

Molly Heller

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findingheartland.com

Education

MASTER OF FINE ARTS, MODERN DANCE: University of Utah (2015)

BACHELOR OF FINE ARTS, MODERN DANCE: University of Utah, Dean's List (2009)

BACHELOR OF ARTS IN THEATRE, DANCE MINOR: Boise State University, pursued degree/minor before transferring to the University of Utah (2003-2006)

TRADITIONAL USUI REIKI CERTIFICATION: Level I, II (2014)

PERSONAL TRAINING CERTIFICATION: National Academy of Sports Medicine (2011)

PILATES CERTIFICATION: Physicalmind Institute, NYC (2006)

Academic Positions Held

Assistant Professor, School of Dance, Modern Program, University of Utah (2017-Present)

Faculty, Master of Arts in Teaching Fine Arts (MAT-FA), University of Utah (2019-Present)

Visiting Assistant Professor, School of Dance, Modern Program, University of Utah (2015-2017)

Adjunct Faculty, Dance Department, Westminster College, Salt Lake City (2016-2017)

Adjunct Faculty, Department of Theatre Arts, SUNY New Paltz, NY (2011)

Current Research

Performance as an avenue for healing emotional/psychological trauma and the relationship between physical expression and emotion. Thesis research: *Becoming Incredible: Healing Trauma through Performance* (2015).

Creative Research: Scholarly

INNOVATE (2020)

Selected writer for one chapter in *Innovate*, a 350-page book highlighting the stories of entrepreneurs and innovators who affect change within their field. Origin story of the Heartland Collective was published online and in hard copy. Link: <https://innovationsoftheworld.com/heartland/>

NATIONAL DANCE EDUCATION ORGANIZATION, MIAMI, FL (2019)

Co-presenter at a juried national conference with Assistant Professor Kate Mattingly (Old Dominion University) and Associate Professor Michelle Lavigne (San Francisco University). Our three-part presentation, *Multi-Modal Processes: The Intimacy of the Choreographic Process*, looks at the synergistic relationship between dance making and dance writing.

NATIONAL COMMUNICATIONS ASSOCIATION CONFERENCE, SALT LAKE CITY (2018)

Co-presenter at a juried national conference with Assistant Professor Kate Mattingly (Old Dominion University), and Associate Professor Michelle Lavigne (San Francisco University). Our three part

presentation, *Playing with/while/within Dancing: Communicating for/with/about Dance*, draws from different definitions of play, examining how dance as a theatre art form is characterized as an academic discipline, performative practice, and cultural object. In conversation, we will explore how writing for/with/about dance is a kind of play that can happen between dancers, writers, and choreographers.

Creative Research: Choreography

HEARTLAND COLLECTIVE (2018-PRESENT):

Heartland is a multi-disciplinary collective founded and directed by Heller, with collaborators in dance, visual arts, costume design, and sound design.

Projects Include:

CONVERGENCE (2022)

Presented by Modern West Fine Art, curated by the 801 Salon, SLC. An evening of dance, live music, and visual art by Shalee Cooper and Sheldon Harvey.

HEARTLAND (2021)

Selected through a juried process for the Utah Dance Film Festival, our work was also featured as the cover image for all promotional materials for the festival. Dance for Camera, shot on location in SLC. Creative Producer: Stéphane Glynn, Director of Photography: Patrick Ryan Gass, Video Editing: Hannah Weber. Link: <https://vimeo.com/437489197> Password: heartland

BOOTANICAL (2020)

Presented by Red Butte Gardens, SLC. An outdoor evening of dance, music, and Halloween themed events. Looping performance, two hours.

BACKYARD SHOW (2020)

Presented by Urban Lounge, SLC. An outdoor evening of live music and dance. Performing with Palace of Buddies, a SLC-based musical duo with Nick Foster and Tim Myers.

HEART FUEL (2020)

A weekend of curated making, moving, and collaboration in SLC. Events included: poetry readings, live music, and origami making in a home space, open-level movement class hosted by Vitalize Community and Healing Arts Studio, and performance with Palace of Buddies for Urban Lounge's "Artist Town Hall."

