

## ZORYA ARROW (she/they)

instagram.com/zoryaarrow ~ zoryaarrow.com

### SUMMARY:

I am a choreographer, dancer, performer, educator, arts administrator, and auntie from Winnipeg, Manitoba, in Treaty One Territory, with 15 years of experience working in the arts. I have created over 16 original performance works, exploring questions of being, grief, loss, presence, and relationship. I am passionate about working as a dancer/performer in collaborative, experimental, and trans-disciplinary contexts. I am studying the Ukrainian language through Ukrainian singing and on Duolingo—a language learning application.

### FOUNDATIONAL EDUCATION:

2022 Completed | **Douglas College** | End-Of-Life Doula Course | Vancouver, British Columbia

2015 Graduated | **University of Winnipeg** | Bachelors of Arts Honours in Dance, with a Minor in Theatre and Film

2013 Completed | **Fantastic Space Enterprises** | Creative Character Development and Personal Transformation Through Clown | Three month intensive clown training course with David MacMurray Smith | Vancouver, British Columbia

2012 Graduated | **The Senior Professional Program of the School of Contemporary Dancers** | 4-year full-time dance training program

### SELECTED PROFESSIONAL WORK:

2026 *Upcoming Political Movement* | MFA Research | Chgph. Aria Evans | Dancer

2025-Present *The Lear Project* | Research phase | Bunchback'd Toads | Theatre collective co-creation

2025 **Young Lungs Dance Exchange's 20th Anniversary Festival** | *This is what happens* | Co-Chgph./dancer alongside Emma Beech

2025 **Young Lungs Dance Exchange's 20th Anniversary Festival** | *Last Days* | Chgph. D-Anne Kuby | Dancer

2025 **Space to Create** | First Fridays | *First Fridays Firsts* | Wrestling performance by Aria Evans and myself

2025 *One Side of the Story* | The Grey Jays | Music video | Director/editor/dancer

2023, 2024, 2025 *Steppe Kolektyv* | Koliada - Traditional Ukrainian carolling

2024 **Political Movement** | *Connect 4* | Research phase | Chgph. Aria Evans | Dancer

2024 **Art Holm No. 9** | *Forget Me Not* | Chgph. Aria Evans | Dancer

2024 **Cluster: New Music + Integrated Arts Festival** | Collaborative performance project with sound artists meanspath (J Riley Hill) and domo11

2024 **Tetyana Haraschuk's Until the Sun Comes** | The Handsome Daughter | *Steppe Kolektyv* | Performing Ukrainian village dances and songs

2024 **Festival du Voyageur** | *Steppe Kolektyv* | Performing Ukrainian village dances

2023 **Theatre Projects Manitoba** | The Traveling Collabaret | Beach on Carpet | Short solo work | Chgph./dancer

2022 *Arutinaë* | Dir. Erin Buelow | Feature film | Lead Actor (Winning Best Performance + Best MB Director at GIFF 2023)

2022 **Sick + Twisted Theatre / AA Battery / The Mariachi Ghost** | *Antigone* | Dir. Arne MacPherson | Chgph.

2020 **Lake Winnipeg** | *Lake Winnipeg* | Full length work with three dancers | Chgph./dancer

2020 **ShakespeareFest** | Bunchback'd Toads | *Hamlet* | Dir. Arne MacPherson | Actor

2019 **Winnipeg's Contemporary Dancers** | *Faith's A Thing* | Quarter length work | Chgph.

2019 **Sick + Twisted Theatre / AA Battery** | *The Threepenny Opera* | Dir. Arne MacPherson | Chgph.

