

**ZORYA ARROW**

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**CHOREOGRAPHIC WORKS:**

- *Faith's A Thing* - Choreographer, Commissioned and presented by Winnipeg's Contemporary Dancers, 2019
- *much too much to say* - Director/performer, Commissioned and presented by Company Link, 2017
  - Theatre Projects Manitoba Salon (Excerpt), 2017
- *This Disposition* - Creator/performer, Poolside Gallery, 2017
  - James Black Gallery, 2017 - Vancouver, BC
  - Research Series, Young Lungs Dance Exchange, 2016
- *Not Potatoes* - Creator/performer, Presented by Nova Dance Collective, 2016
  - Commissioned and presented by Nova Dance Collective, 2015
- *The Genetics Project* - Creator/performer, Production Series, Young Lungs Dance Exchange, 2015
- *Gwylan Speaks* - Director/actor, a Cabaret, Spewing Arrows Productions, 2014
- *Mack* - Creator/performer, a Cabaret, Spewing Arrows Productions, 2014
  - Research Series, Young Lungs Dance Exchange, 2014
- *Normal Developmental Turmoil* - Creator/performer, a Cabaret, Spewing Arrows Productions, 2014
  - Winnipeg Fringe Festival, Nova Dance Collective, 2013
- *The Hunter Eats a Bird* - Creator/performer, Winter Soupstock Festival, 2014
- *Diva* - Creator/performer, Visions in Blindness, Lasha Mowchun, 2014
- *Good Morning and Good Night* - Creator/performer, Fundraiser Party, Young Lungs Dance Exchange, 2013
- *Even if you move a little bit* - Chgph/dancer, Fem Fest Cabaret, Sarasvati Productions, 2012
- *Gaudy* - Chgph/dancer, Liminality, The Colony Collective, 2012
- *When it was...* - Chgph/dancer, Winnipeg Fringe Festival, Nova Dance Collective, 2011

**PERFORMANCE PROJECTS:**

- *Hamlet* - Actor, Dir. Arne MacPherson, Bunchback'd Toads, 2020
- *Yeats' Ghosts* - Dancer, Chgph. Alexandra Elliott, Protagonista Theatre, 2019
- *The Threepenny Opera* - Choreographer, Dir. Arne MacPherson, Sick + Twisted, 2019
- *Rencor Vivo* - Performer, The Mariachi Ghost, 2018 - Halifax, NS
- *Hamlet* - Actor, Dir. Arne MacPherson, Knavish Hedgehog Productions, 2018
- *Deserter* - Assistant Director, Dir. Arne MacPherson, Moving Target Theatre Company, 2018
- *A Short History of Crazy Bone* - Actor/Dancer, Dir. Andraea Sartison, Theatre Projects Manitoba, 2018
- *Flesh + Machine* - Dancer, Chgph. Danielle Sturk, Winnipeg's Contemporary Dancers, 2017

- ***Contemporary Dance Works*** - Curator, Canada Summer Games, 2017
- ***Heavenly Bodies*** - Director, Wr. Gisлина Patterson, Happy/Accidents, 2017
  - Winnipeg Fringe Festival, 2016
- ***She Speaks the Night*** - Dancer/collaborator, with Janelle Hacault + Alexandra Garrido, Nova Dance Collective, Nuit Blanche Winnipeg, 2016
- ***From the Seat of a Canoe*** - Dancer, Chgph. Natasha Torres-Garner, The Long Take Collective, 2016
- ***Judy and the Reckless*** - Dancer, Chgph. Riley Sims, Nova Dance Collective, 2016
  - Nova Dance Collective, 2015
- ***Happy at the SAD*** - Dancer, Chgph. Ming Hon, RAW Almond, 2016
- ***Calls, Canto 1 (If you catch sight of a friend in the distance)*** - Vocalist, Comp. Bengt Af Klintberg, Send + Receive V17, 2015
- ***Live component to The Laundry Room (film)*** - Dancer, Dir. Isabelle Kirouac, The Rio Theatre, 2013 - Vancouver, BC
- ***Rip It and Cook It*** - Dancer, Chgph. Casimiro Nhussi, Moving Inspirations Dance Festival, 2012
- ***Mapiko*** - Dancer, Chgph. Casimiro Nhussi, Nafro Dance Productions, 2012
- ***JOE et RODOLPHE*** - Dancer, Chgph. Jean-Pierre Perreault, Canada Dance Festival, 2012 - Ottawa, Ontario
- ***A Christmas Carol*** - Dancer, Chgph. Stephanie Ballard, 2010

#### FILM PROJECTS:

- ***Arutinaë*** - Lead Actor, Dir. Erin Buelow, Feature film to be released 2021
- ***Doughball*** - Choreographer/performer, Film Dir. Arne MacPherson, 2021
- ***Last Dollar (Green July)*** - Director/performer, Figure Walking, 2020
- ***Scopophobia*** - Actor, Dir. Lasha Mowchun, 2019
- ***Mac 'n Me*** - Director, MMMeats, 2019
- ***Sleep & Spring*** (gallery installation) - Creator, Video Pool Media Arts Centre, Poolside Gallery, 2018
- ***INTHEALLEYSWITHTHERATS*** - Co-director/performer, Co-dir. Erin Buelow, Screened at WNDX, 2017
- ***Human Cremated Remains*** - Director, This Disposition, Poolside Gallery, 2017
- ***On October 29*** - Director, This Disposition, Poolside Gallery, 2017
- ***Z is for Zorya*** - Dancer - Dir. Ed Ackerman, Young Lungs Dance Exchange, 2017
- ***Speciation Dance*** - Dancer, Dir. Michelle Wilson, Nuit Blanche Winnipeg, 2016
- ***Hue Quilted Windowpane*** - Actor, Dir. Lasha Mowchun, Gimli Film Festival, 2016
- ***Lobotomies*** - Co-director/writer/actor, Co-Dir. Erin Buelow, Underground Film Festival, 2015
- ***Paradigm*** - Choreographer/dancer, Dir. Scott Leroux, Locating, Platform Gallery 2014
- ***Apparatus*** - Model, Cr. Andrew J Milne, RAW Gallery, 2014
- ***The Laundry Room*** - Dancer, Dir. Isabelle Kirouac, 2013 - Vancouver, BC
- ***A Good Madness: The dance of Rachel Browne*** - Background, Dir. Danielle Sturk, 2013

