

KATIE WELLS

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WWW.INTERWEAVE.LOVE

COMPANY

2012|Present Owner and Director of Interweave®
Embodiment courses and retreats for personal growth and social change

EDUCATION

2015 Teaching Certificate in Embodied Spirituality, with Judith Blackstone,
The Realization Process
2008|2011 M.F.A. in Dance (*magna cum laude*) University of Colorado at Boulder
Secondary Emphasis: Interdisciplinary Performance | Physical Theater
1998|2003 B.A. in Dance (*cum laude*) Columbia College Chicago
1996|1998 Academy for the Arts, Science and Technology, Myrtle Beach, South Carolina
Major: Dance | Minor: Theater

UNIVERSITY TEACHING

2014|2020 Adjunct Dance Professor, 15 courses, 1-3 courses per semester in: Somatics,
Dance Appreciation, Journey of Empowerment, Theater and Dance Collaboration, and
Modern Dance. Radford University, VA
2013 Movement Meditation, guest teacher, Counselor Education, Radford University, VA
2012 Movement for Actors, guest teacher, St. Mary's College, MD
2012 Movement for Actors, guest teacher, University of Colorado
2008|2011 Beginning Modern, 3 courses, University of Colorado
2010 Intermediate Ballet, 1 course, University of Colorado
2010 Beginning Jazz with Experience, 2 courses, University of Colorado
2009 Beginning Jazz, 2 courses, University of Colorado
2008 Jazz Fusion, substitute for Erika Randall, University of Colorado
2003|2004 Movement for Actors, guest teacher, Theatre Department, Columbia College Chicago
2003 Improvisation and Modern, guest artist, Coastal Carolina University. Conway, SC
2002 Beginning Modern, teacher assistant to Carrie Hanson, Columbia College Chicago
2001 Advanced Modern, teacher assistant to Shirley Mordine, Columbia College Chicago

EVENT CREATION

2019 "Love Letters to Humanity" a one-woman show of Dance Theater performed
by Katie Wells, produced by Interweave. Art Rat Studios in Roanoke, Anahata

- Education Center in Floyd, and the Unitarian Universalist in Blacksburg, VA.
- 2017|2019 The Goddess Retreat, a 3-day Intensive with Katie Wells as creator, coordinator, and workshop presenter. Weaving healing movement, song, and sisterhood. Anahata Education Center, Floyd, VA
- 2018 Grounded Feet Open Heart, 1 Day Women's Retreat with Katie Wells as creator, coordinator and workshop presenter. The retreat included presenters in dance, song, herbalism, and sound healing. Anahata Education Center, Floyd, VA
- 2018 The Mountain Mama Festival, Anti-Pipeline Benefit with Katie Wells as co-creator and co-coordinator of 3 Days of music, camping, and workshops in the Healing Arts and Activism. Bottom Creek Farm, Bent Mountain, VA
- 2018 PFLAG Benefit with Katie Wells as co-coordinator and presenter in an evening with dinner, a cabaret, and an Interweave® Community Dance. Floyd, VA

WORKSHOP TEACHING

- 2019 Embodiment Sermon at the Unitarian Universalist Congregation. Blacksburg, VA.
- 2019 Workshop Presenter at Wild River Festival, Anahata Education Center. Floyd, VA.
- 2019 Workshop Presenter at Renewal Retreat, Anahata Education Center. Floyd, VA.
- 2019 Dance Facilitator, Daddy Daughter Dance. Check Elementary School, VA
- 2018-2019 Journey of Empowerment. Downey Dog Yoga Studio, VA
- 2019 Nourish Your Inner Goddess. Annie Kay's, Blacksburg, VA
- 2019 New Years Eve Ecstatic Dance and Kirtan. Unitarian Church, Blacksburg VA
- 2014|2019 Interweave Conscious Movement®, Floyd Yoga Jam Festival. Floyd, VA
- 2018 Journey of Empowerment, Downey Dog Yoga, VA
- 2018 Blue Mountain School, Staff Development Workshop. Floyd, VA
- 2016 Opening Ceremony, Floyd Fest and Floyd Yoga Jam, VA
- 2014 Interweave, Still and Moving Center. Honolulu, HI
- 2014 Interweave, The Yoga House. Kapaa, Kauai, HI
- 2014 Interweave, Summer Sing Camp, Anahata Education Center. Floyd, VA
- 2013 Interweave, LifeStream Center. Roanoke, VA
- 2013 Interweave, Kaypacha Healing Festival. Jackson Wellsprings. Ashland, OR
- 2013 Interweave, Kaypacha Healing Festival, ECETI. Hood River, WA
- 2013 Interweave, iBme Teen Mindfulness Retreat, Sevenoaks. Charlottesville, VA
- 2012 Interweave, Weekend Intensive, Blue Ridge Center for Chinese Medicine. Floyd, VA
- 2012 Authentic Movement, Cultural Evolution Camp. Floyd, VA.
- 2012 Interweave, iBme Teen Program. Floyd Fest, VA.
- 2012 Creative Movement, ages 3-5. The Country Store, Floyd, VA
- 2011 Contact Improv, Orcas Island Contact Jam, ages 27-65. Oddfellas Hall, WA
- 2009 Movement for Actors Workshop. University of Colorado
- 1998 Movement for Actors Workshop, ages 16-18. Academy for Arts, Science And Technology, Myrtle Beach, SC

ADULT CLASSES

- 2013|2019 Healing Movement for Parkinson's, weekly private In-home sessions. VA

