

Krista DeNio

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EDUCATION

2006	MFA Theater: Contemporary Performance Naropa University	Boulder, CO
1996	BA Dramatic Art/Dance & Interdisciplinary Studies: Development & Human Rights U.C. Berkeley	Berkeley, California
2004	Summer Training Congress, Acting Conservatory American Conservatory Theater (ACT)	San Francisco, CA
2003	Exalt Your Yoga, Yoga Teacher Training Certification Program Sri Louise, Underground Yoga Parlour	San Francisco, CA
1996	CMT Certified Massage Therapist Acupressure Institute	Berkeley, California

TEACHING

UNIVERSITY/ COLLEGE

2017	Choreographer, Berkeley Dance Project Theater, Dance and Performance Studies, U.C. Berkeley	CA
2015–16	Visiting Professor, Visiting Artist, Stanford University Department of Anthropology & Theater and Performance Studies “Empathy Lab”	Palo Alto, CA
2015	Lecturer, University of California, Berkeley Theater, Dance and Performance Studies/ American Cultures 52 AC– Reflections of Gender, Culture and Ethnicity in American Dance American Cultures Engaged Scholarship course	Berkeley, CA
2014–15	Performance Workshop Series: EchoTheaterSuitcase project in residence @ California Institute for Integral Studies / the Arts @ CIIS	San Francisco, CA
2014	Lecturer, U.C. Berkeley Department of Theater, Dance & Performance Studies Sources of Movement	Berkeley, CA
2014	U.C. Berkeley, TDPS Viewpoints Workshop	Berkeley, CA
2013	Marlboro College—Spring Semester Intermediate Modern Dance	Brattleboro, VT
2013	Springfield College—Spring semester DANC 102– Intro to dance; DANCE 170– Yoga & Movement Fundamentals	Springfield, MA

- 2012 Ursinus College, Dance–Theatre residency Ursinus College, PA**
Teaching: Introduction to Movement; The Contemporary Mover; The Thinking Body; Improvisation classes; set dance theater work on dance Majors for Fall Concert
- 2011 University of Colorado, Dance Department; Guest Artist Residency**
Technique and Improvisation classes; Performance collaboration with Onye Ozuzu
- 2007 New College of California, School of Humanities San Francisco, CA**
Spring semester: Arts Administration for the Independent Artist
- 2007 Experimental Performance Institute (EPI), New College of California, BA and MA/MFA programs San Francisco, CA**
Outreach Director; Movement Theater faculty
Movement technique; Centering Practices; Composition; Student project mentorship
- 2005–06 Naropa University, MFA: Theatre, Contemporary Performance**
Guest Artist: Contact Improvisation, two semester courses (C.I. integration with BMC and Developmental movement): research work for MFA Thesis)
Boulder, CO
- 2002–04 Experimental Performance Institute (EPI), New College of California**
Co–Founder; Administrative Director; Faculty
Movement Theater faculty: Theatrical Contact (Intersections of Contact Improvisation & Theater Improvisation) ; Timeplay; Performance Presence; Choreographic mentor for student projects; Business Skills for the Independent Artist
San Francisco, CA

DANCE & THEATER INSTITUTIONS

- 2013–16 International Interdisciplinary Artists Consortium Residency**
Lead Artist, participant, teacher **EARTHDANCE, Plainfield, MA**
- 2016 Seattle Festival of Dance Improvisation**
Contact Improvisation fundamentals Intensive **Seattle, WA**
- 2016 West Coast Contact Improvisation Jam**
Pre–jam class **Berkeley, CA**
- 2016 ART MATTERS**
Intensive workshop in Community Engaged Art making practices and history’
Anne Bluethenthal and Krista DeNio, CounterPulse
San Francisco, CA
- 2015–16 Contact Improvisation & Mindfulness workshop**
Alicia Grayson & Krista DeNio
Finnish Hall, Berkeley, CA
Dance Palace, Marin, CA

- 2013–16 **Moving Arts Lab**
Faculty
Choice[MAKING]: Distilling [Life] into Performance (workshops) and others
Earthdance **Plainfield, MA**
- 2014–15 **Faculty, ODC** **San Francisco, CA**
Contact Improvisation
- 2014–15 **Moab Contact Improvisation Workshop & Jam: Re-Wilding Contact**
Workshop Teacher & Jam Host; Indoor & Outdoor classes, warm-ups and
workshops **Moab, Utah**
- 2013–15 **Contact Improvisation classes**
CounterPULSE, Finnish Brotherhood Hall, Western Sky Studio
Berkeley & San Francisco, CA
- 2010–14 **Western Mass Moving Arts Festival/ Moving Arts Lab;**
Dance/Theater composition; Original performance creation; dance technique
workshops **Earthdance, MA**
- 2012 **Call and Response: Explorations in the Civic Body**
with Onye Ozuzu & Krista DeNio
Bringing forward questions about the body politic; group and individual voices;
exploring how our own cultures and traditions of song, dance, story telling can
be useful in the civic processes to engage in the discourse that represents the
body, our bodies.
Cross-disciplinary training in movement, voice, energy based body practices,
cultural studies, dialogue and intellectual engagement. **Earthdance, MA**
- 2012 **OccupyBody: Community Conversations & Laboratory**
Co-facilitated with Javiera Benavente
E|MERGE Artist Residency 2012: Artists Lab & Conversation, **Earthdance, MA**
Community Conversation on long-term Lab Series,
Food for Thought Bookstore, **Amherst, MA**
- 2012 **Monday Movement Lab** **Florence, MA**
Weekly laboratory; Teaching Contact Improvisation, Viewpoints, Composition:
Mixed discipline, performing artists
- 2011–13 **Pioneer Valley Performing Arts High School** **Hadley, MA**
Modern, Improvisational dance and composition courses for pre-professional
dance company, Catalyst
- 2011 **EXPLODE THE MOMENT composing for the stage**
Interdisciplinary Composition; learning how to compose for stage from
perspective of choreographer, director, writer, designer
Wild Life Sanctuary **Florence, MA**
- 2010–12 **Contact Improvisation** pre-jam classes; Seasonal Jam C.I. classes, movement
warm-ups, workshops, dialogues, including C.I. & Multi-culturalism workshop
Earthdance, MA
- 2010–11 **E|MERGE Interdisciplinary Artist Residency:** C.I, post-modern & composition
workshops; **Earthdance, MA**

