

## **ZORYA ARROW (she/they)**

**Choreographer // Dancer // Actor // Educator**

- Artist of Ukrainian/European ancestry
- 12 years of professional experience
- Living in Treaty One Territory || Winnipeg, Manitoba

### **EDUCATION:**

2007-2015 **University of Winnipeg in affiliation with The Senior Professional Program of the School of Contemporary Dancers** | Bachelors of Arts Honours in Dance, Minor in Theatre and Film (Graduated 2015) | 4-year full-time dance training program (Graduated 2012) | Winnipeg, Manitoba  
2013 **Fantastic Space Enterprises** | Creative Character Development and Personal Transformation Through Clown | Three month intensive clown training course with David MacMurray Smith | Vancouver, British Columbia

### **SELECTED TRAINING:**

2023-Present **Shirley's Dance Studio** | West Coast Swing All-Levels Drop-In Class | Maverick  
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 | Atlantix Asociacion Civil | New York, USA  
2022 **Sawdon Dance** | Master Class | Darryl Tracy  
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 **Prairie Theatre Exchange** | Suzuki Method of Actor Training | Thomas Morgan Jones  
2020 **The Grotowski Institute** | The Ember: Grotowski Physical Theatre Workshop | Joanna Kaczmarek and Przemysła Błaszczak | Wroclaw, Poland  
2019 **Moving Voice Institute** | Voice for Actors Workshop | Gayle Murphy, Diane Roberts, David Smukler and Gerry Trentham  
2018 + 2019 **Company Link** | Viewpoints & Grotowski | Raina Von Waldenburg  
2019 **The Osborne Street Dance Club** | Spiralling Upwards Contact Improvisation Workshop | Mark Young  
2018 **Young Lungs Dance Exchange** | Casting Characters Workshop | Jennifer Essex and Harry Man  
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 **Young Lungs Dance Exchange** | Voice and Creation | Marie-Josée Chartier  
2013 **Ah Ha Productions Winter Intensive** | Contact Improvisation, Dance Technique, Improvisation | Montreal, Quebec  
2012 **Research Group** | Theatre/Movement Improvisation | Tom Stroud  
2010 **Kaha:wi Dance Theatre** | Summer Intensive | Santee Smith | Toronto, Ontario

## SELECTED PRESENTATIONS OF MY CHOREOGRAPHIC WORK:

2023 **Theatre Projects Manitoba** | The Traveling Collabaret | Beach on Carpet | Short work  
2020 **Lake Winnipeg** | *Lake Winnipeg* | Full length work (work-in-progress showing)  
2022 **Sick + Twisted Theatre / AA Battery / The Mariachi Ghost** | *Antigone* | Dir. Arne MacPherson  
2019 **Winnipeg's Contemporary Dancers** | *Faith's A Thing* | Quarter length work  
2019 **Sick + Twisted Theatre / AA Battery** | *The Threepenny Opera* | Dir. Arne MacPherson  
2017 **Theatre Projects Manitoba Salon** | *much too much to say* | Excerpt  
2017 **Company Link** | *much too much to say* | Full length work  
2017 **Poolside Gallery** | *This Disposition* | Quarter length work  
2017 **James Black Gallery** | *This Disposition* | Quarter length work | Vancouver, BC  
2016 **Young Lungs Dance Exchange** | Research Series | *This Disposition* | Quarter length work  
2015 + 2016 **Nova Dance Collective** | *Not Potatoes* | Half length work  
2015 **Young Lungs Dance Exchange** | Production Series | *The Genetics Project* | Half length work  
2014 **Spewing Arrows Productions** | A Cabaret | *Gwylan Speaks* | Short work  
2014 **Spewing Arrows Productions** | A Cabaret | *Mack* | Short work  
2014 **Spewing Arrows Productions** | A Cabaret | *Normal Developmental Turmoil* | Short work  
2014 **Young Lungs Dance Exchange** | Research Series | *Mack* | Short work  
2014 **C SPACE** | Visions in Blindness | Lasha Mowchun | *Diva* | Short work  
2013 **Winnipeg Fringe Festival** | Nova Dance Collective | *Normal Developmental Turmoil* | Short work  
2012 **Sarasvati Productions** | Fem Fest Cabaret | *Even if you move a little bit* | Short work