- 2018|2019 Expressive Dance, weekly dance class for special needs. Floyd, VA
- 2019-2020 Total Body Fitness, Bi-weekly class. Floyd, VA
- 2019 Chakras in Motion, seven week series, In Balance Yoga Studio, Blacksburg
- 2019 Chakras in Motions, seven week series. June Bug Center. Floyd, VA
- 2019 Monthly Ecstatic Dance. In Balance Yoga, Blacksburg, VA
- 2018 Guest Teacher, Floyd Focusing®. VA
- 2017-2018 Goddess Dance Series, 8 week Interweave program, In Balance Yoga Studio, Blacksburg, VA
- 2018 Goddess Dance Series, 8 week Interweave program, The June Bug Center Floyd, VA
- 2017 Goddess Dance Series, 8 week Interweave program, Uttara Yoga Studio, Roanoke, VA
- 2017 Goddess Dance Series, 8 week Interweave program, The June Bug Center, Floyd, VA
- 2016 Goddess Dance Series, 8 week Interweave program, The June Bug Center, Floyd, VA
- 2013 Interweave, Living Light Yoga, (9 weeks). Floyd, VA
- 2013 Contact Improv, Junebug Center, (9 weeks). Floyd, VA
- 2012 Adult Improvisation, Sun Music Hall, (9 weeks). Floyd, VA
- 2012 Contact Improv, Sun Music Hall, (9 weeks). Floyd, VA
- 2011 Jazz Dance, ages 7-15, Rocky Mountain Theater for Kids, (6 weeks). Denver
- 2005 Company Ballet Class, Mordine and Company, Ruth Paige Center, Chicago

YOUTH CLASSES

- 2018 Intermediate Ballet, 32 classes, ages 13-14, Radford University, VA
- 2015|2018 Modern Dance and Conditioning, International Summer Intensive Program, Radford University, VA
- 2015|2018 Creative Movement for Everyone, Governor's School for the Arts, Radford University, VA
- 2013|2014 Dance and Theater, ages 3-12, Blue Mountain Elementary School. Floyd, VA
- 2013 Movement Meditation, ages 13-18, Blue Mountain High School. Floyd, VA
- 2013 Physical Theater, ages 14-15, Junebug Center after-school program, (8 classes). Floyd, VA
- 2013 Creative Movement Workshop, ages 4-6, Chantilly Montessori School, Charlotte
- 2013 Dance and Theater, ages 4-11, Blue Mountain School, (8 weeks). Floyd, VA
- 2011 Modern Dance and Improvisation Workshop, ages 14-18, Legends High School. Denver
- 2009|2010 African Dance/Creative Movement/Jazz/ Salsa, ages 5-18, CU Graduate Teaching Tour Taught at 12 elementary, middle, and high schools in southern Colorado
- 2011 Ballet and Improvisation, ages 12-15, Reverence Dance Academy. Lafayette, Colorado
- 2011 Musical Theater, ages 12-14, Rocky Mountain Theater for Kids, (10 weeks). Boulder
- 2010 Modern Dance, ages 5-6, 7-9 and 10-12, Longmont Dance Theatre. Longmont, Colorado
- 2009 Beginning Modern, private lessons, CO

- 2009 Creative Movement and Musical Theater, ages 5-7, Rocky Mountain Theater for Kids (6 weeks). Denver
- 2008|2009 Beginning Modern/Choreography/Improvisation, aged 10, Nederland Community Center, (1 year). Colorado
- 1998|1999 Intermediate Modern, guest artist. Myrtle Beach School of Performing Arts
- 1998 Creative Movement, after-school program, Myrtle Beach Elementary, SC

ADDITIONAL TRAINING

- 2019 Kundalini 40 Day Challenge, Life Force Academy, online
- 1999|2020 Personal Yoga Practice
- 2015|2019 Weekly Group Therapy
- 2013|2018 Monthly Women's Circles
- 2014|2018 Private Therapy Sessions, 10 with Anna Pittman Ph.D., CC, ERYT 500, 20 Sessions with Paula Markham LPC, and 15 Sessions with Bridget Simmerman LCSW
- 2014|2018 Sweat Lodge with Lakota trained Chris Deerheart, or Cheri Chalfant. Floyd, VA
- 2018 Song Circles and Dances of Universal Peace with Rev. Kathryn Ashera Rose, VA
- 2018 Mindful Self-Compassion, 10 weeks / 20 hours with Kristy Arbon, The Center for Mindful Self-Compassion, Online Course
- 2018 Reclaim Your Sexual Vitality Workshop with Eduardo Bettencourt. Floyd, VA
- 2017 Jungian Shadow Work with Jenny Finn Ph.D., 8 weeks/16 hours. Floyd Eco-Center, Floyd, VA
- 2017 Sacred Dance with Jenny Finn Ph.D., 8 weeks/16 hours. Floyd Eco-Center, Floyd, VA
- 2017 Noguchi Taiso, Japanese Water Movement Somatics with Mari Osanai. 3 Day Intensive. Asheville, NC.
- 2017 Focusing®/Meditation/Feldenkrais with Russel Delman, , 2 day Intensive Durham, NC
- 2015|2016 Focusing®, Level 1 and 2, with Sandy Jahmi Burg. Floyd, VA
- 2016 Couples Therapy with Stella Humphries Ph.D., Private 3 Day Intensive. Butterfly Farm, Asheville, NC
- 2016 Azul Conscious Movement with Amara Pagano, 3 Day Intensive. Charlottesville, VA
- 2016 DanceMeditation, Movement Monastery with Dunya McPherson. 7 Day Intensive. Santa Fe, NM
- 2015 Meditation and Consciousness Series, 8 weeks / 16 hours, Anna Pittman Ph.D. Blacksburg, VA
- 2014 Non-Violent Communication Series, 6 weeks / 12 hours, Patricia Bevan, Blacksburg, VA
- 2014 Had a baby
- 2013 Shamanic Butoh with Diego Pinon, 3 Day Intensive. NYC
- 2013 DanceMeditation with Dunya McPherson, 5 Day Intensive. Cape Cod, MA
- 2013 5 Rhythms with Kate Shela., 3 Day Intensive. Asheville, NC
- 2013 Dreamwork/Bodywork with Jean Campbell, 3 Day Intensive. Floyd, VA
- 2013 New Culture Camp, Healing Arts, 3 Day Intensive. Floyd, VA