COSMOS PERFORMANCE + DANCE PARTY (2019)

Presented by Utah Museum of Contemporary Art (UMOCA), SLC; Sextet, live and pre-recorded music by Mike Wall and Nick Foster, evening length event.

WOODLAND CREATURES PERFORMANCE + DANCE PARTY (2019)

Presented by Urban Lounge, SLC (June 2019), and Shawl-Anderson Dance Center, Berkeley, CA (July 2019); Quintet, live and pre-recorded music by Mike Wall, evening length event.

VALENTINE'S PERFORMANCE + DANCE PARTY (2019)

Presented by Moth Closet at the Beehive Concert Venue, SLC; Trio, live and pre-recorded music by Mike Wall, evening length event.

OF THE HEART (2018)

Presented by the Shawl-Anderson Dance Center, Berkeley, CA; commissioned solo for *Movement for Sound: 5 Dancers Respond to the Music of Mike Wall*, live performance and composition by Mike Wall, 15 minutes.

ADDITIONAL CHOREOGRAPHIC WORK, INTERNATIONAL PRESENCE:

INSOMNIAC SENTINEL (2019)

Collaborative multi-disciplinary work, created alongside Assistant Professor of Poetry Abraham Smith (Weber State) and composer Giorgio Colombo Taccani (Milan, Italy). Presented by the National Theater Mannheim in Mannheim, Germany and the Centro Internazionale Di Quartiere (CIQ) in Milan, Italy. This work was also scheduled to be presented by Weber State University in Fall 2020 and was canceled due to COVID-19.

ADDITIONAL CHOREOGRAPHIC WORK, NATIONAL PRESENCE:

FULL VIEW (2021)

Commissioned multi-media work for Ririe-Woodbury Dance Company, an international touring company based in Salt Lake City. Collaboration with the Heartland Collective. 11 solos captured by the camera, original music by Nick Foster and Mike Wall. Also presented virtually by 12 Minutes Max, SLC, and the Utah Film Center with the Utah Museum of Fine Arts.

SOUNDING I, SOUNDING II, SOUNDING III (2020, 2019)

Commissioned work for Repertory Dance Theatre's *Sounds Familiar* concert (2019). Three solos were created to Bach cello suites performed by Yo-Yo Ma at the Rose Wagner Performing Arts Center in SLC. These solos were restaged and reimaged for *Flying Solo*, RDT's winter virtual performance (2020).

FINDING (2020)

Commissioned solo work for a curated online performance, *From One to Many*, presented by the Shawl-Anderson Dance Center, Berkeley, CA. This evening of six solo artists was set to the music of Mike Wall. This work was also scheduled to be performed as part of the Cathy Weis "Sundays on Broadway" presenting series in May 2020. This performance was canceled due to COVID-19 and will be re-scheduled in 2021.

VERY VARY (2017)

Evening length work, Shawl-Anderson Dance Center, Berkeley, CA (December 2017). Sextet, original music composition and performance by Mike Wall, additional collaborations with visual artist Gretchen Reynolds, and print maker Kate Thomas.

Also presented at the Eccles Regent Street Theater, Salt Lake City (May 2017). In addition, excerpts of *very vary* were performed at the Huntsman Cancer Institute, Eccles Auditorium (May 2017).

TEDX SALT LAKE CITY (2016)

Selected to present *mighty*, duet, Kingsbury Hall. Original music composition by Mike Wall.

BRIGHT LOUD (2016)

A shared evening of work with Jessie Young and Josh Anderson (Chicago-based artists); Presented by Links Hall, Chicago. Premiere: *mighty*, duet, music by LCD Soundsystem, 20 minutes.

SPLITS (2015)

Co-created duet with Netta Yerushalmy (NYC and Israeli-based choreographer), 16 minutes, original music composition by Mike Wall. Presented by Movement Research at the Judson Church, NYC, and Ririe-Woodbury Dance Company: Meet the Choreographer, Jewett Center for the Performing Arts, SLC.

