

Pushpanjali Sharma

***Educator and Researcher in Somatic/Mind-Body practices. *Nurturer-Facilitator of Self-Awareness/Self-Education & Transformative Creative Practice.
*Yoga and Pilates Practitioner *Wellbeing coach. *Interdisciplinary Research and Writing. *Developer of pedagogies for experiential education. *Performing Artist
Dancer, Singer and Actor.**

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EDUCATION

- 2015 M.A. Interdisciplinary Studies (Self-Designed)
(Specialization Performing arts; Embodied Studies (Praxis, Research, Theory))
Thesis: ‘Embodied Voice: Embodied Research, A Transformative Somatic-Performative Journey’
Lesley University, Cambridge, M.A., U.S.A.-
G.P.A.- 3.68/4.0
- 2009 Bachelor of Arts English Honors Degree
Sri.Venkateswara College, University Of Delhi, New Delhi, India -
First Division
- 2006 Class XII AISSCE (All India Senior Secondary Class Examination)
Delhi Public School, R.K. Puram, New Delhi, India
– **90.25%**

EDUCATION AWARDS

- 2008 Certificate of Merit B.A. English (Hons.), 3rd rank in Delhi University examination
- 2004 CBSE (Central Board Of Secondary Education) Certificate of Merit under National Scholarship Scheme for being in Top 0.1% by scoring 99% in Science and Technology AISSE examination.

MIND-BODY PRACTICES/ SOMATICS/ EMBODIED STUDIES TRAINING AND EDUCATION

- 2014 *Somatics and Movement as Self-Awareness and Healing*
at Movement Research Winter Melt Intensive
Movement Research, Gibney Studios, New York City, U.S.A.

- 2014 ***Somatic Practices- Studied Feldenkrais Method, Body-Mind Centering & Klein Technique*** at Movement Research Summer Melt Intensive, Movement Research, St. Marks Place, New York City, U.S.A.
- 2012 ***Studied Body-Mind Centering, Cellular Awareness/Breathing, Body-Mind Dancing with cancer recovery patients***
Moving On Center- School Of Participatory Arts and Somatic Research / Center For Kinesthetic Education, New York City
Position- Intern for 6 months
- 2011- 2015 **Teachers mentored under for Somatics :**
* Interned under Dr. Martha Eddy (**Body-Mind Centering**)
* Independent Study with Mary Abrams (**Continuum**)
- Teachers Studied with for Somatics:**
* Michel Casanovas (**Feldenkrais Method**), * Rose Anne Spradlin (**Body-Mind Centering**),
* K.J. Holmes (**Body-Mind Centering**), * Anne Cooper Albright (**Body-Mind Centering**), * Barbara Mahler (**Klein Technique**), * Eva Karczag (**Ideokinesis**), * Jimena Paz (**Feldenkrais Method**)

CERTIFICATIONS

- 2014 Pilates Mat Certification- with Teri Steele, Steele Pilates, New York, U.S.A.
- 2011 Certified Yoga Teacher - The Yoga Institute, Santacruz, Mumbai, India

MIND BODY PRACTICES AND ARTS & HEALING COURSES TAKEN AT LESLEY UNIVERSITY, CAMBRIDGE, MA. , U.S.A.

- 2013- 2015 1. Contemplative Practice; The Buddhist Traditions (3 credits)
2. Arts and Healing (3 credits):

Self-Designed Embodied Studies courses studied at Lesley

1. Creativity: Theory, Practice and Performance (3 credits)
Adviser: Gene Diaz (MEd, PhD)
2. Somatic: Theory and Practice (3 credits)
Adviser: MeenakshiChhabra (M.A., Ph.D)
3. Contemporary Explorations in Dance: Facilitating Embodied Practice (3 credits)
Adviser: Gene Diaz (Med, PhD)

4. Somatic Movement in creative, teaching, and personal practice (3 credits)
Adviser: Mary Abrams (M.A., R.S.M.E., ex president I.S.M.E.T.A.)