- 2012 Asheville Butoh Festival. Weekend Intensive. Asheville, NC
- 2012 Dance Meditation with Dunya McPherson, 4 Day intensive. Asheville, NC
- 2012 In-Touch Contact Improv Festival (5 days). Berlin
- 2011 Trans-Analysis Weekend Intensive, Generation Tao. Paris
Wutao and Kung Fu classes, Generation Tao. Paris
- 2011 Contact Improvisation Weekend Intensive, with Ray Chung. The Move,
Freiburg, Germany
- 2011 Action Theater, *Wild in Tandem* with Sten Rudstrom, 3 Day Intensive. K77, Berlin
- 2011 West African Dance and Drum, classes with Nii Anang, Floyd Fitness Center, VA
- 2011 Neutral Mask Weekend Intensive, with Elizabeth Baron. Boulder Circus Center
- 2011 Orcas Island Contact Improv Jam, 5-Day. WA
- 2011 Moab Jam, Contact Improvisation Weekend Intensive with Chris Aiken and Angie
Hauser. UT
- 2011 Kick Start, week intensive with Kathleen Hermesdorf, Albert Mathias, Sara Shelton
Mann, Keith Hennessy, Yannis Adoniou, and Abby Craine. San Francisco
- 2010 Joe Goode Workshop (two days). San Francisco
- 2010 Mask, semester course with Joan Schirlie. University of Colorado
- 2010 Bouffon, 3 week training with Giovanni Fusetti. Boulder Circus Center
- 2010 Williamson Technique, workshop with Jennifer Martin, Tammy Meneghini,
Ted Morin, and Deborah Robertson. University of Colorado
- 2010 Jose Limon, workshop with Daniel Charon. University of Colorado
- 2010 Michael Chekhov Technique, workshop with Deborah Robertson,
University of Colorado
- 2010 West African Drum and Dance, semester with Fara Tolno. University of Colorado
- 2009|2010 Alexander Technique, 12 private lessons with Nada Diachenko and Julie Rothschild.
Colorado
- 2009 Action Theater 3 Day Intensive with Ruth Zaporah. Naropa University, Boulder
- 2009 Butoh Workshop with Nathan Montgomery. Boulder Circus Center
- 2009 Performing Voices of Women, semester course with Beth Osnes.
University of Colorado
- 2009 Creating Character, semester course with Jane Page. University of Colorado
- 2008 Performance Art Workshop, with Frances Charteris. University of Colorado
- 2005|2007 Dance classes at Movement Research, 100 Grand, and Dance New Amsterdam, with
Luis Malvacias, Heather McArdle, Jennifer Monson, Jeremy Nelson, Jennifer
Nugent, and Bill Young. NYC
- 2006 Yoga Effects, class for work exchange, NYC
- 2005 Bates Dance Festival. 3 weeks, Bates College, ME
Modern Technique: David Dorfman
Modern Technique: Stephen Koester
Improvisation: Olivier Besson
Business of Dance: Kim Konikow
- 2004 Act One Studio, Acting Fundamentals II, Acting Instinctively, Scene Study
(3 semesters). Chicago
- 2003 Joe Goode Workshop. San Francisco
- 2003|2005 Yoga classes, Nature Yoga Studio. Chicago
- 2002 America College Dance Festival. University of Michigan
- 2002 David Parsons Summer Workshop. NYC

- 2001 Random Dance Company, Technology and Dance Work Intensive (1 week).
Columbia College Chicago
- 2000 American Dance Festival. Duke University
Contact Improvisation: David Beadle
Modern Technique: Gail Gilbert
Contemporary Dance Technique: Andrea Woods
Choreography: Doug Nielsen
- 2000 Bartenieff Fundamentals Workshop with Dardi McGinley Gallivan.
Columbia College Chicago
- 1999 Body-Mind-Centering, semester course with Lisa Clark, Columbia College Chicago
- 1999 American College Dance Festival (scholarship). Wayne State University, Detroit
- 1998 South Carolina Governor's School for the Arts. 5 week dance intensive (scholarship)
Furman University, Greenville, SC
- 1995 Ann Dunn Summer Dance Intensive. Asheville, NC
- 1993 | 1995 Artworks: Ballet and Modern with Ilka Dubek (twice weekly, 2 years).
Myrtle Beach, SC
- 1994 Brevard Summer for the Gifted and Talented (scholarship). Brevard College, NC
- 1993 Brevard Summer for the Gifted and Talented (scholarship). Brevard College, NC
- 1992 | 1993 Tang Soo Do Karate, with Joel Chanaka, (twice weekly) Conway, South Carolina
- 1992 | 1993 Several Gifted and Talented summer day camps. Whittemore Park Middle School,
Conway Middle School, Coastal Carolina University, SC
- 1984 | 1998 Myrtle Beach School of Performing Arts: modern, ballet, pointe, tap, jazz,
funky jazz, gymnastics
- 1998 | 2011 **Master Classes with Guest Artists:** Erika Berland, Liz Burritt, David Capps, Daniel Charon, H.T. Chen, Wally Cardona, Peter Carpenter, Sean Curran, Teena Marie Custer, Chuck Davis, Krista DeNio, Katie Elliot, Joe Goode, Alicia Grayson, Rennie Harris, Heidi Henderson, Kathleen Hermesdorf, Darrel Jones, Akira Kasai, Robert Moses Kin, Nia Love, Eiko and Komo, Rebecca Lazier, Ralph Lemon, Liz Lerman, Mirva Makinen, Susan Marshall, Gesel Mason, Bebe Miller, Momix, Jacob Mora, Sara Pearson, Stephen Pretronio, Shirley Ririe, Billy Siegenfeld, and Shapiro and Smith.
- 2007 | 2011 **University of Colorado** (graduate Level): Jazz Fusion: Erika Randall. Modern: Gabe Masson, Onye Ozuzu and Toby Hankin. Alexander Technique: Nada Diachenko. Improvisation: Michelle Ellsworth. Choreography: Gabe Masson, Michelle Ellsworth, and Nada Diachenko. West African: Nii Armah Sowah and Fara Tolno. Projection: Bob Shannon. Video: Luis Valdovino. Teaching: Toby Hankin. Readings: Michelle Ellsworth. Seminar: Onye Ozuzu. Theater: Jane Page, Beth Osnes, and Joan Schirlie. Scene Design: Bruce Bergner.
- 1998 | 2003 **Columbia College Chicago** (undergraduate level): Modern: Dardi McGinley-Gallivan, Carrie Hanson, Nana Shineflug, Krenley Guzman, Shirley Mordine, Pam McNeil, and Jan Erkert. Ballet: Anna Paskevka, Natalie Rast, May Ho, Katrina Smith, Eduardo Vilaro. Jazz: Joel Hall. Improvisation and Composition: Jan Erkert, Shirley Mordine, and Debra Siegel. Contact Improvisation: Kathleen Maltese. Music 1, 2, and 3: Richard Woodbury. Anatomy: Jennifer Swanson.