MAKING SPACE (2015)

A shared evening of work with tbd Dance Collective; Sponsored by KANEKO, Omaha, NE. Premiere: *Iron (anne) Glass*, a solo with music by Woodkid, 12 minutes.

UNTIL THE GOLDEN TIDES (2015)

Presented *Two Awash*, a co-created duet with Scotty Hardwig (Middlebury College Faculty) and *This is your Paradise*; Mahaney Center for the Arts, VT. Sponsored by the Dance Program at Middlebury College and the Undergraduate Research Opportunities Program at the University of Utah.

FAULT RISING (2015)

An evening of dance and puppet art with Scotty Hardwig and Gretchen Reynolds; Gowanus Arts Production, NYC. Presented *Two Awash, This is your Paradise*. NYC tour sponsored by the Dance Program at Middlebury College and the Undergraduate Research Opportunities Program at the University of Utah.

SISTER GOLDEN HAIR: SONGS FROM THE PAST (2014)

Performer and choreographer; solo, 6 minutes, music by CCR and Neil Young. Performance as part of a creative residency at Zenon Dance; Minneapolis, MN.

BURY ME IN LACE (2011)

Selected duet for *Draftwork*, a curated series by Ishmael Houston Jones, Danspace Project at St. Marks Church; music by Laura Gibson with Ethan Rose and Colleen, 15 minutes. Also presented by Movement Research at the Judson Church, NYC.

VANITIES FAIRE (2011)

Quartet, music by AIR, 8 minutes. Presented by Green Space, Queens, NY, in *Green Space Blooms*.

ADDITIONAL CHOREOGRAPHIC WORK, REGIONAL PRESENCE:**A BIRTHDAY SOLO (2012)**

Performer and choreographer, music by Ludacris, 4 minutes. Presented by Off Center Dance Project, Boise Contemporary Theatre, ID.

HEART BEATS LOUD (2011)

Commissioned work for Balance Dance Company, Boise, ID. 12 dancers, 9 minutes, music by Colleen.

BOISE STATE UNIVERSITY, DANCEFEST; ID (2007-2009)

Commissioned work:

- *One Moment* (2009), solo. 5 minutes in length, music by Cat Power.
- *In Passing* (2008), 12 dancers. 6 minutes in length, music by Animal Collective.
- *Static Cling* (2007), 15 dancers. 5 minutes in length, music by Four Tet.

ADDITIONAL CHOREOGRAPHIC WORK, LOCAL EXPOSURE:**SPELLS (2021)**

Premiere for Performing Dance Company, School of Dance, University of Utah. Trio, 16 minutes; Hayes Christensen Theatre, Marriott Center for Dance.

HEARTLAND: STUDIES OF THE HEART (2018)

Premiere for Performing Dance Company, School of Dance, University of Utah. Trio, 15 minutes; Hayes Christensen Theatre, Marriott Center for Dance. Also presented at Mudson (loveDANCEmore) at the Marmalade SLC library, and 12MM at the downtown SLC library.

REGALIA (2018)

Finalist for Repertory Dance Theatre's choreography competition and gala, Rose Wagner Performing Arts Center, Salt Lake City, UT.

THE MIDDLE WAY (2018)

Premiere for the Gala Concert, School of Dance, University of Utah. Quintet, music arrangement and composition by Mike Wall, 15 minutes; Kingsbury Hall.

THE MOST DELICATE TIMEKEEPERS (2016)

Premiere for the University of Utah's Performing Dance Company, and selected for the Distinguished Alumni Awards to represent the School of Dance. Quintet, music by Joan Baez, Julianna Burwick, Brian Crain, Jenny Hval, and Nils Frahm, 18 minutes; Marriott Center for Dance and Kingsbury Hall.

INTO REAL (2015)

Commissioned premiere for Westminster College, SLC. Quintet, music by Scanner and Unknown Mortal Orchestra, 12 minutes; Courage Theatre. Created as part of a guest residency with the Dance Department.