2019 **Winnipeg Fringe Festival** | Protagonista Theatre | *Yeats' Ghosts* | Chgph. Alexandra Elliott | Dancer

2018 **Prismatic Arts Festival** | The Mariachi Ghost | *Rencor Vivo* (A Rock Opera) | Halifax, Nova Scotia | Dancer, Actor, Singer  
 2018 **Theatre Projects Manitoba** | *A Short History of Crazy Bone* | Dir. Andraea Sartison | Performer  
 2017 **Theatre Projects Manitoba Salon** | *much too much to say* | Excerpt of my work | Chgph./dancer  
 2017 **Company Link** | *much too much to say* | Full length work | Chgph./dancer  
 2017 **Poolside Gallery** | *This Disposition* | Quarter length work | Chgph./dancer  
 2017 **James Black Gallery** | *This Disposition* | Quarter length work | Chgph./dancer | Vancouver, BC  
 2017 **Winnipeg's Contemporary Dancers** | *Flesh + Machine* | Chgph. Danielle Sturk | Dancer  
 2016 **Young Lungs Dance Exchange** | Research Series | *This Disposition* | Quarter length work | Chgph./dancer  
 2015 + 2016 **Nova Dance Collective** | *Not Potatoes* | Half length work | Chgph./dancer  
 2016 **Nuit Blanche Winnipeg** | Nova Dance Collective | *She Speaks the Night* | Lead Janelle Hacault | Dancer/collaborator  
 2016 **The Long Take Collective** | *From the Seat of a Canoe* | Chgph. Natasha Torres-Garner | Dancer  
 2015 + 2016 **Nova Dance Collective** | *Judy and the Reckless* | Chgph. Riley Sims | Dancer  
 2016 **RAW Almond** | *Happy at the SAD* | Chgph. Ming Hon | Dancer  
 2015 **Young Lungs Dance Exchange** | Production Series | *The Genetics Project* | Half length work | Chgph./dancer  
 2014 **Spewing Arrows Productions** | A Cabaret | *Gwylen Speaks* | Short work | Chgph./dancer  
 2014 **Spewing Arrows Productions** | A Cabaret | *Mack* | Short work | Chgph./dancer  
 2014 **Spewing Arrows Productions** | A Cabaret | *Normal Developmental Turmoil* | Short work | Chgph./dancer  
 2014 **Young Lungs Dance Exchange** | Research Series | *Mack* | Short work | Chgph./dancer  
 2013 **Winnipeg Fringe Festival** | Nova Dance Collective | *Normal Developmental Turmoil* | Short work | Chgph./dancer  
 2013 **The Rio Theatre** | *The Laundry Room* | Dir. Isabelle Kirouac, The Rio Theatre | Dancer | Vancouver, British Columbia  
 2012 **Sarasvati Productions** | Fem Fest Cabaret | *Even if you move a little bit* | Short work | Chgph./dancer  
 2011 **Winnipeg Fringe Festival** | Nova Dance Collective | *Fresh* | Chgph./dancer/collaborator  
 2010 **Winnipeg Fringe Festival (Best of Fest)** | *The Wild Things* | Dir. Flying Fox and the Hunter Gatherers | Actor/dancer/vocalist  
 2010 **Young Lungs Dance Exchange** | *Link* | Chgph. Coral Maloney | Performer  
 2010 *A Christmas Carol* | Chgph. Stephanie Ballard | Dancer

#### SELECTED TRAINING:

2025 **Cindy Klassen Recreation Complex** | Tai Chi  
 2024 **Young Lungs Dance Exchange** | Fighting Monkey | Alanna Kraaijeveld  
 2024 **Prairie Theatre Exchange** | Butoh Body Freedom | Tanja Woloshen  
 2023 **Alanna Kraaijeveld** | Fighting Monkey Zero Forms in Dialogue with Olympic Freestyle Wrestling | Montreal, Quebec  
 2022 **Douglas Collage** | End-of-Life Doula Course | British Columbia  
 2022 **Winter School for New Opera** | Seminar/Workshop | Atlanticx Asociacion Civil | New York, USA  
 2021 **Young Lungs Dance Exchange** | Disability Informed Creation in Dance | Debbie Patterson and Christopher House  
 2021 **Young Lungs Dance Exchange** | Building Skill and Awareness for Dismantling Racism | Jackie Hogue  
 2019 + 2020 **Young Lungs Dance Exchange** | Fighting Monkey | Alanna Kraaijeveld  
 2020 **The Grotowski Institute** | The Ember: Grotowski Physical Theatre Workshop | Joanna Kaczmarek and Przemysła Błaszczak | Wrocław, Poland  
 2019 **The Osborne Street Dance Club** | Spiralling Upwards Contact Improvisation Workshop | Mark Young  
 2013 + 2017 **EDAM** | Contact Improvisation | Peter Bingham | Vancouver, British Columbia