Kinesiology: Jan Erkert.

DANCE COMPANIES

- 2012 Evolatic, company member, Floyd, VA
A movement collective with ritualistic dances invoking the goddess
- 2012 Rhythm Fire Dance Company, company member, Floyd, VA
Fire dancing, stilt walking, belly dance, and hula
- 2005|2013 Queen of Hearts Productions, Artistic Director Katie Wells,
An interdisciplinary performance company
- 2007|2008 HoffTanzt, company member, New York City
Contemporary dance by German choreographer Daniela Hoffman
- 2002|2005 Mordine and Company Dance Theatre, company member, Chicago
Longest running modern dance company in the Midwest
- 2001|2004 Anatomical Theater, company member, Chicago
Contemporary dance exploring science and technology
- 2000|2001 The 58 Group, company member, Chicago
Jazz and modern dance fusion, company of both musicians and dancers

IMPROVISATIONAL PERFORMANCE

- 2016|2019 Dance Solos with Richmond based band Lobo Marino at Love Light Festival, Floyd
Yoga Jam, Floyd Fest, Jewel Creek, the Blue Ridge Center for Chinese Medicine, and
the Moss Center. VA.
- 2016 Dance solo with band Leftover Salmon. Floyd Fest
- 2016 Dance solo with band Desert Dwellers. Floyd Yoga Jam
- 2016 Dance solo with the Roanoke Symphony Orchestra. Floyd Eco-Village, VA
- 2016 Dance solo with DJ Band. The Sun Music Hall, VA
- 2015 "Strung Together," The Sun Music Hall, Floyd, VA
- 2014 "The Spiral," Benefit for Blue Mountain School, EcoVillage. Floyd, VA
- 2013 "The Oracle," "Sun Dance," "Hope" and "The Warrior," Kaypacha Healing Festival.
Hood River, WA
- 2013 "The Oracle" and "Rock Me to My Soul," Kaypacha Healing Festival. Ashland, OR
- 2013 "Opening Ceremony" and "The Oracle," Floyd Yoga Jam. VA
- 2013 "West African Dance with Prepared Piano" and "The Floating Waltz," solos with live
music by David Stuart Wiley, The Blue Ridge Music Festival. Floyd, VA
- 2013 "Shakti Shiva," solo with live music by Mike Mitchell, One Stoplight Variety Show.
Floyd, VA
- 2012 "Snake Dance," solo with live DJ Chris Angileri, gallery opening, Jacksonville Center.
Floyd, VA
- 2012 "Exorcism," trio fire dance improvisation, with Evolatic Dance Company.
Carnival of 5 Fires, Richmond
- 2012 Solo dance improvisation with experimental musician Angie Yeowell.
Eschschoraque, Berlin
- 2012 Solo dance improvisation with greek folk music by Mihalis Hionas.