5. Embodied Research through Phenomenology and Somatic Inquiry (3 credits)

Adviser: Jeffery Ansaloo (M.A., Ph.D)

6. Thesis, Embodied Voice: Embodied Research, A Transformative Somatic-Performative Journey (6 credits):

Adviser: Vivian MarcowSpeiser (M.A., Ph.D, BC-DMT, LMHC , NCC, REAT) Marion Nesbit (M.A., Ph.D)

Developed an integrative thesis project to diversify the scope of somatic education to serve research, performance art and life, and a fused epistemology of theory and practice. Added to the field of embodied studies and to alternative methods for education, research, and practice through interdisciplinary research (practical and theoretical) in the field of somatics, phenomenology, and dance. Developed a new method of somatic-performative inquiry within an innovative chapter that exhibited an example of the same. Created and ran a 6-day Transformative Creative Practice Intensive course, entitled 'Beyond Frames- Without Masks,' and made a performance-film on the same. Documentation: 168 page thesis; 27-minute thesis film.

Teaching & Work Experience in India

- 2020-2021 Creative Director, Teacher Trainer and Educator at Babyland Kindergarten Mother's International School, Margao, Goa.
- 2018-2020 Self-Awareness/ Self-Education Counselor (Part-Time)
Goa University, Taleigaon Plateau, Goa, India.
<https://www.unigoa.ac.in/facilities/counselling.html>
- 2015- 2020
1. 'Beyond Frames Without Masks: A Somatic-Performative Inquiry', course designed as a part of thesis 'Embodied Voice: Embodied Research' (6 credits)
Taught at *Antara Arts Center*, Bangalore, India
 2. 'Architectural Corporeality', an intensive workshop designed for Experiential and Embodied Learning for the Orientation program students at *Goa College of Architecture*, Althinho, Goa for 3 consecutive years 2016-18
 3. 'Contemporary Dance for All- Celebrate Yourself- Find Your Dance'
Taught at *Ravindra Bhavan*, Margao, Goa
 4. 'Movement as Experience' for Theater
Taught at *Kala Academy*, Panjim, Goa & *Carpe Diem*, Majorda, Goa

5. 'Embodied Sacred Feminine; Goddesses and Archetypes' at
Cajueiro Art Residency, curated by Miriam Koshy Sukhija, Gitanjali Gallery
Facilitated at, *Cajueiro Homestead*, Valpoi, Goa

6. 'Me-Search, a six month course in Embodied Transformative Creative
Practice'
Taught at, Benaulim, Salcete, Goa

7. 'Self-Space, Embodied Blank-Space' as a part of Story of Space Festival,
Facilitated at, Museum Of Goa, and 91 Springboard, Goa, India

Artist Portfolio

PERFORMING ARTS TRAINING AND EDUCATION

- 2012- 2014 Certification in International Student Dance Program in *Ballet, Modern and Contemporary Dance* at Peridance Capezio Centre (International Dance School), New York City, U.S.A
- 2013 Certified Choreographic Investigation Course (C.I.C) at Dance New Amsterdam, New York City, U.S.A.
- 2011 Trained in *Contemporary Dance, Flying-Low, Kallaripayattu, Feldenkrais* at Gati Dance Foundation, New Delhi, India
- 2011 Trained in *Ballet* at The Danceworx, New Delhi, India
- 2010- 2011 Trained in *Funk Jazz & Contemporary Dance* at T.R. Dance Company, Mumbai, India
- 2006- 2009 Team member of Dance Society ‘*Nritya*’ at Sri.Venkateswara College, Delhi University, New Delhi, India.