- 2009–11 Julius Ford/ Harriet Tubman Healthy Living Conference**
Inter-generational, cross-racial, community organizing & conference
 year-round and annual summer conference organizer; contributing to
 development of annual summer conference, curricular and programmatic
 development, movement trainings, project organizational development, funding,
 marketing and administration (year-round)
Amherst, Holyoke, Springfield, MA
 (summer conference) **Earthdance, Plainfield, MA**
- 2009 Peridance Center**
Spiral Bones Yoga / Open level **New York, NY**
 Vinyasa classes integrating specific anatomical focus and
 breath, with an emphasis on body systems awareness, for dancers
- 2008–09 Working Classroom / A Light In My Soul** **Albuquerque, NM**
 Developed specific Ensemble Theatre training, including movement, vocal and
 acting exercises, choreography/composition, yoga, viewpoints, Grotowski-based
 physical acting, Roy Hart-based vocal work, Action Theater
- 2008 CounterPULSE** **San Francisco, CA**
 the limblimb project- workshop #2
 movement theater workshop, including movement and vocal training, text-
 based exploration of project content and compositional development.
- 2008 Working Classroom Residency** **Albuquerque, NM**
 Youth & Adults; Movement and Acting Classes;
 Beginning, Intermediate and Advanced
- 2008 The Center for Arts Education** **New York, NY**
 Career Development Program: Boot Camp
 Movement & Vocal warm-ups
 Performing Arts Panelist: Speaking Engagement on Career Path as
 choreographer/performer
- 2008 CounterPULSE** **San Francisco, CA**
 the limblimb project- workshop #1
 movement theater workshop, developing foundational material for performance
 project investigating animal-human nature, sensory and instinct response,
 through movement, text, vocal work and performance composition
- 2007 Working Classroom** **Albuquerque, NM**
 Intergenerational ensemble; Moment Work/ Playwriting Workshop, two ten-day
 intensives for The Converso Project
 Assistant teacher/choreographer, with Leigh Fondakowski
- 2007 San Francisco Circus Center/ Clown Conservatory** **San Francisco, Ca**
 Viewpoints Workshop
- 2007 CounterPULSE Winter Residency** **San Francisco, Ca**
 Composition Workshop: Performance Architecture
- 2007 CounterPULSE**

- Contact Improvisation series: Flight and Gravity San Francisco, Ca
- 2007** **Explode the Moment: Composition Workshop for Dance-Theatre Makers**
EPI's Microshock Series @ Mama Calizo's Voice Factory
Dancers Group Summer Dance Intensives, **San Francisco, Ca**
- 2006** **ATHE (Association for Theatre in Higher Education)**
2006: Embody- a full bodied movement training for actors and movers (Contact improvisation and post-modern movement meet BMC) **Chicago, Illinois**
2005: Bridging the Territories of Technique, panel presentation
Empty Vessel: The bridge between Action Theater and Viewpoints
San Francisco, Ca
- 2004-06** **Dance and Theater Improvisation Classes** **Colorado**
movingGROUND technique class & choreography lab
Grace In Gravity: Contact Improvisation Workshop with Scott Rodwin
Boulder Circus Center; Highlands Yoga Center, **Denver, CO**
- 2005** **WaHa Improv Series: Viewpoints, Action Theater and Improvisational Storytelling**
co-taught with Joan Bruemmer, Meredith Crosley,
Bas Bleu Theater **Fort Collins, CO**
- 1999-2004** **Dance and Theater Improvisation Classes_** **Bay Area, Ca**
post-modern release technique; improvisational theater and choreography
Dance Mission, Studio Valencia, Cellspace, ODC Dance Center, IKHQ
Contact Improvisation
848 Community Space, 8th St. Studios, Studio Valencia, and
Trust/Fall workshop: Dancers Group, Summer Dance Intensives (2001), Mills
College
- 2002** Yoga classes (adults):
Yoga en Espanol, Mission Cultural Center **San Francisco, Ca**
Intermediate Vinyasa, Urban Forage **San Francisco, Ca**
Beg/Int Hatha Flow class, Planet Granite **San Mateo, Ca**
- 1998-2007** **Contact Improvisation classes:** 848 Community Space (pre-jam classes);
CounterPULSE (pre-jam classes); Studio Valencia C.I. Series, and many more
studios: classes, workshops, throughout
San Francisco/ Bay Area