- 2011 Santorini Moy, Santorini, Greece
 “Mardi Gras,” solo with music by Duke Ellington. Dogtown, Floyd, VA
 Solo dance improvisations with gypsy jazz band, Vermont Joy Parade. Club Bassy, Berlin
- 2011 Solo dance improvisations with jazz musician Paul Batto. Blues Sklep, Prague
- 2011 Solo dance improvisations with rock band Sanjo Batar. Club Godor, Budapest
- 2011 Solo dance improvisations with punk band Bastardo Four. Tommyhaus, Schokoladen, and Clash, Berlin
- 2011 “Dominance,” improvised solo, curator AUNTS from N.Y.C., Kuntzfabrik. Berlin
- 2011 “Spill,” site-specific solo based on poem “Shrayen,” by Paulie Lipman.
 Boulder International Fringe Festival
- 2011 Evening-length solo performed by Katie Wells with experimental band, The Corvettes.
 The Trident, Boulder
- 2011 Solo dance improvisations with the Balkan band, Sherefe. Ozo Café, Boulder
- 2011 Duet with James Hoskins and experimental band, The Corvettes. House concert. Four Mile Canyon, CO
- 2011 “You and Me,” improvised quartet in alley for Tara Rynders’ M.F.A. Concert, Denver, and *Space and Time in Virtual Worlds Conference*. University of Colorado
- 2011 “Muddy Waters,” site-specific improvisational duet with Nathan Blackwell.
CU Fringe Festival, CO
- 2011 “B.L.O.r.k.,” eight improvised group dances in collaboration with B.L.O.r.k., Boulder Laptop Orchestra. Atlas Institute for Technology, CO
- 2011 “Dreams,” structured improvisation by Abby Craine. Kunstoff Arts, San Francisco
- 2010 “Of Bodies and Branches,” site-specific M.F.A. dance concert, Choreographer Nicole Dagesse. Roosevelt National Forest, Colorado
- 2010 “Planetary Dance,” outdoor improvisation created by Anna Halprin, directed by Cherie Hill. University of Colorado
- 2009 “Pop,” group improvisation structured by Cortney Mcguire. *Graduate Showcase* and *Choreographers Showcase*, University of Colorado
- 2005 “Flapper,” a duet by Rachel Bunting and Katie Wells, live music by rock band The Latest. The Hideout Bar, Chicago
- 2004 “Poker,” duet with structure by Katie Wells, performed with Rachel Bunting, Curator Adriana Durant. *Chance Dance*, Links Hall, Chicago
- 2004 “Am I Being Too Honest?” by Katie Wells. *Poonies Cabaret* (improv show), Links Hall. Chicago
- 2004 “Rilly Silly,” by Katie Wells. *Poonie’s Cabaret* (improv show), Links Hall. Chicago
- 2003 “Shadow,” Anatomical Theater, opened for Blue Man Group. Circus Club, Chicago
- 2003 “Prairie,” group improvisation structured by Ginger Farley, founding member of Hubbard Street Dance Chicago. Peggy Notebaert Nature Museum, and Chicago Botanical Garden
- 2002 “Faceless,” and “Birdy,” two solos performed by Katie Wells with drummer Kirk Nowak. Station 13 Loft, Chicago
- 1998 “Under Pressure,” solo by Katie Wells. Academy for Arts, Science, and Technology, SC
- 1997 *Bremen Town Musicians*, role of cat performed by Katie Wells, in improvised group-dance with Long Bay Symphony Orchestra. Myrtle Beach, SC
- 1995|1997 Three improvised solos by Katie Wells with rock band I,GOD. House of Blues and Mr. Yuck’s, Myrtle Beach, SC

CHOREOGRAPHY

- 2019 "Circle of Protection," trio dance at an Anti-Pipeline Gathering.
- 2016 "Embracing OurSELVES," group dance set on students at Radford University, VA
Bernstein's Mass, Co-choreographers Katie Wells, Jessica Pearson and Christine
- 2011 Rhodes in collaboration with the University of Colorado's Music School, 100-member orchestra, 200-member choir. Denver Center of the Performing Arts
- 2011 "Our Minds are in Our Hands," One-on-one performance installation in a bathroom by Katie Wells in Tara Rynders' M.F.A. Concert, *You and Me*. Denver
- 2011 "Wind-Blown Rituals," *Non-Majors Showcase*, 40 Beg. Modern students.
University of Colorado
- 2011 "Clap Hands," *Non-Majors Showcase*, 12 Beginning Jazz students.
University of Colorado
- 2010 "Frown Town," *CU Fringe Festival and Graduate Works in Progress Concert*.
University of Colorado
- 2010 "Fosse," *Summer Showcase*, 11 Beginning Jazz Dancers. University of Colorado
- 2010 A bride and groom's first dance, Michelle and Erik Applegate. Colorado
- 2010 "Wavelengths," A quintet. *Graduate Showcase*, University of Colorado
- 2010 "Je Veux Te Voir," *Non-Major Showings*, 30 Intermediate Ballet students.
University of Colorado
- 2009 Three Latin dances, Performed and co-choreographed three duets with Cherie Hill.
Eldorado Middle School Band Concert, Colorado
- 2009 A bride and groom's first dance, Molly and Shaun Anderson. Colorado
- 2009 "Afternoon at the Robinsons," duet with Esmeralda Kundanis- Grow,
Graduate Showcase, University of Colorado
- 2009 "Tribe," *Non-Major Showcase*, 35 Beginning Jazz students. University of Colorado
- 2009 "Jazz Era," *Non-Major Showcase*, 35 Beginning Jazz students. University of Colorado
- 2008 "Bonanza Fantastical," Duet with Gabriel Todd, choreography and text by Katie Wells.
University of Colorado and Boulder Museum of Contemporary Art
- 2008 "Other Side," A sextet, University of Colorado Touring Company
- 2008 "White Tail," The Box, Green Space Studios, and Chez Bushwick. NYC
- 2008 "A Day in the Life," *Non-Major Showcase*, 26 Beginning Modern students.
University of Colorado
- 2008 "New York is Dead," Solo performed by Katie Wells. *The Binge Festival*, Ohio Theater
and Cave Canem, NYC
- 2005 "Crush," Co-choreographed and performed with Rachel Bunting of The Humans.
Wicker Park Lofts and Hamlin Park Theatre, Chicago, and Milagro Theatre, NYC
- 2005 "Black to White," Group piece presented in the *International Alternative Hair Show*,
3,000 audience members at Rosemont Theatre. Chicago
- 2004 "Swing Phase," Co-choreographed with Anatomical Theater, *Pentacle Showcase*,
City Center. NYC
- 2004 "Perpetual Attempt" Quartet presented in a co-produced concert with The Humans.
Hamlin Park Theatre. Chicago
- 2004 "Entomology," Group piece presented in the *International Alternative Hair Show*.

