

## Jessica Post

Jessica Post holds an MFA in Dance from the University of Michigan where she taught as a Graduate Student Instructor and received the Rackham International Research Award to pursue her thesis research project in Vienna, Austria. She also holds a BFA in Dance from Cornish College of the Arts where she was selected to perform in the restaging of works by Martha Graham and José Limón. Jessica performed professionally in Chicago with The Dance COLEctive and Esoteric Dance Project and has presented her choreography throughout Chicago, Detroit, and now Portland. Jessica is a dedicated dance educator with teaching experience including Oregon Ballet Theatre School, Multnomah Athletic Club, BODYVOX, Portland Community College, Hillsdale College, and Eastern Michigan University. She also teaches dance in schools throughout the Portland area. She continues to expand her interest in teaching movement methods and has completed comprehensive certifications in Pilates and GYROTONIC®