2016 **Alina Ruiz Folini** | DANZA > Entrenamiento y Práctica | Buenos Aires, Argentina  
2015 **Company Link** | Contact Improvisation | Ali Robson  
2013 **Ah Ha Productions Winter Intensive** | Contact Improvisation, Dance Technique, Improvisation | Montreal, Quebec

#### **SELECTED TEACHING/COACHING/DIRECTING:**

2024 + 2025 **Manitoba Parents for Ukrainian Education** | Teaching Ukrainian Folk Dance Workshop  
2022-2024 **University of Winnipeg** | Department of Theatre & Film | Movement Instructor  
2021 **National Film Board of Canada** | *Wrought* | Coaching Voice Narration | Cr. Anna Sigrithur  
2018 **Moving Target Theatre Company** | *Deserter* - Assistant Director | Dir. Arne MacPherson  
2016 + 2017 **Happy/Accidents** | *Heavenly Bodies* - Director | Wr. Gislina Patterson

#### **SELECTED AWARDS/RESIDENCIES:**

2024 **Manitoba Arts Council** | Create Grant (Bunchback'd Toads Collective)  
2024 **Canada Council for the Arts** | Professional Development for Artists  
2024 **Manitoba Arts Council** | Deep Bay Residency  
2023 **Gimli International Film Festival** | ACTRA Manitoba Award for Best Performance (*Arutinae*)  
2023 **Canada Council for the Arts** | Arts Across Canada (\$90,000 for Young Lungs Dance Exchange)  
2022 **Winnipeg Arts Council** | Professional Development Grant  
2022 **Manitoba Arts Council** | Adapt Grant  
2022 **Manitoba Arts Council** | Professional Development Grant  
2020 **Manitoba Arts Council** | Create Grant  
2020 **Canada Council for the Arts** | Professional Development for Artists  
2020 **Winnipeg Arts Council** | Individual Artist Grant  
2020 **Manitoba Arts Council** | Professional Development Grant  
2019 **Manitoba Arts Council** | Professional Development Grant  
2017 **Video Pool Media Arts Centre** | New Artist in Media Arts Fund  
2016 **Winnipeg Arts Council** | Individual Artist Grant  
2016 **Young Lungs Dance Exchange** | Research Series Artist-in-Residence  
2016 **James Black Gallery** | Artist-in-Residence | Vancouver, British Columbia  
2015 **Winnipeg Arts Council** | Individual Artist Grant  
2015 **Young Lungs Dance Exchange** | Production Series Artist-in-Residence  
2014 **Young Lungs Dance Exchange** | Research Series Artist-in-Residence  
2013 **Winnipeg Arts Council** | Professional Development Grant  
2012 **The School of Contemporary Dancers** | Bruce Mitchell Scholarship

#### **SELECTED WORK EXPERIENCE/COMMUNITY INVOLVEMENT:**

2023-Present **Steppe Kolektyv** | Folk Collective member  
2024 **Return to the Earth Green Burial Co-Op** | Contract administration and research work  
2023-2024 **Young Lungs Dance Exchange** | Movement Labs | Community outreach | Facilitator  
2014-2023 **Young Lungs Dance Exchange** | Managing Artistic Director, Project Manager/Administrator, Interim Director, Board Chair, Board Co-Chair, Board member  
2023 **Movement Jams** | Organizer/Host  
2018 **Contact Improvisation Community Jams** | Organizer/Host  
2017 **Canada Summer Games** | *Contemporary Dance Works* | Curator  
2017 **Dance Community Meetings** | Organizer  
2016 **Pecha Kucha Night** | Presentation on Performance Creation