- 3,000 audience members at Rosemont Theatre, Chicago
- 2002 "Fighting Balance," Duet exploring the need for opposites. *Senior Concert*, Columbia College Chicago
- 2002 "7:00 AM," Solo with music and performance by Katie Wells. *Senior Concert*, Columbia College Chicago
- 2002 "Fulfillment," Theatrical duet to Beethoven's Symphony #9, *Senior Concert*. Columbia College Chicago
- 2000 "Thirsty Water," Solo performed by Katie Wells, advised by Jan Erkert. Columbia College Chicago and American College Dance Festival. Wayne State University, Detroit
- 1998 "Out of This World," Group piece exploring humans' relationships to the stars. *Senior Exhibition*, Academy for the Arts, Sciences, and Technology, SC
- 1997 "Black and Blues," Solo about domestic abuse. Academy for the Arts, Science, and Technology, Conway High School, and Myrtle Beach High School, SC
- 1996 "Santa Baby," Solo presented at the Academy for the Arts, Science, and Technology, and Coastal Carolina University, SC

DIRECTING

- 2011 Artistic Director and Choreographer, *Alice*, in collaboration with composer Joseph Hallman, Live symphony orchestra, regional premiere, 45 Min. *Strings Music Festival*, Steamboat Springs, Colorado
- 2011 Movement Director, *Tyrannosaurus-Sex*, evening-length piece, live music and projection by Ira Liss. Atlas Institute for Technology, University of Colorado
- 2011 Assistant Director Katie Wells, *Gleeful*, musical with 50 children ages 7-15, Writer and Director Kelly McCallister. Rocky Mountain Theater for Kids, Boulder
- 2010|2011 Rehearsal Director, "Black on Blue," Choreographer Robert Sher-Machherndl. Dairy Center for the Arts and CU Faculty Concert
- 2010 Director, Producer, Writer, and Choreographer, *Una*, M.F.A. Concert. Atlas Institute for Technology, University of Colorado
- 2010 Movement Director, *Blood Wedding*, The Loft, University of Colorado
- 2009 Director and Hostess, *Graduate Works in Progress Concert*, Fall Semester, University of Colorado
- 2009 Director and Hostess, *Non-Major Showcase*, Fall Semester, University of Colorado
- 2006 Director, Curator, and Choreographer, *Lovesick*, an interdisciplinary concert. Milagro Theater, NYC
- 2004 Co-Director and Choreographer, *Magician's Nap* with Rachel Bunting. Hamlin Park Theatre, Chicago
- 2002 Co-Director and Choreographer, *Parallel Exposure*, Senior Concert with Vershawn Sanders. Columbia College Chicago

PHYSICAL THEATER AND MUSICAL THEATER PRODUCTIONS

- 2018 *Before and Beyond Words*, a physical theater production. Movement Direction and Sound Score by Katie Wells. Radford University, VA.
- 2014 *The Floyd Radio Show*, Blue Mountain School performs, Floyd, VA
- 2013 *Modern Day Myths*, Assistant Director, Blue Mountain School, Floyd, VA
- 2011 *Willy Wonka*, musical with 50 children ages 7-15, Choreographer Katie Wells, Director Patti Murta, Rocky Mountain Theater for Kids. Kings Center, Denver
- 2011 *Gleeful*, musical with 50 children ages 7-15, Choreographer Katie Wells, Writer and Director Kelly McCallister. Rocky Mountain Theater for Kids, Boulder
- 2010 *Tiffany*, Bouffon solo written and performed by Katie Wells. Boulder Circus Center
- 2010 *Goddess*, performed monologues in mask and Rasa boxes, directed by CU professor Tammy Meneghini. *CU Fringe Festival*
- 2009|2010 *Frown Town*, choreography by Katie Wells. *CU Fringe Festival*, *Choreographer's Showcase*, and *Graduate Works in Progress Concert*, University of Colorado
- 2010 *Autobahn*, Movement Coach Katie Wells. The Actor's Studio, University of Colorado
- 2010 *Blood Wedding*, Movement Director Katie Wells. The Loft Theatre, University of Colorado
- 2009 *Quake*, Choreographer Katie Wells, Playwright Melanie Marnich, Director Lori Lee Wallace. Actors' Studio, University of Colorado
- 2009 *Cleanse*, Choreographer Katie Wells, Playwright Sarah Kane, Director Greg Thorton. The Actors' Studio, University of Colorado
- 2009 *The Aristocats*, Choreographer Katie Wells. Rocky Mountain Theater for Kids, CO
- 2009 *Babe*, Choreographer Katie Wells. Rocky Mountain Theater for Kids, CO
- 2001 *Tea Party*, Director Robynne Gravenhorst, Anatomical Theater. Chicago
- 1997 *Midsummer Night's Dream*, Co-choreographers Christie Karavan and Katie Wells. Coastal Carolina University, SC
- 1995 *The Wiz*, actor and dancer, Director Christie Karavan. Coastal Carolina University, SC
- 1990 *The Wizard of Oz*, actor, Director Wayne Noble. McCown Auditorium, SC

INTERDISCIPLINARY WORK

- 2011 *Alice*, Artistic Director and Choreographer Katie Wells, in collaboration with Composer Joseph Hallman, Painter and Projectionist Biff Bolen, Costume Designer Kristin Dalleske, live symphony orchestra with Conductor Andres Cardenes, regional premiere, 45 minutes. *Strings Music Festival*. Steamboat Springs, CO
- 2011 *Tyrannosaurus-Sex*, Evening-length piece, live music and projection by Ira Liss, choreography by Katie Wells. Atlas Institute for Technology, University of Colorado
- 2005|2011 *Swim*, filmed, edited, and performed by Katie Wells
Hamlin Park Theatre, Chicago, *CU Graduate Showcase*, and *CU Fringe Festival*. CO
- 2010 *Una*, Katie Wells M.F.A. Concert, 45 min. Director and Choreographer Katie Wells, Technical Director E.J. Posselius, Film Artists Aaron Young, Tara Rynders and Erik Klosterman, Costume Designer Kristin Dalleske, live music by Max Shiffman and Doug Craft, text by Katie Wells and Randall A. Wells. Atlas Institute for Technology, CO

