

# THE INSTRUCTORS & DIRECTIONS

**TINA BAIRD** is a teacher, dancer & choreographer specializing in the art of jazz tap dance. Through her studio, Saratoga Jazz Tap, she mentors students, creates new works, produces concerts & festivals and co-sponsors guest artists to the Capital Region.

**SANDRA BALINT** is a gold medalist in Chinese fan discipline and a Master in Tai Chi and Qi Gong ([www.healthymindandbodystudio.com](http://www.healthymindandbodystudio.com)) She teaches at Total Body Trifecta and One Big Roof in Saratoga.

**CASEY BERNSTEIN, RN**, is a Nia Black Belt, teacher, and Nia TeacherTrainer. She has 20 years experience in Nia classes, including special applications; drug rehab, alzhiemer clients & women workshops. Casey is also the owner and director of The Center for Nia & Yoga in Albany, NY

**LURIE ZABELE CAWLEY** was a professional dancer for over 20 years. She teaches dance throughout the capital region and Zumba at Union College, NMD School of the Arts and The Yoga Spa.

**MARY DISANTO-ROSE**, Ed.D Temple University, is Associate Professor of Dance at Skidmore College where she teaches Dance for the Child, Dance History, Improvisation and reconstructs classic modern dance works. She is a guest performer with the Isadora Duncan International Institute most recently at Kaatsbaan International Dance Center.

**EVAN EURIPIDOU** is the lead instructor of Fotia Hellenic Society's Greek dance troupe. He has an extensive repertoire that has been tailored from participating in dance conferences in the United States, Canada and through personal exploration and travel. Outside of Greek folk dancing, Evan is the owner and head designer at Anthology Studio located in Schenectady, NY.

**JULIE GALE** began her dance training at the Newark Ballet Academy and has appeared with The Garden State Ballet, The River Ballet, American Ballet Theater and is currently on staff at The Dance Experience and The School Of The Arts.

**SARAH HOFFMAN** is a Pilates instructor at Total Body Trifecta Studio, Saratoga Springs. She has taught Pilates for about four years and has practiced for about 10 years. In 2011, Sarah became certified to teach Balletone: Sole Synthesis.

**CLAIRE JACOB-ZYSMAN** received her BFA in Dance from the University at Buffalo and is a member of the Ellen Sinopoli Dance Company. Her choreographic project Claire Jacob-Zysman and Dancers premiered in 2011.

**NICOLE KADAR** received a B.S. in Dance from Skidmore College. While attending school, she taught at Saratoga City Ballet, the National Museum of Dance's School of the Arts, and for MOVE Dance Troupe. Nicole has a passion for performing as well as teaching. Nicole performed as an apprentice with the Matthew Westerby Company and is currently dancing with Body Stories/Teresa Fellion Dance.

**JALILAH (JESSICA LENNON)** Jalilah has been belly dancing for seven years and is a member of Habiba's dance troupe. In addition to regularly performing, Jalilah teaches belly dancing at Premier Performing Arts Center in Clifton Park.

**MARCUS ROGERS**, Assistant Director of the Dance Program at Union College, has performed with the national tour of Sesame Street Live and Bear in the Big Blue House Live, and Jean Ann Ryan Productions with the Norwegian Cruise Lines. Marcus has also performed many principle roles with the Northeast Ballet Company and the Albany Berkshire Ballet Company. He has also worked as a guest artist as a teacher and choreographer locally and nationally.

**MATTHEW WESTERBY** is originally from the UK and trained at Laban. He has performed for many companies in the UK and US, and is now the artistic director of Matthew Westerby Company, a New York-based performing group. His work has been presented throughout the UK, Europe and the north-eastern US.

**DAVID WOLF** opened the Saratoga SAVOY with the mission to promote 'social' or 'vernacular' dance. He studied from masters, such as Lindy Hop icon Frankie Manning. David also coordinated the Diamond Dance at the Saratoga Music Hall.

**LISA M. YAKEL**, BA in Dance Performance, Russell Sage College, has over 30 years experience performing, teaching and choreographing locally. Lisa received her Comprehensive Certification through Power Pilates of NYC in 2003. She currently owns Core Pilates of Albany. Combining her Dance degree and years of experience with the Pilates Method, Lisa is able to give clients an awareness of how their bodies should move in a functional way.

**TANYA ZAYHOWSKI-RIGNEY** began her journey with yoga in the early 90's as she transitioned out of her professional dance career. She danced with many NYC based ballet companies and represented the United States at the 1993 International Dance Festival. Tanya completed her teaching certification at Sadhana Yoga in Hudson, NY. Tanya is also a practicing licensed massage therapist/body worker and has an in-depth knowledge of the anatomical functions of the human body and an intuitive sense of the emotional, energetic body.

## DIRECTIONS TO NATIONAL MUSEUM OF DANCE

### **From Interstate 87 Northway:**

Get off at exit 13N. The off ramp will wind around and you will be heading North on Route 9. Continue on Rte.9 for approximately 2.5 miles. You will come to a traffic light and Saratoga Honda will be on your right. Continue through the light to the next light and go straight. The Museum is located just past the Saratoga Spa State Park & Lincoln Bath House on the left.

### **From Western NY:**

Take NY Thruway to exit 28 at Fultonville, to Johnstown and Rte. 29 to Saratoga Springs: or exit 27 at Amsterdam, Rte. 67 East to Ballston Spa and Rte 50 North to Saratoga Springs.