

*Janna Meiring* Performing Artist, Movement Educator, Writer  
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## Current Positions

Artist Mentor, [Get What You Need Artist Residency](#), Bodymeld New Dance 2020-current  
Movement-based Performing Artist, [www.jannameiring.com](http://www.jannameiring.com) 1996-current  
Movement Educator and teacher [www.embodiedarchive.com](http://www.embodiedarchive.com) 2007-current

## Past Positions

Writer/Editor, thINKingDANCE online publication, [www.thINKingDANCE.net](http://www.thINKingDANCE.net) 2016-2019  
Head of Education, thINKingDANCE online publication [www.thINKingDANCE.net](http://www.thINKingDANCE.net) 2016-2018  
Education Coordinator, Imagination Makers Theater Co. Denver, CO 2012-2014  
Owner, Eliot Street Collective Gallery/Dance Studio/Event Space Denver, CO 2008-2010

## Education

2016 B-School, Online Business Course, Marie Forleo  
2007 MFA Contemporary Performance, Naropa University (see details below)  
2001 BFA Double Major: Performance and Technical Theatre, Ball State University

## Continued Professional Training and Specialization

2021 *Developmental Technique* 8-week drop-in, Wendell Beavers, Online  
2021 *Engaging Embodiment* ISMETA/PACIFICA, 3-day Conference, Online  
2020 *Developmental Technique* 6-week series, Wendell Beavers, Online  
2020 *Moving Arts Lab*, International Interdisciplinary Artists' Consortium, Earthdance/Online  
2019 *Emerging Pathways in Dance and Somatics* ISMETA/IDEO 3-day Conference, NYC, NY  
2019 *Kamikaze Writing* 2-day Workshop, Elizabeth Zimmer/thINKingDANCE, Philadelphia, PA  
2018 *Unfolding the Transgressive Body*, Jaamil Olawale Kosoko, Philadelphia, PA  
2018 *Witchcraft- A corporeal practice*, lele Paloumpis, Philadelphia, PA  
2018 *Just like That- ensemble practices in protest*, Rosza Daniel Lanz, Philadelphia, PA  
2018 *BMC*® (multiple workshops), Nicole Bindler, Philadelphia, PA  
2016 *Whites Confronting Racism*, Training for Change, Philadelphia, PA  
2016 *Moving Arts Lab*, International Interdisciplinary Artists' Consortium, Earthdance, MA  
2016 *Tuning Scores* Karen Nelson, Philadelphia, PA  
2014 Private Coaching with Leeny Sack in prep for performance, Boulder, CO  
2014 Arts Management Courses, Fractured Atlas, Boulder, CO  
2013 *Creating Site-Specific Dance and Performance Works*, California Institute of the Arts Online  
2013 *Somatic Training For the Performer* 7-day Int. Erika Berland/ Wendell Beavers, Boulder, CO  
2013 *Essential Embodied Arts Training on the Land*, 4-Day Intensive, Boulder, CO  
2012 *BMC*® 8-Week Small group study by invitation with Erika Berland, Boulder, CO  
2011 *Mask Work* 6-Week physical acting, mask design and building, LIDA Project, Denver, CO  
2010 *BMC*® 1-Day Workshop The Experienced Body with Erika Berland and Annie Brooke  
2010 *BMC*® 8-Week Small group study by invitation with Erika Berland, Boulder, CO  
2009 *Dance.Art.Lab*, 7-Day Intensive, Barbara Dilley, Boulder, CO

2009 *Improv Weekend Workshop*, NOW Improv, Eliot Street Collective, Denver, CO  
2009 *Butoh Democratic National Convention Street Performance*, Katsura Kan, Denver, CO  
2008 *BMC® 10-Week Small group study by invitation with Erika Berland*, Denver, CO  
2008 *Contact Improvisation Workshop*, ATHE Conference with Judith Chaffee, New Orleans, LA  
2008 *Roy Hart Voice Small Group*, 6-Week Workshop Series with Ethie Friend, Boulder, CO  
2007 *Dance.Art.Lab 7-Day Int.*, Barbara Dilley, Boulder, CO

### Teaching Assistant

2013 *Somatic Training for the Performer*, Erika Berland/ Wendall Beavers, Boulder, CO  
2010 *Somatics of Meditation*, Erika Berland, Boulder Shambala Center, Boulder, CO  
2010 *BMC® 6-week Series*, Erika Berland, Eliot Street Collective, Denver, CO