- 2009 *She Waited in Time*, installation concert with dance, film, live music, a solo in bathtub of sand, performed by Katie Wells, directed by Nicole Dagesse and Tara Rynders. Atlas Institute of Technology, University of Colorado
- 2008 *Silver Coil*, solo performed and choreographed by Katie Wells, music by Josh Minor, film by Brandon Lied. Atlas Institute for Technology, CO
- 2008 "Switch," interdisciplinary duet performed and choreographed by Katie Wells and Tara Rynders. Atlas Institute for Technology, CO
- 2006 "Heart," projections, performance and choreography by Katie Wells, Queen of Hearts Productions. Milagro Theatre, and Loft 910, NYC
- 2002 *Inside Out*, group improv with sensors controlling music and projection run by Marientina Gotsis. Electronics Visualization Laboratory, University of Illinois-Chicago
- 2002 "Star Gaze," group of nine dancers, projections, text, and choreography by Katie Wells, expressing how we are connected to the universe through gravity, atoms and energy. *Senior Concert*, Columbia College Chicago

DANCE FOR CAMERA

- 2020 *The Earth is Our Body*, edited and performed by Katie Wells with music by Holy River.
- 2013 *Evolatic*, Dancer Katie Wells, Film Artist and Editor Brian Wimer, Charlottesville, VA
- 2011 *Spilling Red*, Director and Dancer Katie Wells, Film Artist and Editor Drummond West, Musician Farrell Lowe. CO
- 2011 *Where WE Meet*, Dancers Nathan Blackwell and Katie Wells, Director and Film Artist Sarah Bowers. *Poetry in Motion*, Boulder International Fringe Festival
- 2003|2010 *Murmur*, Writer and Director Katie Wells, Musician Evan Kuchar, Film Artist Andy Brown, Editor Biff Bolen. *Around the Coyote Curator's Choice Film Festival*, *Around the Coyote Dance Festival*, *Duets for My Valentine*, Station 13, Hamlin Park, Chicago. Milagro Theatre, NYC. Trinidad State Junior College, Packing House Center for the Arts, Denver
- 2009 *Sand*, filmed by Katie Wells, edited by Nicole Dagesse, in an installation concert by Nicole Dagesse and Tara Rynders, *She Waited in Time*. Atlas Institute for Technology. University of Colorado
- 2009 *Clown Frown*, Director and Editor Katie Wells. Irey Theater. University of Colorado
- 2008 *Dirty Laundry*, performed in a dance for camera by Tara Rynders. University of Colorado
- 2008 *Dirt Days*, improvised solo by Katie Wells, directed and filmed by Nicole Dagesse *NeXus*. University of Colorado
- 2007 *Disappear*, group dancer in film by Kataj Lohen, Swedish video Installation artist. NYC
- 2005 *Swim*, filmed and edited by Katie Wells. Hamlin Park, Chicago, and University of Colorado
- 2003 Improvised dance trio, filmed and presented by Flux Group Production Company. Chicago
- 2003 Two solos by Katie Wells, filmed by video artist Alaina Goetz. San Francisco

ADDITIONAL DANCE PERFORMANCE

- 2013 "The Snake Oracle," Director Maureen McFreehill, Butoh Festival. Asheville, NC
- 2012 Hula and fire dance, with Rythm Fire Dance Company, Music Factory. Charlotte
- 2012 "Ritual," and "Animal" with Evolatic Dance Company. Floyd Fest, and
Floyd Yoga Jam, VA
- 2012 "Absinthe Soiree," Director Brina Steinhelfer. The Delphi, Berlin
- 2011 *A Night for Meredith Monk: Voice Orchestra and Shadows*,
Director Moss Beyon Juckes, voice, physical theater, and shadow puppets.
Zuhaus, Berlin
- 2011 "Prophet Machine," Choreographer Patrick Faurot-Pigeon. Eschschoraque, Berlin
- 2010|2011 "Black on Blue," Choreographer Robert Sher-Machherndl,
Dairy Center for the Arts and CU Faculty Concert
- 2011 "Fred," Choreographer Sara Shelton Mann. Kunststoff Arts, San Francisco
- 2010 "Tall is Her Body," Choreographer Onye Ozuzu. CU Faculty Dance Concert
- 2010 "Stranger," Choreographer Kathleen Hermsdorf. CU Faculty Dance Concert
- 2010 "Hamburg Variations," Choreographer Michelle Ellsworth. CU Faculty Dance Concert
- 2010 "Marshmallow," Choreographer Jessica Damon. Museum of Contemporary
Art, Boulder, CO
- 2010 *Tough Love*, M.F.A. Concert by Lauren Simpson.
Packing House Center for the Arts, Denver
- 2009|2010 CU Graduate Tour, danced in four dances performed for five public schools in
Colorado
- 2008 "Reason without Meaning," Choreographer Luis Lara Malvacias. The Kitchen, NYC
- 2008 "Talk to Me," HoffTanzt. Clark Theater at Lincoln Center, White Wave Festival,
Dance Theater Workshop, and Dances at the Flea, NYC
- 2007 Lead Role in "Let's Kill Our Sadness," Choreographer Rachel Bunting, Artistic Director
of The Humans. Hamlin Park Theatre, Chicago, and Canal Chapter Gallery, NYC
- 2006 "A Secret of Survival," Choreographer Marilynn Danitz, Artistic Director of High
Frequency Wavelengths, NYC. Jefferson Memorial, Washington, D.C., and
Virginia Beach Convention Center
- 2005 "Special," Choreographer Alison Clancy. White Wave Festival and Dixon Place, NYC
- 2004 Mordine and Company Dance Theatre, Spring Concert.
Ruth Page Center for the Arts, Chicago
- 2004 Guest Artist and soloist in "April," Choreographer Nana Shineflug, Artistic Director of
Chicago Moving Company. Harold Washington Library, Chicago
- 2004 "I Haven't Heard From You," Mordine and Company Dance Theatre.
The Other Dance Festival, Hamlin Park, Chicago
- 2004 Adriana Durant Dance, Summer Concert. Ruth Page Center for the Arts, Chicago
- 2003 Mordine and Company Dance Theatre, Fall Concert. The HotHouse, Chicago
- 2003 "Mythic Montana," evening-length piece with Joe Goode Performance Group,
Choreographer Joe Goode. Chosen by audition. Columbia College Chicago
- 2003 "Breathe," Choreographer Leanne Vancil, Anatomical Theater.
Around the Coyote Dance Festival, Chicago
- 2002 "69," Choreographer Robynne Gravenhorst, Anatomical Theater.
The Hot House, Chicago
- 2002 Mordine and Company Dance Theatre, Spring Concert. Columbia College Chicago

