

Kara Komarnitsky

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Training

Contemporary:

Eddie Taketa, Gina Hoch-Stall, Yin Yue, Tiffany Fischer, Andy Noble, Kathryn Logan, Alon Karniel, Raja Feather Kelly, Bill Evans, Daniel Charon, Kate Skarpetowska

Modern:

Limon: Nina Watt, Lauren Curley
Cunningham: Nicholas Cendese, Daniel Roberts
Horton: Crystal Michelle Perkins, Countess Winfrey
Graham: Virginie Mécène
Nikolais: Alberto Del Saz

Classical Ballet:

Valerie Williams, Harmony Bench, Kathryn Logan, Elizabeth Carter, Lauren Curley, Adrian Fry, Jenna Rae Herrera, John Cartwright, Crystal Michelle Perkins, Ursula Perry, Zvi Gotheiner, Liz Weldon

Floorwork:

Laja Field, Martin Durov, Nicholas Cendese, Lauren Curley, Kathryn Logan

Gaga:

Danielle Agami, Noa Zuk, Ohad Fishof

Africanist Contemporary:

Crystal Michelle Perkins, Nya McCarthy-Brown, Momar Ndaiye, Natosha Washington

West African:

Momar Ndaiye, Rosie Banchero

Contact Improvisation:

Gina Hoch-Stall, Josh Anderson, Ann Cooper Albright

Composition:

Susan Hadley, Eddie Taketa, Susan Van Pelt Petry, Dante Brown, Abby Zbikowski, Jo Blake

Performance Experience

2017

- *Lively Sa-Sa* by Justin Bass and Ursula Perry: Repertory Dance Theatre's *Emerge*

2018

- *The Color of Sand* by Nicholas Cendese: Repertory Dance Theatre's *Emerge*
- Repertory Dance Theatre's *Regalia* choreography by LajaMartin
- *Under the Skin* trio by LajaMartin: Hillcrest High School Dance Company Concert
- *Trace* by Susan Van Pelt Petry: OSU Dance Faculty Concert

2019

- Repertory Dance Theatre's *Emerge* choreography by Dan Higgins
- *[deep breathing on i-71]* by Jacquie Bordjaze: OSU Dance Winter Concert

- *Vasifis, Oxipit, Unknown A, and Sylv* by Brianna Johnson, *Agiocochook* by Laura Patterson: OSU Dance Spring Concert
- Repertory Dance Theatre's *Topography* choreography by Dante Brown
- *Exposure* by Laëtitia Badaut Haussmann: Beeler Gallery's Season 2: Instance No.2

2020

- *What is over the body and what is under the light* by Jing Dian, *Vantage Being* by Brianna Johnson: OSU Dance MFA Concert
- *The Playdate Vignettes* by Laura Patterson, *Natural Impact* by Sydney Samson: OSU Dance Senior Concert
- *Lines on Route* by Rosely Polanco
- *Interference* by Katie O'Loughlin: ACDA Screendance Festival
- *INVADE* by Katie O'Loughlin: Rock the Resilience Concert

2021

- *Evolve* by Angela Pujolas: OSU Dance Senior Concert
- *Derecho* by Daniel Roberts and Chris Summers: OSU Dance Spring Faculty Concert
- *Arena* by Eddie Taketa: OSU Dance Fall Faculty Concert

2022

- *Rain* by Bebe Miller: Archiving Black Performance Showing
- *Vetements de danse* by Rosely Polanco: OSU BFA Showcase
- *Vexations* by Alon Karniel: OSU Dance Spring Faculty Concert
- *Runes* (solo) and *Aires* (duet) by Paul Taylor: Archiving Black Performance Showing
- Clintonville Farmer's Market choreography by Laura Patterson
- *Vexations* with the Interdisciplinary Arts Collective: Sugar Space Arts Warehouse
- *Dream Spark* with Myriad Dance: Dreamscapes at South Towne Mall

2023

- Repertory Dance Theatre's *Regalia* choreography by Ruger Memmott
- *Unapologetic* by Nicholas Jolley-Harding: Fem Dance Company's "Embrace"
- *The Winged* by Jose Limon: Repertory Dance Theatre's "Flight"
- *Hear Her* by Alicia Ross: Fem Dance Company Fall Concert

2024

- Repertory Dance Theatre's *Regalia*

Choreography Experience

2017

- *Tales of the Deep* (contemporary group piece): Hillcrest High School Dance Company Concert
Received third place in the performing arts division of the Midwest Climate Summit's Climate Stories Contest in April 2021

