

Carrie Lynn Stillman M.A.

EDUCATION

- M.A. in Dance Education, California State University, Long Beach, 2001
- B.A. in Dance, University of California Santa Barbara, 1992
- Certified Pilates instructor, PhysicalMind Institute, Santa Fe New Mexico, 1995

TEACHING EXPERIENCE

August 2000 - Present

- Dance and Theatre Arts faculty, Santa Rosa Junior College, Santa Rosa, California. Teaching modern dance, jazz dance, Pilates, Improvisation, choreography, directing and choreographing for annual spring dance concert, and choreographer for Theatre Arts department (began January 2010)

June 2002 – Present

- Owner/trainer of Pilates-based fitness and movement education studio, *Mindful Movement Pilates Training*, in Santa Rosa, California.

July – Aug. 2002

- Guest teacher at the annual *Boulder Jazz Dance Workshop*. Taught modern dance technique, dance Improvisation, and repertory class that performed the work created in the workshop's student showcase

1999 – 2002

- Pilates Instructor at *tone*, Santa Rosa, California, *KinAesthetics* Sebastopol, California and in private practice

1994 – 2001

- Modern dance/Pilates instructor, teens and adults, *The Dance Center of Sonoma County*, Santa Rosa, California

1994 – 1999

- Pilates Instructor at *BodyChange Personalized Fitness Studio*, Santa Rosa, California

PROFESSIONAL DEVELOPMENT

2012-present

- Continuing education in dance technique classes and performances at Studio Gray, Santa Rosa, Ca.

2004 - 2007

- *Vision Series Annual Dance Festival*, San Francisco Dance Repertory, Donnette Heath, director. Participated as a professional mentor, choreographer, and dancer

June 2005-Dec. 2008

- Faculty Advisor for Dance-Theatre Club at SRJC

June 2005-Dec. 2008

- Choreographer/dancer/advisor- *DeEm Dance Collective*

Nov. 2006

- Pilates Method Alliance International Educational Conference

Feb. 2005

- Reynard-Wilson Dance Festival

Nov. 2005

- LA Dance conference

1999 - 2004

- California Dance Educators Annual Conferences

1994 – Present

- Completed Pre-Physical Therapy coursework, as well as attended several Pilates fitness/movement therapy, dance science, body mechanics and conditioning workshops and seminars
- Continually take individual Pilates fitness and Dance classes/workshops in San Francisco, Marin, Sonoma counties, as well as New York City and Los Angeles
- Regularly attend professional Dance concerts and educational events

PROFESSIONAL AFFILIATIONS and MEMBERSHIPS

2006- Present

National Dance Education Organization

2006- Present

Pilates Method Alliance

1999- Present

IDEA, Health and Fitness Association

1997- 2009

California Dance Educators Association

1703 Norte Way
Santa Rosa, California 95404
(H) 707-578-1901 (C) 707-486-7259

CHOREOGRAPHY/PERFORMANCE/DIRECTING EXPERIENCE

Spring 2010-Spring 2011

Co-choreographer for SRJC's Theatre Arts production of the Musicals *Grease*, *Willy Wonka*, and *Jesus Christ Superstar*

June 2005 - Dec. 2008

Choreographer, dancer, & faculty advisor for *DeEm Dance Collective*, Santa Rosa, CA

Spring 2005

Co-direct Santa Rosa Junior College's annual Spring Dance performance, *Momentum*

2000 - Present

Choreograph for and dance in Santa Rosa Junior College's Spring Dance Concerts

2004-2005

Selected to choreograph and perform for an original *Dance in Sonoma County* video production, Produced by Nick Ahumada, and Elizabeth Evans

2003

Choreographer, dancer in community based variety show-*Newz @ 9:00* with Kristine Mulvany, Sonoma County, California

1998-2000

Choreographer, dancer, and co-director/producer – *The Moveable Feast Dance Collective* with Beth Pierik (former dancer with Gus Taliafero), Sonoma County, California

1999

Choreographer, dancer, and co-director/producer – *Dancing through Life*, Sonoma State University, Rohnert Park, California

1998

Choreographer, dancer, assistant director – Kaleidoscope Dance Company performance, *Beyond the Elements*, Speckles Auditorium, Rohnert Park, California

1994 - 2001

Choreographer, dancer – *The Dance Center of Sonoma County*, annual June performances, Speckles Auditorium, Rohnert Park, California

1996 - 1998

Choreographer, dancer – Spotlights Dance Company, *The Dance Center of Sonoma County*, California

Spring 1994

Choreographer, dancer, assistant director – *Encounters with Gravity*, Montage Dance Theatre, and Luther Burbank Center for the Arts, Santa Rosa, California

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