### Teaching Adult and Professional Artists (additional teaching resume available at request)

2021 *Tending Lab*, 5 weekly somatic practice, Online  
2019 *Force of Nature: Seasonal Series*, The Whole Shebang Studio, Philadelphia, PA  
2018 *The Heart is a Vessel: 3 Part Series*, Mascher Space Co-op, Philadelphia, PA  
2017 *Force of Nature: bi-monthly class*, Ahimsa House Philly, Philadelphia, PA  
2016 *Contemplative Movement: 3 Hour workshop*, Mascher Space Co-op, Philadelphia, PA  
2016 *Contemplative Movement: 3 Hour workshop*, E|Merge Residency Earthdance, MA  
2013 *Movement and Detox Integration: 8 weeks*, Nourished Wellness Center, Denver, CO  
2013 *Embodiment Lab: 6 Part Series*, Between the Bones Collective, Denver, CO  
2008 to 2010 *Movement for Actors: 6 weeks Series*, Eliot Street Collective, Denver, CO  
2007 *Acting for Young Adults 10-week series*, Arvada Center for the Arts, Denver, CO  
2007 *Contemplative Movement Workshop: Full day*, River Light Yoga Studio, Brown County, IN

### Publication

J. Meiring 2021. The Act of Tending as Embodied Practice *embodiedarchive.com*  
J. Meiring 2020. Pulling the Threads: An Origin Story of Self-Reclamation *embodiedarchive.com*  
J. Meiring 2020. Connecting Amidst Chaos—PDP presents Dance Up Close *thINKingDANCE.net*  
J. Meiring 2020. Kulu Mele's 50-year Spirit of Reciprocity *thINKingDANCE.net*  
J. Meiring 2019. All the Agathas of the World *thINKingDANCE.net*  
J. Meiring 2019. Keening Humans and Instructions from Creatures *thINKingDANCE.net*  
J. Meiring 2019. Site, Skin and Self: A week with Rosy Simas *thINKingDANCE.net*  
J. Meiring 2019. On Earth and Beyond with Polish Dance Artists *thINKingDANCE.net*  
J. Meiring 2018. Provocation and Delight with Metal & Kind *thINKingDANCE.net*  
J. Meiring 2018. Unhinging memory and making time tangible *thINKingDANCE.net*  
S. Young, P. Roge and J.Meiring *E|MERGING: a letter instigating change* at Earthdance by Contact Quarterly Volume 42 #1 2017  
J. Meiring 2017. Kith: A Moving Constellation *thINKingDANCE.net*  
J. Meiring 2017. Existence is Extraordinary *thINKingDANCE.net*

- J. Meiring 2017. Stillness and Disruption: On Flowers Cracking Concrete *thINKingDANCE.net*  
J. Meiring 2017. Crazy Beautiful Hope for Connection *thINKingDANCE.net*  
J. Meiring 2017. Bricolage: A DIY Response to Trump *thINKingDANCE.net*  
J. Meiring 2017. Notes in Alchemy from Moving Arts Lab *thINKingDANCE.net*  
J. Meiring 2016. Jean & Terry: Venturing Out of the Ordinary *thINKingDANCE.net*  
J. Meiring 2016. A Walk with a Few Stumbles *thINKingDANCE.net*  
J. Meiring 2016. Levée des Conflits: Anything but Neutral *thINKingDANCE.net*  
J. Meiring 2016. nora chipaumire's Brave and Daring Portrait *thINKingDANCE.net*  
J. Meiring 2016. In Honor of Black Girl Magic *thINKingDANCE.net*

### Dance and Improvisation Performance

- 2020 *Speak Spanish, Damn it!*, Get What You Need Residency, Bodymeld, Zoom and FB live  
2019 *Everything is in Process*, duet with Miryam Coppersmith, Mascher Space Collective, Philadelphia, PA  
2018 *Blood, Sea* Nicole Bindler, Performance Garage, Philadelphia, PA  
2017 *City of Shells*, Sean Hamilton Film, Philadelphia, PA  
2016 *Philadelphia Free Form Festival*, Impermanent Society, IceBox/Crane Arts, Philadelphia, PA  
2016 *In the quiet*, Jenny Sawyer, Morris Arboretum, Philadelphia, PA  
2016 *E|MERGE Artist Residency Showcase* Earthdance, Plainfield, MA  
2015 *Catch and Release*, Antonia Z. Brown, ETC Series/Community Education Center, Philadelphia, PA  
2015 *Thought, Seen*, Independent, ETC Series/Community Education Center, Philadelphia, PA  
2014 *You and Me Philly*, Tara Ryders, Live art/ Performance Event, Philadelphia, PA  
2014 *Experiment #39*, Institute for Psychogeographic Adventure, FringeArts, Philadelphia PA

### Original Plays and Performance Works

- 2014 *Maiden Voyage* Visual/Performance Installation, Studio Yard, CO  
2012 *Featherweight* Dance Theater, Work/Space Denver, Denver, CO  
2011 *Featherweight*, W.I.P Perform + Installation, Denver Performance Research, Denver, CO  
2010 *Bloodlines*, Dance Theater, Nalanda Studio, Boulder, CO  
2007 *Black and White*, Site-Specific Dance, Strong Mind Performance Group, Denver, CO  
2007 *the detonate kate project*, Dance Theatre, Nalanda Studio, Naropa University, Boulder, CO  
2006 *Detonate Kate*, Original Play, Boulder. Int. Fringe Festival, Boulder, CO  
2004 *Doulbespeak*, Collaborative Play, Strong Mind Performance Group, Tucson, AZ  
2003 *Start Over as Me Dead*, Original Play Tucson Playwrights Festival, Tucson, AZ