2018

- *Shades of Black* (contemporary solo): Hillcrest High School Dance Company Concert
- *La Gaudiere* (contemporary group piece) in collaboration with McKenlie Howell and Madison Parker: Hillcrest High School Dance Company Concert
Received Outstanding Student Choreography award by Utah Dance Education Organization
- *Social Entropy* (contemporary group piece): Hillcrest High School Dance Company Concert
Selected for the Ohio Dance Festival Professional Concert in April 2022

2019

- *Marshland* (contemporary quartet): OSU Composition Final Showing
- *Point of Intersection* (contemporary duet) in collaboration with Isabel Smith: OSU Dance Spring Concert

2020

- *Onward* (contemporary group piece): Hillcrest Dance Company Concert
- *Home* (solo dance film): DetourDance JUKEBOX creative space
- *Thursday Morning Play* (choreographic and improvisational study): OSU Dance November Student Concert

2021

- *WASTELAND* (dance film): OSU Dance Film Final Showing

2022

- *Interconnect* (BFA thesis, intermedia performance): OSU Motion Lab BFA Showcase
- *Letting Go to Keep Going* (solo): Global Arts and Humanities Discovery Theme Fellowship Presentations
- *Social Entropy* (contemporary group) restaged: Ohio Dance Festival Professional Concert
- *Returning Home* (intermedia performance): Illuminate Salt Lake Festival

2023

- *What We Bring Together* (contemporary group): Olympus JH Dance Company for RDT's Heritage Concert
- *Crossing Paths* (contemporary group): Salt Lake Arts Academy Dance 3 for RDT's Heritage Concert
- *Ripples* (contemporary group): Salt Lake Arts Academy Dance 2 for RDT's Heritage Concert
- *Memory Lane* (contemporary group): Fort Herriman JH Dance Company for RDT's Heritage Concert
- *There is Beauty in Messiness* (modern group): South Valley Creative Dance Studio Concert
- *There is Beauty in Water* (contemporary ballet quartet): South Valley Creative Dance Studio Concert
- *Snowmelt* (contemporary trio): Hillcrest Dance Company Concert
- *FlowState* (evening length intermedia performance): Repertory Dance Theatre's LINK series
- *Endless Output* (intermedia group): Rowland Hall Middle School Dance Concert
- *Threnody* (contemporary duet) in collaboration with Mads Ward and Randall Smith: Shoreline Swell

2024

- *Shifting Layers* (contemporary group): Frontier Middle School Dance Company for RDT's Heritage Concert
- *Echoes of Memory* (contemporary group): Lake Mountain Middle School Dance Company for RDT's Heritage Concert
- *Tapestry* (contemporary group): Salt Lake Arts Academy Dance 3 for RDT's Heritage Concert
- *Mine and Yours* (intermedia duet): Pulse Dance Company's "Bloom"

Teaching Experience

SOUTH VALLEY CREATIVE DANCE SUMMER DANCE WORKSHOPS (JULY – AUG 2019)

- Intermediate modern dance technique for high school aged students during a two week young dancer workshop

HILLCREST DANCE COMPANY RETREAT (AUG 2020)

- Beginning-intermediate floorwork for high school students during a 4 hour workshop while practicing safe Covid behaviors

FRIDAY FUN NIGHTS (FALL 2020-SPRING 2022)

- Ashtanga Yoga for college-aged students in-person and over Zoom

HILLCREST DANCE COMPANY RETREAT (AUG 2021)

- Beginning-intermediate floorwork for high school students during a 4-hour workshop

A BETTER U EVENT (APRIL 2022)

- Yoga to support wellness on campus and raise funds for Ukrainian refugees

POWER PLUS DANCE ACADEMY (OCT 2022 – FEB 2023)

- Adult yoga classes focused on mindfulness, mobility, and breath
- Conditioning and ballet technique for students aged 5th-9th grade

SIMPLE YOGA FITNESS (AUG 2022 – MAY 2023)

- Restorative and energizing Yoga classes focused on wellness and Yoga ethics

RDT YOUNG DANCER WORKSHOP (JULY 2023)

- Yoga-based stretch classes for middle school students

ROWLAND HALL ARTIST RESIDENCY (AUGUST 2023)

- Beginning modern technique for middle school students

FEM DANCE COMPANY INTENSIVE (AUGUST 2023)

- Composition methods and score design for professional dancers

UNIVERSITY OF ALASKA ANCHORAGE RESIDENCY (FEBRUARY 2024)

