

KEELIE SHERIDAN

YOGA & MOVEMENT INSTRUCTOR, CHOREOGRAPHER

Keelie Sheridan

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55 Nagle Ave. 5A

New York, NY 10040

(718) 207-3391

I am committed to helping my students develop an understanding of yoga and movement as the practices of knowing themselves better and living more fully.

WORK EXPERIENCE

2018 -
PRESENT

Iowa Sports

Yoga Instructor

2016 -
PRESENT

The Ume Group

Movement Faculty

Yoga, Butoh, Laban Movement Analysis, Viewpoints, Lecoq, Irish Dance

2016-
PRESENT

T Schreiber Studio

Movement Faculty

Yoga, Character Movement, Period Movement, Butoh, Laban Movement Analysis, Viewpoints, Lecoq

2014-2015

Brooklyn Arts Exchange

Movement Teaching Artist

Exploratory & Age-Appropriate Development-Driven Movement for students ages 2-13, including yoga and fundamentals of dance

2009-
2011

YWCA of NYC

Dance Teaching Artist

Movement & Dance Instruction for students ages 5-13, Irish Dance, Yoga, Hip Hop, Ballet

2004-
2010

Wild Irish Acres School of Irish Dance

Irish Dance Instructor

Group and Private Classes, Soft and Hardshoe, Ceili

EDUCATION

+

CERTIFICATIONS

200 Hour Registered Yoga Teacher

Three Sisters Yoga, New York, NY

American Red Cross CPR/AED Certified

Frontline Health

MFA in Theatre Directing

Trinity College, Dublin, Ireland

MFA in Acting

Brooklyn College, Brooklyn, NY