

Lexie Palasciano

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Education

Trinity Laban Conservatoire of Music and Dance

Masters of Fine Arts in Dance Performance, London, England

One of twelve company members in the Transitions Dance Company of the 2017/2018 Season

First year curriculum included working with choreographers Jarkko Partanen, Hagit Yakira and Richard Chappell in the fall and touring through Europe in the spring

Continuing dissertation research until August 2019

August 2019

Polestar Pilates Teacher Training Program

Pilates Method Alliance Certified Pilates Instructor

450 hour Polestar Pilates certification program at Mason Gross School of the Arts in New Jersey USA

Included a 75 hour internship at Polestar Australia headquarters in Sydney and Melbourne, Australia

Final Fingerprint Capstone Project investigated the integration of chakra balancing, essential oils, and Pilates repertoire to encourage whole body health and balancing

August 2017

Rutgers University, Mason Gross School of the Arts

Bachelors of Fine Arts in Dance, New Brunswick, New Jersey

Studied abroad for an academic year in London at the Trinity Laban Conservatoire of Music and Dance

May 2017

Professional Training

Gaga New York Summer Intensive

Studied the Gaga movement language and methodics with Brett Easterling, Billy Barry, and Kyle Scheurich

New York City, New York

August 2018

Gaga/people Classes at the Suzanne Dellal Centre

Attended morning and evening Gaga/people classes for one week at the Suzanne Dellal Centre

Tel Aviv, Israel

June 2018

Brian Brooks Summer Intensive

Participated in daily technique classes with artistic director Brian Brooks and learned repertory with company members from Brooks' recent work 'Wilderness'

New York City, New York

July 2016

NYU Tisch Summer Dance Residency

Studied with Jodi Melnick, Tiffany Mills & Company, and the Ronald K. Brown Company "Evidence"

New York City, New York

July 2015

Complexions Contemporary Ballet Summer Intensive

Trained with the company members of Complexions as well as founder and artistic director, Desmond Richardson

New York City, New York

July 2014

Undergraduate and Graduate Performances

U.S. Embassy Performance

London, England

Performance by Transitions Dance Company in honor of the U.S. Embassy's Bright Future Event

June 2018

Transitions Dance Company

Tour Venues: London, Tunbridge Wells, Macclesfield, Birmingham, Chichester, Exeter, and Coventry, England, Dundee and Musselburgh, Scotland, Cardiff, Wales, Helsinki, Finland, and Valetta, Malta

Triple Bill Programme:

Hagit Yakira, *The Ar/ct of Moving Forward*

Richard Chappell, *When Running Starts and Stops*

Jarkko Partanen *Lovers*

Spring 2018

Undergraduate Performances

Mason Gross School of the Arts, New Brunswick, NJ

Brian Brooks, *Torrent*

Fall 2016

Randy James, *Moonlight Sonata*

Fall 2016

Matthew Bourne, *Excerpt from Highland Fling*

Spring 2016

Paul Ocampo, *Grip*

Spring 2015

Doug Elkins of Doug Elkins Choreography, Etc., *Prick Love for Pricking*

Spring 2014

Randy James of 10HL, *Alligator on the Bayou*

Spring 2014

Teaching Experience

Moss Pilates

Pilates Instructor, London, England

Instructed regular privates, semi-privates, group sessions, and starter packages utilizing the Polestar Fitness Screening

Fall 2018 - Current

Pure Pilates

Apprentice Instructor, Pensacola, Florida

Taught private, duet, and group classes as an apprentice staff member while studying for the PMA Examination

Summer 2017

Polestar Australia

Intern, Sydney and Melbourne, Australia

Observed and taught Pilates sessions under the mentorship of the Polestar Australia team at the Sydney and Melbourne sites

Summer 2017

In His Steps Dance Studio

Dance Instructor and Choreographer, Pensacola, Florida

Instructed weekly technique class and choreographed works for seasonal productions

2009 - 2015

Awards/Nominations

Trinity Laban Award Scholar

August 2017

Dialogues@RU Journal Submission

Nominated for research publication: "Sexuality Within Dance Performance: A Thin Line Between Artistic Nudity and Simple Nakedness"

August 2015

Additional Information

Interests: Culture and art, blog style writing, interpreting dance performance and visual art exhibits, and travel

Skills: Strong communication skills, writing capabilities, and organizational skills; detail focused