- Intermediate contemporary technique to dance minors and community members

SOUTH VALLEY CREATIVE DANCE (AUG 2022 – PRESENT)

- 6-7th grade modern technique and 6th grade+ ballet technique

CENTERED CITY YOGA (MAY 2023 – PRESENT)

- Power Vinyasa and Vinyasa Flow classes including at the hot studio

Admin Experience

CLASS REPRESENTATIVE OSU DEPARTMENT OF DANCE (FALL 2019 – SPRING 2021)

- Elected by peers to communicate with chair on their behalf about their experience in the dance department and negotiate how the department may better serve them
- Organized “Friday Fun Night” community dance classes to help BFA students get experience teaching and enjoy a variety of dance styles together

PRESIDENT OF THE SIERRA CLUB STUDENT COALITION AT OSU (FALL 2020 – SPRING 2021)

- Organized events and fundraisers during a pandemic
- Corresponded with environmental speakers and activists to support the club’s interests
- Facilitated panel discussions with Vincent Stanley, Saad Amer, Wanjiku Gatheru, Michael Charles, and Deondre Smiles

OHIO DANCE INTERN (SPRING SEMESTER 2020)

- Wrote press releases, social media announcements, and promotional articles for the Ohio Dance Festival
- Developed the first virtual festival and moderated live interviews with artists
- Continued the goals of the organization through the Covid-19 crisis

WEXNER WRITING GROUP (FALL 2020 – SPRING 2021)

- Interviewed artists featured at the Wexner Center for the Arts and published writings about them on the “Read, Write, Listen” page
- Helped design and curate the online presence of group writings

PANDEMIC PEDAGOGIES INTERN (SPRING 2021)

- Designed a website to illustrate the research process and impact of interdisciplinary curriculum designed to teach about pandemics, past and present

REPERTORY DANCE THEATRE INTERN (SUMMER 2021 & 2022)

- Digitally archived historical work, developed an organizational system for finding archived videos, and tracked class memberships

ARTTIX TICKET SELLER (AUG 2022 – DEC 2023)

- Utilized Tessitura software to assist patrons with purchasing tickets and other customer service issues
- Managed the box office at theatre events and assisted patrons over the phone

DANCE CLASS FOR HUMANS GRANT WRITER (JANUARY 2024 – PRESENT)

- Planned long-term development and fundraising opportunities
- Wrote grant applications and programming proposals

REPERTORY DANCE THEATRE COMMUNITY ENGAGEMENT ASSISTANT (AUG 2022 – PRESENT)

- Created partnerships with community organizations to connect RDT performances to local issues
- Wrote grant applications and programming proposals
- Arts in Education Assistant: Developed interdisciplinary curriculum and taught for the Heritage program
- Collections Manager for RDT archives: developed physical organization and storage of items, digital preservation systems, searchable Access database, and public online timeline for RDT history

Education

INTERNATIONAL BACCALAUREATE DIPLOMA | HILLCREST HS (FALL 2014 – SPRING 2018)

- 3.9 GPA, National Merit Scholar, Seal of Biliteracy in French
- Trained 4-15 hours per week as part of Hillcrest High School Dance Company
- President of Hillcrest High School Dance Company senior year

DANCE BFA | THE OHIO STATE UNIVERSITY (FALL 2018 – SPRING 2022)

- Minors in Environmental Science and Business
- Arts Honors with Research Distinction
- *summa cum laude*

ADAPTIVE YOGA TEACHING TRAINING | THE YOGA UNDERGROUND (MAY 2020)

- 10-hour intensive training in adaptive yoga poses and teaching methods for differently abled students

200-HOUR YOGA TEACHER TRAINING | THE YOGA UNDERGROUND (JUNE – JULY 2020)

- Comprehensive training with Brittany Andrews in asanas, pranayama, meditation, and teaching methods for Ashtanga-based Vinyasa Yoga

TEACHER WORKSHOP | MOMENTUM DANCE (APRIL 2021)

- 4 weekends of workshops focusing on teaching dance in elementary and middle schools with a focus on rhythm, movement quality, and student confidence

EMBRACING YOGA'S ROOTS 200-HOUR TRAINING | IGNITE YOGA AND WELLNESS INSTITUTE (MAY – AUGUST 2021)

- Advanced training focused on decolonizing Yoga practices, incorporating the philosophy of Yoga into an asana class, and social justice practices within wellness spaces

300-HOUR YOGA TEACHER TRAINING | CENTERED CITY YOGA (FEBRUARY – JULY 2023)