**FOUNDATIONAL TRAINING:**

- The Senior Professional Program of the School of Contemporary Dancers  
*Graduated 2012* - Winnipeg, MB
  - 4 years of full-time dance training
- Bachelors of Arts, Honours in Dance, Minor in Theatre and Film, University of Winnipeg  
*Graduated 2015* - Winnipeg, MB
- Creative Character Development and Personal Transformation Through Clown, Fantastic Space Enterprises  
*Completed 2013* - Vancouver, BC
  - Three month intensive clown training course with David MacMurray Smith

**SELECTED ADDITIONAL TRAINING:**

- Fighting Monkey - Alanna Kraaijeveld, Young Lungs Dance Exchange, 2020
- Suzuki Method of Actor Training - Thomas Morgan Jones, Prairie Theatre Exchange, 2020
- The Ember: Grotowski Physical Theatre Workshop - Joanna Kaczmarek and Przemysła Błaszczak, The Grotowski Institute, 2020 - Wroclaw, Poland
- Voice for Actors Workshop - Gayle Murphy, Diane Roberts, David Smukler and Gerry Trentham, Moving Voice Institute, 2019
- Fighting Monkey - Alanna Kraaijeveld, Young Lungs Dance Exchange, 2019
- Viewpoints & Grotowski - Raina Von Waldenburg, Company Link, 2019
- Spiralling Upwards Contact Improvisation Workshop, Mark Young, The Osborne Street Dance Club, 2019
- Master Class with Darryl Tracy, Sawdon Dance, 2018
- Casting Characters Workshop - Jennifer Essex and Harry Man, Young Lungs Dance Exchange, 2018
- Viewpoints & Grotowski - Raina Von Waldenburg, Company Link, 2018
- Contact Improvisation - Peter Bingham, EDAM, Vancouver, BC, 2013 + 2017
- Contact Improvisation - Ali Robson, Company Link, 2015
- Crossing the Boundaries - Tom Stroud, Company Link, 2015
- Voice and Creation - Marie-Josée Chartier, Young Lungs Dance Exchange, 2013
- Contact Improvisation, Dance Technique, Improvisation - Ah Ha Productions Winter Intensive, 2013 - Montreal, Quebec
- Theatre/Movement Improvisation - Tom Stroud, Research Group, 2012

**AWARDS/GRANTS/RESIDENCIES:**

- Create Grant, Manitoba Arts Council, 2021
- Professional Development for Artists, Canada Council for the Arts, 2020
- Individual Artist Grant, Winnipeg Arts Council, 2020
- Professional Development Grant, Manitoba Arts Council, 2019
- New Artist in Media Arts Fund, Video Pool Media Arts Centre, 2017
- Individual Artist Grant, Winnipeg Arts Council, 2016
- Research Series Artist-in-Residence, Young Lungs Dance Exchange, 2016
- Artist-in-Residence, James Black Gallery, 2016, Vancouver, BC
- Individual Artist Grant, Winnipeg Arts Council, 2015
- Production Series, Young Lungs Dance Exchange, 2015
- Research Series Artist-in-Residence, Young Lungs Dance Exchange, 2014
- Professional Development Grant, Winnipeg Arts Council, 2013
- The Graduation Scholarship Fund, The School of Contemporary Dancers, 2012

**TEACHING/COACHING/REHEARSAL DIRECTION:**

- *Wrought* - Narration Voice Coaching for film, Cr. Anna Sigrithur, 2020
- Movement for Actors - Teacher, Village Conservatory, 2019
- BodyMind Class (combining theatre and dance methods) - Independent teacher, 2019
- *After The Cause* - Rehearsal direction, Chgph. Rachele Bourget, Winnipeg Fringe Festival, 2017
- Constelaciones Artist Collective - Movement coach, 2016
- Performance - Teacher, Young Lungs Dance Exchange Teacher Series, 2015
- Clown - Independent Teacher/Coach, 2014-2016
- Contact Improvisation - Independent Teacher, 2012-2014

**COMMUNITY INVOLVEMENT:**

- Managing Artistic Director, Young Lungs Dance Exchange, Jan. 2021-Present
- Interim Director, Young Lungs Dance Exchange, 2020
- Co-founder/member of Love/Action Collective, 2020
- Board member (Board Chair 2019-2020) - Young Lungs Dance Exchange, 2014-2020
- Host - Community Contact Improvisation Jams, 2018
- Dance Community Meetings - Organizer, 2017
- Presentation on Performance Creation - Pecha Kucha Night, 2016
- Co-Founder of Nova Dance Collective, 2010-2016
- Presentation on Clowning - SHED Talks, 2015