IF A SNAKE SHOULD BITE (2014)

Self-produced concert at the Ladies' Literary Club (SLC), sponsored in part by the Department of Modern Dance, University of Utah. An intimate evening of dance choreography researching performance as a cathartic act and the relationship between physical expression and emotional trauma.

Choreography Included:

This is your Paradise, trio, 22 minutes, music by Marshall Tucker Band, Peter, Paul and Mary and Neil Young. *Splits*, a collaborative duet with NYC artist Netta Yerushalmy, 15 minutes, music composition by Mike Wall.

1984 (2013)

Trio, music by Pat Benetar, U2, Bruce Springsteen, and 50-Cent, 16 minutes. Interactive performance; Marriott Center for Dance, SLC.

MEET ME IN THE AIR (2013)

Duet investigating energy channeling, the Divided Self and the body as spectacle. 8 minutes, music by Norman Greenbaum. Performed in the Graduate Salon and for Student Concert, Experimental Theater at the Marriott Center for Dance, and for Mudson at the Masonic Temple, SLC.

BLINDING OF BIRDS (2013)

Presented in *Raw Materials*, an evening of installation art, digital performance and mediated dance. Collaborative performance installation with Scotty Hardwig, 10 minutes, music by Scanner and The Andrews Sisters; Multi-Media Performance Lab (MMPL), University of Utah.

COLD BITE OF DUST (2013)

Media installation and live performance using Isadora Technology. Collaborative project with Scotty Hardwig; Experimental Theater, Marriott Center for Dance.

THIS IS THE DANCE (2012)

Duet with audience participation. Music by Tony Bennett, 16 minutes. Performed at the Marriott Center for Dance and for Mudson at the Masonic Temple, SLC.

MOLLY (ACT I), WHISTLING BRAD (ACT II), BRAD + MOLLY (ACT III) (2012)

Duet (plus cat), music by Rod Stewart, 9 minutes. Performed in *Starter Kit*, the first concert by the company in residence (Co.Da.), Sugar Space Studio for the Arts, SLC.

HOLD ON (2012)

Commissioned duet for *Artist Interrupted: A Women's Art Collective*, sponsored by Sugar Space Studio for the Arts. Performed by Kristine Ward and her newborn baby. Recorded sounds from dinner conversations, 6 minutes.

CRAWLSPACE: ALWAYS PRESENT, RARELY EXPLORED (2008)

Self-produced concert at the Sugar Space Studio for the Arts (SLC). An evening of live music and dance performance, researching the boundaries between our created realities and imaginary worlds.

Choreography included:

- *Quick Split Second/Split Second Quick*, solo, 5 minutes, live music by Seraphim.
- *EdgeWise*, trio, 7 minutes, music by Belong.
- *Captured in a Jar*, quartet, 6 minutes, music by Scanner and Tim Hecker.

JuMo Dance

COMPANY ROLE: CO-DIRECTOR, CO-FOUNDER, AND PERFORMER

JuMo Dance is a duet-based company established in 2009, along with Juan M. Aldape (New York-based artist). After winning first place in the Audiences Award Artists at Sugar Space Studio for the Arts, Aldape and Heller continued their collaborative research in NYC and SLC. Their work investigates psychosocial barriers and their influence on inter-personal intimacy.

KEY PROJECTS:

• APPLE HEEL, FLYING FISH: PRE-SHOW INSTALLATION; NYC (2011)

Remote performance via Skype (NYC/SLC); 15 minutes, no music; Merce Cunningham Studios.

• WHITE WAVE; BROOKLYN, NY (2010)

Selected to perform *Prison of Form* for the 2010 DUMBO Dance Festival. Duet, 8 minutes, music by: Swell, Osso, DM Smith, My Brightest Diamond, The Long Lost, Clara Rockmore, and Original Sections; John Ryan Theater.

• THE GREY AREA; SLC, UT (2010)

Within the ambiguity of the undefined, Aldape and Heller challenge personal territory, time and the patterning of our human existence. Commissioned by the Sugar Space Studio for the Arts and **nominated for Best Choreography in the Salt Lake City Weekly 2010.**

Choreography included:

- *Prison of Form* (see above).
- *Vanities Faire*, quartet, music by Colleen, 10 minutes.
- *Another Time Stamp on this Old Map*, solo set on Stephen Koester, music by Grace Jones, text by Koester, Aldape, and Heller, 10 minutes.

