

# ADELE NICKEL

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## EDUCATION

2019      **University of Washington:** Master of Fine Arts in Dance  
2015      **Riverside Initiative for the Alexander Technique:** Teacher Certification  
2013-17   **The Breathing Project:** Two-year course in Embodied Anatomy & Kinesiology, additional courses in developmental movement, Body-Mind Centering, Laban Movement Analysis, Bartenieff Fundamentals, Proprioceptive Neuromuscular Facilitation (with Amy Matthews)  
2002-04   **The New School University:** Bachelor of Arts, Writing Concentration  
2000-02   **University of Oregon, Clark Honors College**

## UNIVERSITY AND COLLEGE TEACHING

2019-present   **Sam Houston State University**, Huntsville, TX, Visiting Assistant Professor  
Intermediate/Advanced Modern  
Composition I  
Composition II  
Dance Criticism & Analysis (Spring 2020)  
Graduate Seminar in Somatics (Spring 2020)  
  
2017-19      **University of Washington**, Seattle, WA, Predoctoral Lecturer  
Instructor of Record:  
Advanced, Intermediate & Beginning Ballet  
Advanced, Intermediate & Beginning Modern  
Introduction to Dance  
Alexander Technique  
Advanced Teaching Methods  
Teaching Assistant:  
Understanding Dance (online course)  
  
2016-17      **American Academy of Dramatic Arts**, New York, NY, Faculty Member  
Alexander Technique I & II  
  
2014      **Western Washington University**, Bellingham, WA, Summer Faculty  
Intermediate/Adv. Modern

## PERFORMING EXPERIENCE

### DANCE COMPANIES:

2017-19      **Chamber Dance Company**, Seattle, WA  
Hannah C. Wiley, Artistic Director

Master works by Brian Brooks, Lucinda Childs, Susan Marshall, Daniel Charon and Kate Weare

- 2008-15     **Liz Gerring Dance Company**, New York, NY  
Performed original roles in *Glacier* (nominated for a Bessie Award), *She Dreams in Code* and *Clearing/Lichtung*.
- 2015-17     **Annie-B Parson/St. Vincent**, New York, NY and Los Angeles, CA  
Performed original choreography in Grammy Award-winning tours: *Digital Witness* and *Fear the Future*
- 2007-09     **CorbinDances**, New York, NY  
Patrick Corbin, Choreographer
- 2006-08     **Battery Dance Company**, New York, NY and abroad  
Jonathan Hollander, Choreographer  
Performed at the Battery Dance Festival and on U.S. State Department-funded tours to Europe, East Asia and the Middle East

#### DANCE PROJECTS:

- 2017         **Yvonne Rainer & David Michalek**, New York, NY  
*Slow Dancing/Trio A* original film
- 2016         **Pat Catterson & Dancers**, New York, NY
- 2010-11     **Peridance Ensemble**, New York, NY and Washington, D.C.
- 2010         **Anne Zuerner/The Roxane Lola Movement Machine**, Brooklyn, NY
- 2009         **Sarah Michelson**, New York, NY  
Performed original role in *Dover Beach*
- 2007-08     **WHY Tour**, Italy and Israel  
Daniel Ezralow, Artistic Director
- 2008         **ArmitageGone!**, New York, NY  
Karole Armitage, Choreographer  
Performed excerpts from *The Elegant Universe*
- 2005         **Noemie LaFrance/Sens Productions**, Brooklyn, NY

#### PRE-PROFESSIONAL:

- 1999-2000   **The San Francisco Ballet**, San Francisco, CA, Trainee  
Helgi Tomasson's *The Nutcracker*
- 1993-98     **Oregon Ballet Theater**, Portland, OR, Pre-professional training program

James Canfield's original choreography, *La Bayadere*, *Coppelia*, *The Nutcracker*,  
*Swan Lake*, *Romeo & Juliet*

