

I live for creative collaborations.

I have been dancing and playing the violin since I was a young girl. I went on and studied Dance Performance and Choreography at Elon University for two years after grade school. There, I dove deep into the world of somatics, and expanded my love for dancing and the connection to my body.

After I left school, I taught dance all throughout Portland, and performed as a freelance dancer and violinist, including performances at NorthWest Dance Project, and the Clinton Street Theater.

I then traveled to Baja, Mexico to attend Yandara Yoga Institute. There, I received my 200 hour RYT Certificate, and my level 1 and 2 Reiki Certificates. Yoga school really helped me understand my body anatomically, and even more so energetically, which unlocked many different ways in which I continually learn to understand myself, energy, movement, and the relationship between the three.

I moved to Ashland, Oregon after yoga school, joined Intention Dance Company, and taught dance (under the curriculum of Jody White, Elyse and Rocky Roxander) and yoga at Studio Roxander Academy of Ballet for a year and a half. I played the violin for the Rogue Valley Symphony and Siskiyou Violins. I toured internationally with Kirtan artist Prema Mayi, and taught yoga and dance for some of her private retreats and workshops.

In March of 2015 I danced in the Off-Broadway production of "Postcards from Hotel Casseopeia" by V. Lee, at the Strawberry Theater Festival in New York City.

After this, I made connections with various music acts (Sugarbeats, Medium Troy), and toured with them as a violinist, vocalist, dancer and choreographer.

In Fall of 2017, I was brought on my first tour with Troyboi Music (Left is Right Tour) as a violinist. The dance captain of the tour found out I was a dancer and asked me to dance in one of the songs. We continued to develop our creative relationship and she eventually asked me to learn to be an aerialist for other performances. From fall of 2017 to Summer of 2019 I toured with Troyboi Music as a violinist, contemporary dancer, and aerialist. Notable performances include Coachella in 2018.

All while this was happening, I was touring doing Vocals and Violin with my bluegrass band, King Roy Wing. We released an album together called "Peace of Mind" (Spring, 2018), and will have another album out in Spring 2020.

My journey through performing music and dance is heavily intertwined, yet balanced and mutually supportive.

I am inspired as a performer by the healing it has brought me...The humbling vulnerability of pouring my heart into a project and sharing it with hundreds of people....The daily ritual of working consistently on a skill and the thrill of letting my body take control on stage. I want to make my audience feel the same thing that I have felt when I watch a performer going in on stage. When I create, I dive into the darkest and brightest parts of myself, and I hope that it inspires others to do the same.