WORK EXPERIENCE

- 2012-2014 Sheppard Academy of Vocal Arts, New York City
Position- Singer and Apprentice through scholarship
- 2013-2014 General Mischief Dance Theatre, New York City for *Circle Road, Shell Suite, Hum-kins*
Position- Commissioned Choreographer, Dance Artist
- 2013 Performance Space 122, Inc., New York City for *A (micro) history of world economics danced*, La MaMa, Ellen Stewart Theatre, New York City
Position- Singer
- 2012 Moving On Center- School Of Participatory Arts and Somatic Research / Center For Kinesthetic Education, New York City
Position- Intern for 6 months
- 2011 NDTV INDIA- Red dot productions, New Delhi
for 50 episodes for show ‘*Yogasutra*’
that won the ‘Indian Television Academy Awards’ for best Mini-Series 2012
Position- Yoga Artist

- 2011 Good One Yaar Theater Company, New Delhi
Position - Actor
- 2010-2011 TR Dance Company, Mumbai
Duration: 1.5 year
Position- Choreography Assistant and Company member

DANCE PERFORMANCES & CHOREOGRAPHY

- 2017 ***'The Evolution of Stars'***, an audio-visual theatrical performance telling the story of the life and death of stars in collaboration with Instytut B61 (a science-arts group from Poland), for the Story Of Space Arts Festival, Goa, India. At Old Goa Medical College, Ribander, Goa.
- 2017 ***'Headless'***, a theatrical performance exploring the ideas of a headless unit, where leadership belongs to none. Also, a pun on overemphasis on the use of only the 'head' and the intellect to make sense-to understand-to head somewhere. Developed and performed by Pushpanjali Sharma and Gautam Nima in collaboration with Mauricio Carrasco (an experimental/classical guitarist from Spain), invited as artists in residence by Nikhil Chopra, at HH Arts Space, Goa, India.
- 2017 ***'I can't speak _____ to save my life'***, an improvised performance on languages and its role in culture, and existing outside the non-verbal realm, in the realm of golden silence, developed as artist-in-residence 'Speak UP! ACT II' curated by Lina Vincent, Katarina Rasik and Jetein Rangher. At H.H. Art Spaces, Arpora, Goa
At Studio 365, Velha Goa, Goa
- 2017 ***'I, Interrupted'***, Interruptions in Identity, Intimacy and Intention, a performance developed and performed by Pushpanjali Sharma and Gautam Nima in response to and in conversation with artist Praveen Naik's artworks 'Notes from the Zeitgeist' in collaboration with Artist Praveen Naik and Poet Astri Ghosh, at Gitanjali Gallery, Panjim, Goa, India.
- 2017 ***'Routes of Faith and Sorrow'***, Ketevan World Sacred Music Festival, At. St. Monica's Convent, Old Goa, India.
Role: Dance Artist
- 2016 ***'APNNAVOP' -To Assimilate***, a 7 day Interactive Movement Installation/Research, exploring the possibilities of integrating and assimilating into a culture through movement, voice, poetry and tactile experience in a museum housing ancient colonial and agrarian artifacts, International Museum Day, Goa Chitra Museum, Goa, India.
- 2015 ***'Come-Pass-i-One'***, a ritualistic multi-media dance MFA thesis performance for compassion & reconciliation, understanding the ancestral past of an oppressed race, recognizing the repetition of patterns to break the loop,

drawing parallels between a Family's history and the history of Tibet.
History shaping the dancer-dance/body revealing one's history.
 Choreographed by Gautam Nima and performed by Gautam Nima and Pushpanjali Sharma, at Hollins University Theater, Roanoke, Virginia, U.S.A.
 In collaboration with Pushpanjali Sharma.

- 2014 **'Circle Road'**, At The Connely Theatre, New York City
 Role: Commissioned Choreographer, Dancer for General Mischief Dance Theatre
- 2013 **'The Exit Point'**, This is a multimedia contemporary dance piece that is based on the question of where is the exit point from the realm of duality? It also questions the role of the senses in entrapment due to their conditioning, at Dance New Amsterdam Theatre, New York City
 Role: Choreographer, Dancer
- 2013 **'Hum-Kins'**, choreographed by Gautam Nima
 At 1.City Centre Studio Theatre, New York City
 2.Manhattan Movement and Arts Centre, New York City
 3.Dance New Amsterdam Theatre, New York City
 Role: Dancer
- 2012 **'At Home'**, *home...a place, a space, where is it?*
 Choreographed by Gautam Nima in collaboration with Pushpanjali Sharma, performed at Peridance Capezio Centre, New York City, U.S.A.