Creative Research: Performance

JOANNA KOTZE; NYC (2018-PRESENT)

Performer/collaborator. *lectric eye*, evening length work. Premiered at The Space at Irondale, Brooklyn, NY (February 2022). Link:

https://vimeo.com/685897256?embedded=true&source=vimeo_logo&owner=10504390

Creative Residencies included:

- Movement Research, NYC (January 2022, August 2021)
- Maggie Allesee National Center for Choreography (MANCC), FL (December 2021)
- Mt. Tremper Arts, NY (May 2021)
- Dance Place Fellowship, Washington, DC (April 2020, canceled due to COVID-19)
- Jamaica Center for Arts and Learning, NYC (November 2019)
- Gibney Dance Center, NYC (May 2019)
- The Yard, Martha's Vineyard, MA (May 2018)

LITTLE SEISMIC DANCE COMPANY, KATIE FAULKNER; SAN FRANCISCO (2018-2020)

Performer/collaborator. Work Includes: Evening-length work, *Divining*, residency and showing at ODC Dance Theatre, CA (August 2018); *This is the Year*, evening-length duet, residency and showing at the Rose Wagner Performing Arts Center, part of *Topography*, a shared evening of work presented by Dance West Fest, SLC. Premiere of full length work, *This is the Year*, presented by Fact/SF at the Joe Goode Annex, San Francisco, CA (August 2020, canceled due to COVID-19).

RIRIE-WOODBURY DANCE COMPANY; SLC, UT (2015)

- *53 Rooms*; guest performer. Collaboration with choreographer Daniel Charon, the University of Utah and the Salt Lake Electric Ensemble.

PERFORMING DANCE COMPANY; SLC, UT (2012-2014)

- *i had a little dream we walked into this world, and all the little things broke my heart* (2014), quartet collaboration with Satu Hummasti; Marriott Center for Dance.
- *Reconstruction of a New Work (a.k.a. Because I'm old And It Makes Me Happy)* (2013), quartet by Stephen Koester; Marriott Center for Dance.
- *Little Storms* (2012), trio collaboration with Satu Hummasti; Marriott Center for Dance.

ASHLEY ANDERSON DANCES; SLC, UT

- *Neil's* (2012), quartet; Mudson at the Masonic Temple, affiliated with loveDancemore.
- *Ways and Means Committee* (2010), duet; part of *Suite: Women Defining Space*, Sugar Space Studio for the Arts.

NAGANUMA DANCE; NYC (2011)

Rehearsal Director, Collaborator, Performer. Artistic Director: Darcy Naganuma.

- *Seeds of Twist*, 5 dancers, evening-length. Rehearsal Director; Joyce Soho.

- *Apple Heel, Flying Fish*, six dancers, evening-length. Rehearsal director, collaborator and performer; the Merce Cunningham Studios.

PALISSIMO COMPANY; PAVEL ZUŠTIAK; NYC (2010, 2011)

The Painted Bird/Bastard, core ensemble, evening-length. Performer/collaborator; La MaMa Experimental Theatre and the Baryshnikov Arts Center.

GOGOVERTIGOAT DANCE PROJECT; BROOKLYN, NY (2010)

5 Courses Are 5 Dances: A Performance of Food, 6 dancers; Gramercy Loft Supper Club. Under the direction of Corinne Cappelletti, Lindsey Drury, and Jessica Womack.

LINDSEY DRURY; NYC (2010)

The Slick Filling of Aches and Cavities, 6 dancers; Danspace Project at St. Marks Church, curated by Ishmael Houston Jones.

PERFORMING DANCE COMPANY; SLC, UT (2006-2009)

- *On the Eve of the Future* (2009), trio by Stephen Koester.
- *Somewhere in Between* (2008), 6 dancers, by Charlotte Boye-Christensen.
- *And the River Ran Dry* (2008), 7 dancers, by Stephen Koester.
- *Holding Us Up/Mothers and Daughters* (2007), large cast, by Pamela Geber-Handman.
- *Panorama* (2006), large cast, by Martha Graham, reconstruction by Susan Kikuchi.