- 2002 "Move Project," evening-length piece with David Dorfman Dance Company, Choreographer David Dorfman. Columbia College Chicago
- 2001 "Red in Tooth and Claw," Choreographer Dardi McGinley-Gallivan. *Faculty Concert*, Columbia College Chicago
- 2001 "Carlota Carless," solo, Choreographer Ginger Farley, 58 Group. The Three Arts Club, Chicago
- 2000 58 Group, Fall Concert, half jazz musicians and half jazz dancers. Vitum Theatre, Chicago
- 2000 Axis Dance Company, Choreographer David Wilson. *Around the Coyote Dance Festival*, Chicago
- 2000 Pass Her By," Choreographer Pam McNeil. *Faculty Concert*, Columbia College Chicago
- 2000 "Cupcake," Choreographer Jyl Fehrenkamp. *Duets for My ValenSwine*, Links Hall, Chicago
- 2000 "What Their Glances Would Hold," Choreographer Molly Shanahan, Artistic Director of Mad Shak Dance Company. *Faculty Concert*, Columbia College Chicago, and Northwestern University
- 1999 "Rough Cuts," Choreographer Heather Fiene. *Senior Concert*, Columbia College Chicago
- 1999 "Life of the Party," Choreographer Anja Homes. *Senior Concert*, Columbia College Chicago
- 1998 Lead role in "Principles of Joy Moving Left to Right," Choreographer Perry Hampton. *Senior Concert*, Columbia College Chicago
- 1997|1998 Fall and Spring Dance Concerts, Choreographer Ivy Hale. Academy for the Arts, Science and Technology, SC
- 1996 *Hansel and Gretel*, role of the witch, The Grand Strand Ballet. Myrtle Beach
- 1996 *The Nutcracker*, role of Spanish dancer, Moscow Ballet. Myrtle Beach
- 1995 "Fame," Choreographer Chris Jenkins. *Dance Masters*, NYC

ORGANIZATIONS

- 2015 Community Education Resource Cooperative, Board Member, Floyd, VA.
- 2013 The Red Tent, A women's empowerment group, Co-Facilitator, Floyd, VA
- 2009|2011 Onstage, Theater and Dance Association, Dance Representative. University of Colorado
- 2005 American Dance Guild, Assistant to President, Marilyn Danitz. Columbia University
- 1996|1999 Member of SCDA, South Carolina Dance Association

RECOGNITION

- 2019 Grant from C4 Small Business. Floyd, VA.
- 2019 Citizens TV, Total Body Conditioning Class
- 2019 Citizens TV, "Love Letters for Humanity" Katie Wells one woman show

- 2019 Two grants awarded to Interweave. CERC Organization. Floyd, VA
- 2017 Interview with Channel 9 News at the Mountain Mama Festival
- 2013 Webinar Interview, Break Free Stories, Manitoba, Canada
- 2012 Full-page article by Colleen Redman, The Floyd Press, VA
- 2012 Consultant for movement and mindfulness. Blue Mountain School, Floyd, VA
- 2011 Article review about *Alice*, written by Nicole Inglis, *Steamboat Today*
- 2011 Conference Speaker, *Mysterious Phantoms: Time and Space in Virtual Worlds*
University of Colorado
- 2010 Adjudicator for *CU's Got Talent*
- 2010 Article review about *Una*, written by Christy Fantz, *Colorado Daily*
- 2010 Grant awarded for *Una*, from the University of Colorado's *Onstage* Organization
- 2010 Fall Residency, Atlas Institute for Technology, University of Colorado
- 2009 Grant awarded for "Frown Town" from the University of Colorado's *Onstage*
Organization
- 2008 Fellowship awarded by the University of Colorado
- 2005 Photo on cover of the novel, *Nerd Girl Rocks Paradise City*, by Anne Thomas Sofee,
Published by Chicago Review Press
- 2004 Interviewed by Discovery Health Channel, program regarding science and art, aired
nationwide
- 2003 Full-page interview in *Gravity*, Columbia College Chicago Magazine
- 2000 Herman Conway Award in Theory and Practice, presented by
Columbia College Chicago
- 1999 Scholarship to American College Dance Festival, Wayne State University, Detroit
- 1997 Scholarship to South Carolina Governor's School for the Arts, Furman University,
Greenville, SC