

TEAGAN ROSE

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SUMMARY

Somatic Therapist, Movement and Voice Teacher, Artist and Performer with over 15 years of experience working in the arts, and over 5 years of experience studying the intersection of artistic expression, the body, and health. Offers regular classes in somatic movement, workshops in embodied dance, nervous system regulation techniques, and vocal empowerment, and specialty workshops on body language to retreats, schools, yoga studios and small businesses.

- Certified Somatic Therapist in Transformative Touch (CST-L1)
- Somatic Movement Teacher
- Dance Teacher
- Voice Teacher
- Actor
- Theatrical Director
- Embodied Movement Programs Manager
- Author of The Emotional Body Book

PROFESSIONAL EXPERIENCE

Somatic Therapist - 2022-Present

Trained in Transformative Touch Somatic Therapy, I work with clients 1:1 on a weekly basis. We use a combination of somatic awareness, somatic movement, breath, sensation tracking, imagery, vocal toning, and touch.

Theatrical Director - 2022-Present

I am the director for the ritual theater performance group called Anima: Theater of the Feminine Underground. My role as director entails guiding the group as a whole through the 2-3 months of prep and production, working individually with each player on their pieces, organizing rehearsals, coordinating with the theater, choosing lighting and sound design elements, and creating an overall flow for the show.

Staff Coordinator (Inspiratia, Dance Hive) - 2022-Present

I work for a non-profit organization called Inspiratia, and am the Staff Coordinator for one of their weekly programs called Dance Hive. Dance Hive is an Ecstatic Dance Journey; a safe space for free movement expression in a large group to live music. My responsibilities as Staff Coordinator include facilitating connective

communication between staff members, organizing staff meetings and meet-ups, organizing the staff schedule, overseeing the flow of the event every week to be sure it runs smoothly, hiring and letting go of team members, and contributing my creative views towards the continually evolving vision of the dance.

Movement and Voice Teacher, 1:1 and Group Classes (Online, Power of Your Om, Yoga Soup, Palma Colectiva) - 2018-Present

Movement and Voice classes include Contact Improvisation, Laban Effort Shapes, Michael Chekhov Technique, Somatic Movement, Yoga, Dance, Floor Flow, Solo and Group Singing classes and courses, and my own embodied movement methods. I currently teach weekly somatic movement classes at three yoga studios in Santa Barbara. Each class is very different from each other, but the common themes are 1. including the voice as an integral part of the movement practice, 2. including playfulness as a necessary part of learning, 3. listening deeply and curiously to the body's cues.

Actor, Movement and Voice Teacher for Company Members (Echo Theater Company, Echo Park) - 2016-2018

I was a member of the Echo Theater Company and was in their hit play, Dry Land, for both the ETC run and the run at the Kirk Douglas Theater. During this time I was offering contact improvisation and theatrical movement techniques to the company actors.

Movement and Voice Teacher for Kids and Teens (The Young Actors Studio, North Hollywood) - 2016-2017

I was hired as a teacher for the 2016-2017 year at The Young Actors Studio before moving to Santa Barbara. I was in charge of teaching contact improvisation and theatrical movement techniques to children (ages 5-8) and teens (ages 14-16).

Professional Actor and Performer - 2005-Present

I have been acting since I was 12 in theatrical plays, in short films and in television. I worked in the theaters of Los Angeles, Chicago, Boston, Indianapolis, and Michigan, and acted on two television shows on ABC. This job includes studying the world of the play, studying the psychology of the character and their relationships, personal movement and voice research to embody the character with accuracy and a richness of inner and outer life, working collaboratively with the director, stage manager, design team and other actors/performers for 2-3 months, being available, receptive and adaptable to notes and adjustments, showing up fully for all shows, and taking good care of my own body, mental and emotional health during the process.

EDUCATION AND CERTIFICATIONS

2023 - Certified Somatic Therapist (Transformative Touch, The Somatic Therapy Center in PA)

2021 - Floor Flow Teacher Training (Marlo Fisker)

2019 - Certified Embodied Dance Facilitator (Mana Movement)

2017 - Holistic Coaching Training (Journeys of Wisdom)

2015 - BFA in Theatrical Performance (University of Michigan SMTD)

2013 - Training at London Academy of Music and Dramatic Art (LAMDA)

2011 - Walnut Hill School for the Arts (Natick, MA)