoga, Cape Town, 2017 to present
- Zip Zap Circus School, 2016: Body conditioning, Pilates, Improvisation Workshops and Contemporary Dance classes.
- Dance for All, 2016: Improvisation Workshops and Contemporary Dance classes.
- Self-Employed, Body Excel and Bold Functional Training, 2014 – 2016: Pilates and Personal Fitness Training
- Somersault Studio, Claremont, 2013: Pilates and Personal Fitness Training
- 360 Specialized Training, 2011 – 2012: Personal Fitness Training

### **Workshops and Other:**

- MOVEMENT WEEKEND facilitator – collaborative project with David Gardner and Richard-Dean Sumares, June & October 2018, Cape Town & Johannesburg.
- Movement Practice Workshops facilitator for all movers – based in Contemporary Dance, Release Technique and the Shifting Method, South Africa, 2017 to present
- Assistant Facilitator to Iesu Escalante – The Shifting Project, Cape Town, 2016
- Organiser and Founder, MOVEcorps, 2016 – Professional class platform for advanced Dancers and Dance Teachers.
- Organiser and Founder, Contemporary Dance Classes Cape Town, 2015 – 2016 – Donation-based platform for Freelance Dancers.
- Co-owner of Front Row Entertainment – corporate entertainment company that provided choreography and dancers for events. Responsibilities included administrative tasks, conceptualization and choreography, running of rehearsals and backstage coordination and communication, 2008 – 2011.

**REFERENCES:**

<b>Name:</b>	<b>Company:</b>	<b>Contact:</b>
<b>Iesu Escalante</b>	Yaotl Physical Art Company	<a href="mailto:escalante.iesu@gmail.com">escalante.iesu@gmail.com</a> +33 6 15 77 22 91
<b>Tamryn Escalante</b>		<a href="mailto:tamryn.escalante@gmail.com">tamryn.escalante@gmail.com</a> +33 6 20 86 49 56
<b>Louise Coetzer</b>	Darkroom Contemporary	<a href="mailto:louise@darkroomcontemporary.com">louise@darkroomcontemporary.com</a> +27 84 659 9099
<b>Ananda Fuchs</b>	Teacher while at Jazzart Dance Theatre, Freelance teacher and choreographer	<a href="mailto:blissfulindya@yahoo.com">blissfulindya@yahoo.com</a> +27 82 552 9724
<b>Debbie Turner</b>	Cape Academy of Performing Arts and Cape Dance Company	<a href="mailto:dturner@mweb.co.za">dturner@mweb.co.za</a> General Manager: <a href="mailto:hsundelson@capa.co.za">hsundelson@capa.co.za</a> +27 21 701 0599