### Ensemble Devised New Works: Co-Creation and Performance

2013 *Exotic Exile*, Flagrante Multi-Character Ensemble Delecto (Athens Greece)  
2010 *Lovinator*, Multi-Character, Ensemble Wax Wing Inc., (Jersey City, NJ)  
2009 *Sex Lives of Teens*, Multi-Character/ Ensemble, Giving Voice Prod., (Boulder, CO)  
2008 *Dedalus's Daughter*, Ensemble, Carol Katz Dance, (LA, CA)  
2007 *GreyMatters*, Casey, Deb Disbrow, Naropa University MFA Thesis  
2007 *Camino Real Experiment*, Casanova Naropa University MFA Thesis  
2006 *Response to Wonder*, Rebecah West, Naropa University MFA Studies  
2006 *Meridian*, Multi-Character, Ensemble, Dir: Tectonic Theatre Co., MFA Studies  
2006 *Embodied Poetics*, Ensemble/Soloist, Dir: Dan Safer, MFA Studies  
2006 *Collage* Ensemble, Dir: Kwesi Justice, MFA Studies  
2005 *The Bacchae*, Ensemble/Multi-Character, Dir: Liz Stanton, MFA Studies

### Acting

2010 *Mouse in a Jar*, by Martyna Majok, Zosia (Original Cast), LIDA Project, Denver CO  
2009 *Rose to the End of Time*, Ensemble/Dancer The Brooks Center, Denver CO  
2008 *In Mocking Disregard*, Mr. Kay, LalaLand Theatre, Boulder Int. Fringe Festival, Boulder, CO  
2004 *Extremities*, Marjorie, The Wilde Playhouse, Tucson, AZ  
2003 *The Zoo Story*, Jerry, Nathalia Stage Ensemble, Muse Theatre, Tucson, AZ  
2002 *Vagina Monologues*, V. Workshop/Multi-Character, Rialto Theatre, Tucson, AZ  
2001 *Wit*, Ensemble, Ball State University, Main Stage, Muncie, IN  
1998 *King Lear*, The Fool, Courtyard Players, Site Specific, Muncie, IN

### Directing, Choreography, Creative Advising and Ensemble Facilitation

2021 Untitled new work, Creative Advisor, Asimina Chremos, artist, Philadelphia, PA  
2021 Untitled new work, Creative Advisor, Annie Wilson, artist, Philadelphia, PA  
2020 Get What You Need Artist Residency, Artist Mentor—Miryam Coppersmith, Maddie Hopfield and Caitin Green, artists, Philadelphia, PA  
2014 *Mangung*, Director, Lisa Samoy, artist, Boulder, CO  
2011 *Aleh*, Creative Advising, Sharoni Stern Siegel, artist, Denver, CO  
2010 *Lovinator*, Ensemble Choreographer, Wax Wing Inc. Boulder, CO  
2010 *This "Army of Me,"* Process Facilitator/Creative Consultant, Mariela Luzmina, Boulder, CO  
2009 *A December Suite*, Choreographer, Crossroads Theater, Denver, CO  
2009 *Red Queens Children*, Creative Advising, Zorwyn Maldrone, Boulder, CO  
2003 *30 Pages*, Director/ Art Installation, Old Pueblo Playwrights Festival, Tucson, AZ  
2001 *Overtones*, Director, The Cave Theater, Muncie, IN

## Education and Training (Full Detail)

### 2007 MFA Contemporary Performance

- Body Mind Centering®/Embodied Anatomy (Erika Berland)
- Developmental Movement and Composition (Wendell Beavers)
- Dance Improvisation, Contemplative Dance Practice (Barbara Dilley)
- Viewpoints (two forms: Mary Overlie's-original 6 with Wendall Beavers and SITI Company Viewpoints for Theatre)
- Suzuki (SITI Company, Barney O'Hanlon)
- Moment Work (Moises Kaufman and Leigh Fondakowski/ Tectonic Theater Co., Dan Safer/Witness Relocation)
- Performance Praxis (Daniel Banks)
- Performance Studies history and context (Gwendolyn Alker)
- Grotowski Acting Technique (Steven Wangh)
- Shakespeare (Stephen Wangh, Ethie Friend)
- Roy Hart Technique (Ethie Friend, Carol Mendleson and Saule Ryan)
- Vocal Composition (Meredith Monk and Tom Bogdan)
- Pedagogy (Stephen Wangh)