## **ADDITIONAL TEACHING**

### **DANCE:**

- 2019            **Dance Fremont**, Seattle, WA, Part-Time Faculty  
Advanced Ballet for ages 14-18
- 2016-17        **Gibney Dance**, New York, NY, Freelance Teacher  
Professional Ballet
- 2015, 2012     **Summer Dance Lab**, Walla Walla, WA, Faculty  
Advanced, Intermediate & Beginning Modern  
Anatomy for Dancers
- 2015, 2013     **Western Washington University**, Bellingham, WA, Guest Teacher  
Repertory Workshop (Liz Gerring's *Glacier*)  
Repertory Workshop (Liz Gerring's *She Dreams in Code*)
- 2006-08        **Battery Dance/Dancing to Connect**, New York, NY, Teaching Artist  
Ballet, Modern & Composition for high school students with no formal  
dance training. Projects in Germany, Japan, India, Sri Lanka, Cambodia, Taiwan,  
Philippines, Poland, Turkey & Azerbaijan

### **SOMATICS & ANATOMY:**

- 2016-17        **Movement Research**, New York, NY, Faculty  
Alexander Technique
- 2015-17        **Riverside Initiative for the Alexander Technique**, New York, NY, Faculty  
Associate Assistant Director:  
Embodied Anatomy (developed 2-year curriculum)  
"Flipped Classroom" anatomy of the spine (developed interactive online course)  
Developmental Movement Workshops  
Training Course Teacher:  
Alexander Technique for teachers-in-training
- 2016            **Queens College**, Queens, NY, Teaching Assistant  
Alexander Technique for Musicians
- 2015-15        **Shift Integrative Medicine**, New York, NY, Co-Teacher  
Taught Alexander Technique to physical therapists
- 2015-17        **Body Economics**, New York, NY, Co-Teacher  
Taught Alexander Technique and self-care to corporate executives and employees

2015-19      **Private Alexander Technique lessons**, New York, NY, Seattle, WA, and Huntsville, TX

#### MASTER CLASSES & RESIDENCIES:

2014      **Tisch School of the Arts Summer Intensive**, NYU, New York, NY, Faculty Summer Intensive, Liz Gerring Repertory

2014      **Pomona College**, Pomona, CA, Master Class Teacher  
Ballet and the Alexander Technique

2014      **Bryn Mawr College**, Bryn Mawr, PA, Master Class Teacher  
Modern, Liz Gerring Repertory

2012      **Jacob's Pillow**, Beckett, MA, Master Class Teacher  
Modern, Liz Gerring Repertory

#### CHOREOGRAPHY

2019      *Labor Study*, 7-Day Dance Festival, Bellingham, WA

2019      *Roxane*, MFA Concert, University of Washington, Seattle, WA

2018      *Flocks are Flying Avalanches*, MFA Concert, University of Washington, Seattle, WA

2017-19      **The Shed Project**, performance and installation collaboration with sculptor Connor Walden:  
                 *Deconstruction Demonstration*, Seattle, WA  
                 *(re)Construction*, Bellingham, WA  
                 *Times 3*, Seattle, WA  
                 *Fastening*, Bellingham, WA  
                 *To Ashes*, Seattle, WA

2015      *Glacier*, Western Washington University, Bellingham, WA  
                 Restaged a 20-minute version of Liz Gerring's evening-length *Glacier*

#### PUBLICATIONS & WRITING EXPERIENCE

2018      *Unsmudged: The Life & Teaching of Peggy Williams*, Editorial Assistant  
                 Nanette Walsh, author  
                 Edited manuscript of recently-published book on Peggy Williams, first-generation teacher of the Alexander Technique ([www.unsmudgedbook.com](http://www.unsmudgedbook.com))

2014      *The Art of Breathing*, Editorial Assistant  
                 Jessica Wolf and Richard Brennan, authors

Researched and compiled preliminary copy for book on breathing and the Alexander Technique