MUSIC PERFORMANCES :

- 2017 Ketevan World Sacred Music Festival, **'Bach's World'**
 & 'The Ketevan Cantata' by Vasco Negreiros
 At. St.Monica's Convent, Old Goa India
 Part- Soprano Singer
- 2013 **'Sunrise Mass'**, by Ola Gjeilo, Conductor- Philip Brunelle, Director- Bettina Sheppard
 with Manhattan Concert Productions & Sheppard Academy of Vocal Arts
 at Avery Fisher Hall, Lincoln Centre, New York City, U.S.A.
 Part- Soprano Singer
- 2013 **'A (micro) history of world economics, danced'**, Director- Pascal Rambert
 with Performance Space, and the French Institute Alliance Francaise (FI AF) as a part of Crossing the Line Festival. At. La MaMa, Ellen Stewart Theatre, New York City
 Role- Singer and Dancer
- 2012 **'Journey to a dream'**. Cabaret, Director- Bettina Sheppard
 at Don't Tell Mama, New York City and Pearl Studios, New York City
 Role- Singer in Solo, Duet & Group Section
- 2010 **'The Armed Man-A Mass For Peace'** by Karl Jenkins, Conductor- Hans Jurgen

Nagel
with The Living Voices Choir, The Bombay Chamber Orchestra, Junge
Philharmonie Brandenburg. At St. Andrews Auditorium, Mumbai, India.
Part- First Soprano Singer

- 2010 ***‘A Musical Evening- works by Tchaikovsky, Rachmaninoff, Kabalevsky and others’***,
with The Living Voices Choir
At The Russian Centre of Science and Culture, Mumbai, India
Part- Soprano Singer
- 2009 ***‘Fiddler On The Roof’***, Delhi Music Theater, Director- George Pulinkala
South Campus, Delhi University, J.M.C. Grounds, New Delhi, India
Lead Role- Chava

ARTIST RESIDENCY :

- 2017 *‘The Story Of Space Festival’*, a biannual Interdisciplinary Arts Festival
organized by The Story Of Foundation. Invited as artist-in-residence, at
Panjim, Goa, India.
- 2017 Speak Up- Act II, ‘Speak UP! ACT II’ curated by Lina Vincent, Katarina
Rasik and Jetein Rangher. Invited as artist-in-residence
At H.H. Art Spaces, Arpora, Goa
At Studio 365, Velha Goa, Goa
- 2017 ‘Embodied Sacred Feminine; Goddesses and Archetypes’ as Facilitator
Cajueiro Art Residency, curated by Miriam Koshy Sukhija, Gitanjali Gallery
, *Cajueiro Homestead*, Valpoi, Goa
- 2017 *‘Goa Movement As Experience Exchange’*, inquiring into dance as practice
and performance, as facilitator of Embodied/Somatic Inquiry
created and facilitated by Gautam Nima, with K.J. Holmes teaching *‘Somatics,
Improvisation and Poetics of Dance’*, at Chowgule College of Arts and
Science, Margao, Goa, India.

References:

1. Dr. Vivian Marcow Speiser (M.A., Ph.D, BC-DMT, LMHC , NCC, REAT)
Arts and Healing, at Lesley University, Cambridge, M.A., U.S.A.
vspeiser@lesley.edu
2. Dr. Gene Diaz (M.Ed, Ph.D)
Arts and Education, at Lesley University, Cambridge, M.A., U.S.A.
gdiaz@lesley.edu
3. Dr. Antonia Katrandjieva (Ph.D Dance Theater, Yoga Teacher)
Overground Physical Theater, New York City.
a_katrandjieva@hotmail.com