

## **LAURA-ASHLEY WHITTAKER**

Laura-Ashley Whittaker has been training in dance since she took her first ballet/tap combo class at the age of 2. Although ballet remained a core component during her years in the competition world, she gained a love and appreciation for contemporary and modern work performing with Irvine Valley College's Performing Dance Ensemble. Her time at IVC provided her with better insight on the importance of healthy ways to stretch and strengthen in order to prevent injuries and promote longevity for herself and her dancers, a value she hopes to pass along in every class she teaches. Laura-Ashley graduated from California Institute of the Arts in 2017 with a Bachelor of Fine Arts in Dance and Choreography, as well as a minor in Creative Writing, and received her MA in Clinical Psychology in 2022 at Azusa Pacific University. She is currently pursuing a PsyD in Clinical Psychology at APU, with a specialty in Children and Adolescent Psychology, and has based much of her research on sports psychology in dancers and artistic athletes. She has trained around the world in France, Japan, and South Korea and is always excited to share her experiences with her students. In addition to her training, she has spent the last few years performing with the Corps Dance Crew all throughout Southern California and Las Vegas, Nevada and been a guest artist with Dancing Concierge.

Laura-Ashley is an ABT® Certified Teacher, who has successfully completed the ABT® Teacher Training Intensive in Pre-Primary through Level 3 of the ABT® National Training Curriculum. With 10 years of teaching experience and counting, she has taught recreational, company, and competitive dancers as young as age 3 to adults. Laura-Ashley has worked with choreographers such as Andre Tyson, Marie de la Palme, Laurence Blake, Cynthia Young, and Colin Conner. Laura-Ashley has advanced diverse performing experience in many dance styles, and training, in Ballet, Pointe, Tap, Jazz, Lyrical, Modern, Contemporary, Musical Theater, Hip Hop, and Tumbling.