- Advanced training with Rachel Ceislewicz in Ashtanga Yoga including chanting, pranayama, mudras, asana adaptations, hands-on assists, prenatal yoga, yoga nidra, sacred geometry, and chakras

OTHER PROGRAMS

- South Valley Creative Dance Creativity In Action Dance Company directed by Nicholas Cendese and Julie Johnston (Salt Lake City, UT): August 2012 – May 2018
- Ate9 2-week Gaga intensive with Danielle Agami (Los Angeles, CA): June – July 2017
- RDT's SummerDance 2-week intensive with Nina Watt and Tiffany Fischer (Salt Lake City, UT): June 2018
- Graham technique 2-week intensive at BYU with Virginie Mécène (Provo, UT): July 2018
- Dance West Festival 3-week intensive with Daniel Charon, Yin Yue, Steven Koester, Ohad Fischhof, Noa Zuk, and Dante Brown (Salt Lake City, UT): June 2019
- Dance West Festival 2-week intensive with Raja Feather Kelly, Bill Evans, Daniel Charon, and Jo Blake (Salt Lake City, UT): July 2022
- Dance West Festival 2-week intensive with Natosha Washington, Alberto del Saz, and Daniel Charon (Salt Lake City, UT): July 2023
- Flockworks Winter Intensive with Alice Klock and Florian Lochner (Seattle, WA): January 2024

Awards and Recognition

STERLING SCHOLAR IN DANCE | DESERET NEWS (2018)

- Received top recognition among 25 finalist candidates for exemplary dance performance, composition, improvisation, and leadership

OUTSTANDING STUDENT CHOREOGRAPHY | UTAH DANCE EDUCATION ORGANIZATION (2018)

- Received top recognition at the UDEO high school festival gala for exemplary choreography submitted by a student for *La Gaudiere*, a group piece set on Hillcrest High School Dance Company

THE EARTH IN US | TEDXOSU SALON (NOVEMBER 2019)

- Was selected to speak for the TedXOSU Salon event “What on Earth?” on the awareness of interconnection between the human body and the planet

THIRD PLACE CLIMATE STORIES CONTEST | MIDWEST CLIMATE SUMMIT (APRIL 2021)

- Awarded in recognition of *Tales of the Deep* (2017) submission

THIRD PLACE | OSU THREE-MINUTE-THESIS COMPETITION (OCTOBER 2021)

- Recognized for clarity and deep knowledge of presentation of thesis “Embodying Interconnection: Dance and Interactive Technology as Environmental Advocacy”

UNDERGRADUATE RESEARCH FELLOWSHIP | GLOBAL ARTS AND HUMANITIES PROGRAM (FALL 2021 – SPRING 2022)

- Chosen to develop a series of workshops that use movement and guided experiences to reveal the relationships between humans and the environment

HONORABLE MENTION | OSU DENMAN RESEARCH FORUM (MARCH 2022)

- Recognized for clarity and deep knowledge of presentation of thesis “Embodying Interconnection: Intermedia Performance as Environmental Advocacy”

20-ISH UNDER 30-ISH FEATURE | SALT LAKE CITY WEEKLY (SEPTEMBER 2022)

- Selected as part of a cohort of young artists to follow in Salt Lake City

Grants

SEMESTER FUNDING INITIATIVE GRANT | DEPARTMENT OF DANCE (APRIL 2021)

- Support for pursual of Embracing Yoga's Roots Training

UNDERGRADUATE RESEARCH SCHOLARSHIP | COLLEGE OF ARTS AND SCIENCES (APRIL 2021)

- Support for senior thesis project researching dance as a form of environmental advocacy through the composition of an intermedia performance

SEMESTER FUNDING INITIATIVE GRANT | DEPARTMENT OF DANCE (APRIL 2022)

- Support for the restaging of *Social Entropy* (2018) for the Ohio Dance Festival Professional Concert

HONORS PROGRAM SMALL GRANT | COLLEGE OF ARTS AND SCIENCES (APRIL 2022)

- Support for the restaging of *Social Entropy* (2018) for the Ohio Dance Festival Professional Concert

PROJECT SUPPORT GRANT | SALT LAKE CITY ARTS COUNCIL (JANUARY 2023)

- Support for the creation of *FlowState* (2023)

PROJECT GRANT | UTAH DIVISION OF ARTS AND MUSEUMS (JUNE 2023)

- Support for the creation of *FlowState* (2023)

PROJECT GRANT | SALT LAKE CITY ARTS COUNCIL (JANUARY 2024)

- Support for the creation of a Great Salt Lake dance film