## SELECTED PERFORMANCES:

2024 **Cluster: New Music + Integrated Arts Festival** | Collaborative performance project with sound artists meanspath and domo11  
2024 **Festival du Voyageur** | *Steppe Kolektyv Collective* | Performing Ukrainian village dances  
2023 **Koba Entertainment** | *Franklin The Turtle* | Dance-Theatre Performance  
2022 **First Fridays** | *Collaborative Improv* | Dance Performance  
2022 **Arutinaë** - Lead Actor | Dir. Erin Buelow | Feature film (Best Performance + Best MB Director at GIFF 2023)  
2020 **ShakespeareFest** | Bunchback'd Toads | *Hamlet* | Dir. Arne MacPherson  
2019 **Scopophobia** - Actor | Dir. Lasha Mowchun | Short Film  
2019 **Winnipeg Fringe Festival** | Protagonista Theatre | *Yeats' Ghosts* | Chgph. Alexandra Elliott  
2018 **Prismatic Arts Festival** | The Mariachi Ghost | *Rencor Vivo (A Rock Opera)* | Halifax, Nova Scotia  
2018 **Theatre Projects Manitoba** | *A Short History of Crazy Bone* | Dir. Andraea Sartison  
2017 **Winnipeg's Contemporary Dancers** | *Flesh + Machine* | Chgph. Danielle Sturk  
2017 **WNDX - Festival of Moving Images** | *INTHEALLEYSWITHTHERATS* - Co-Director/Performer | Co-dir. Erin Buelow | Short Film  
2016 **Nuit Blanche Winnipeg** | Nova Dance Collective | *She Speaks the Night* | Lead Collaborator Janelle Hacault  
2016 **Gimli Film Festival** | *Hue Quilted Windowpane* - Actor | Dir. Lasha Mowchun | Short Film  
2016 **The Long Take Collective** | *From the Seat of a Canoe* - Dancer | Chgph. Natasha Torres-Garner  
2015 + 2016 **Nova Dance Collective** | *Judy and the Reckless* - Dancer | Chgph. Riley Sims  
2016 **RAW Almond** | *Happy at the SAD* - Dancer | Chgph. Ming Hon  
2015 **Send+Receive: A Festival of Sound (V17)** | *Calls, Canto 1 (If you catch sight of a friend in the distance)* - Vocalist | Comp. Bengt Af Klintberg  
2015 **Winnipeg Underground Film Festival** | *Lobotomies* - Co-Director/Writer/Actor | Co-Director Erin Buelow | Short Film  
2013 **The Rio Theatre** | *The Laundry Room* - Dancer | Dir. Isabelle Kirouac, The Rio Theatre | Vancouver, British Columbia

## TEACHING/COACHING/DIRECTING:

2022-Present **University of Winnipeg** | Department of Theatre & Film | Movement Instructor  
2024 **Manitoba Parents for Ukrainian Education** | Teaching Ukrainian Folk Dance Workshop  
2021 **National Film Board of Canada** | *Wrought* | Coaching Voice Narration | Cr. Anna Sigrithur  
2019 **The Village Conservatory** | Teaching Movement for Actors | Paul De Gurse, Jacqueline Harding, and Simon Miron  
2019 **Independent** | BodyMind Class | Teaching combined Theatre and Dance methods  
2018 **Moving Target Theatre Company** | *Deserter* - Assistant Director | Dir. Arne MacPherson  
2017 **Happy/Accidents** | *Heavenly Bodies* - Director | Wr. Gislina Patterson  
2017 **Winnipeg Fringe Festival** | *After The Cause* | Rehearsal Direction | Chgph. Rachele Bourget  
2016 **Winnipeg Fringe Festival** | *Heavenly Bodies* - Director | Wr. Gislina Patterson  
2016 **Constelaciones Artist Collective** | Coaching Movement  
2015 **Young Lungs Dance Exchange** | Teacher Series | Teaching Performance  
2014-2016 **Independent** | Teaching/Coaching Clown  
2012-2014 **Independent** | Teaching Contact Improvisation  
2013 **Skate Canada** | Winnipeg Summer Skating School | Teaching Dance

## AWARDS/RESIDENCIES:

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*)  
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

## RELATED WORK EXPERIENCE/COMMUNITY INVOLVEMENT:

2023-2024 | **Young Lungs Dance Exchange** | Movement Labs | 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