- 2003-06      *The Village Voice*, New York, NY, Contributing Dance Writer  
"Janus-Faced Dances, Interrupted, Look Forward and Back"  
"Reducing Laundry to Ludicrousness & Other Adventures in Billyburg"  
"Technical Glitches Dog God-Inspired Dance Festival"  
"Dance Review: STREB's *S.L.A.M.*"  
"Women Make Moves in Black Underwear, Florescent Wigs & Duct Tape"  
"Canadian Dancers Cavort in a Series of Underdone Choreographies"  
"Dance Review: *The Radio City Christmas Spectacular*"  
"Dance Review: Noemie LaFrance's *Descent*"  
"Witchel Celebrates 10 Years, Premieres, and a Superstar"

## CONFERENCE PRESENTATIONS

- 2018              *When Dancing is Thinking: Reclaiming the Intellectual Value of Embodied Practices*  
National Dance Educators Organization (NDEO) Conference, San Diego, CA
- 2018              *Constellations in Choreopolitics: Dancers' Experiences of Freedom*  
Graduate Research Symposium, University of Washington, Seattle, WA
- 2018              *When Dancing is Thinking: Reclaiming the Intellectual Value of Embodied Practice*  
Dance Science & Somatics Educators (DSSE) Conference, Buffalo, NY
- 2018              *Creating the Conditions: An Experiential Workshop in the Alexander Technique (Assistant Presenter)*  
Jungian Society for Scholarly Studies (JSSS) Conference, Portland, OR

## CURRICULAR DEVELOPMENT

- 2018-19          **Sam Houston State University**, Huntsville, TX  
Graduate Seminar in Somatics
- 2018-19          **University of Washington**, Seattle, WA  
Advanced Teaching Methods  
Alexander Technique
- 2016-17          **Riverside Initiative for the Alexander Technique**, New York, NY  
Embodied Anatomy, 2-year curriculum  
Flipped Classroom "RIAT Anatomy: Bones of the Head & Spine"

## SERVICE

- 2017-18          **American Society of the Alexander Technique (AmSAT)**

Member of AT Diversity Coalition

2017-18      **University of Washington**, Seattle, WA  
Undergraduate choreographic advising, warm-up classes for student  
concerts, Dance Student Association mentoring

## **HONORS AND AWARDS**

2017-18      **University of Washington**, Seattle, WA, Teaching Assistantship

2017-18      **University of Washington**, Seattle, WA, Full Tuition Wavier

2014-15      **The Breathing Project**, NYC, Judy Feldman Memorial Scholarship  
Full tuition scholarship, for excellence in multi-disciplinary study

2012-14      **Liz Gerring Dance Company**, New York, NY, Tuition Stipend  
For Alexander Technique teacher certification

2013          **Bessie Nomination for “Outstanding Production”**, New York, NY  
For Liz Gerring’s *Glacier*

## **ADDITIONAL DANCE TRAINING**

2002-17      **Professional Classes**, New York, NY  
Zvi Gotheiner, David Howard, Christine Wright, Joao Carvalho, Karla  
Wolfangle, Jocelyn Lorenz, Marjorie Mussman, Irene Hultman, Jimena Paz,  
Vicky Shick, John Jasperse, Gwen Welliver

1999          **San Francisco Ballet School**, San Francisco, CA  
Member of SFBS Professional Trainee Program

1999, 1996-7      **San Francisco Ballet School Summer Program**, San Francisco, CA  
Scholarship student

1998          **Joffrey Ballet School Summer Intensive**, New York, NY  
Full scholarship student

1990 – 1998      **Oregon Ballet Theater School**, Portland, OR  
Scholarship student in Professional Training School  
Additional studies: Limon technique, Russian character dance, flamenco, mime

## **PROFESSIONAL AFFILIATIONS**

**National Dance Education Organization**  
**Dance Science & Somatics Educators**  
**American Society for the Alexander Technique**