Invited Presentations, Panels, and Adjudication

AMERICAN COLLEGE DANCE ASSOCIATION (ACDA), UNIVERSITY OF WISCONSIN, MILWAUKEE (2022)

One of three adjudicators for the conference, viewing and giving feedback for the formal concerts and selecting works for the Gala concert.

SHAWL ANDERSON DANCE CENTER (2017)

"Wellness within Academia." Invited lecture-demonstration for Bay Area educators in higher education.

RIRIE-WOODBURY PROFESSIONAL INTENSIVE, SLC (2016)

"Cultivating a Dynamic Wellness Practice." Invited lecture-demonstration for festival participants.

NOW-ID (2016)

Invited panelist alongside Now-ID directors Charlotte Boye-Christensen and Nathan Webster, discussing space as a collaborator; hosted by Multi-Disciplinary Design, University of Utah.

MIDDLEBURY COLLEGE, DEPARTMENT OF DANCE, VT (2015)

"Fostering Adaptability, Resiliency, and an Entrepreneurial Spirit in the Arts." Invited presentation given to undergraduate dance majors during a three-day residency.

THE LEONARDO MUSEUM, SLC (2012)

"Steep, Sip, Savor: An Introduction to Tea." Invited lecture-demonstration for patrons.

Media Exposure and Reviews

MEDIUM (2020-2021)

1.) *New Levels of Teaching Artistry: An Interview with Molly Heller about Distance Learning in College Dance Programs*; 2.) *What is in this Moment? What is Showing up Today?*; and 3.) *Prioritizing Embodiment*. Published interview, transcribed by Jill Randall. Link: <https://jillrandalldance.medium.com/>

THE UTAH REVIEW (2021)

Preview of *Home Run*, Ririe-Woodbury Dance Company's Spring 2021 season, by Les Roka. Interview about *Full View*, commissioned work for RWDC within *Home Run*: : <https://www.theutahreview.com/irie-woodburys-home-run-promises-to-be-briskly-paced-miniature-dance-film-festival-with-live-real-time-elements-world-premieres/>

THE UTAH REVIEW (2020)

Review of *Flying Solo*, Repertory Dance Theatre's Winter 2020 virtual season, by Les Roka. Featuring a review of my work within the concert, *Sounding I, II, III*: <https://www.theutahreview.com/repertory-dance-theatres-flying-solo-concert-film-stands-out-in-season-of-virtual-streaming-productions/>

LOVEDANCEMORE (2021)

Recorded interview by Halie Bahr about rehearsing/making dances in public spaces during the pandemic: <https://soundcloud.com/user-279182820/public-dance-halie-bahr-interviews-molly-heller>

THE SCHOOL OF DANCE BLOG, UNIVERSITY OF UTAH (2018-2019)

Featured faculty for *Heartland* projects, by Hannah Fisher. Links: <https://www.dance.utah.edu/about-us/news-announcements/item/803-dance-to-your-own-heart-beat-this-valentine-s-day-molly-heller-and-moth-closet-present-heartland-dance-party>

<https://www.dance.utah.edu/about-us/news-announcements/item/828-molly-heller-s-heartland-woodland-creatures-dance-party>

LIFE AS A MODERN DANCER BLOG (2019)

Review of "Heartland: Woodland Creatures," at Shawl-Anderson Dance Center, by Garth Grimball. Link: <https://blog.lifeasamoderndancer.com/2019/07/woodland-creatures-summer-dance.html>

LOVEDANCEMORE (2019)

Review of "Heartland: Valentine's Day," at Beehive Concert Venue, by Hannah Fisher. Link: <http://lovedancemore.org/reviews/2019/2/11/molly-heller-moth-closet-heartland-dance-party>

DANCE MATTERS (2018)

Review of "Movement for Sound," at Shawl-Anderson Dance Center, by Michelle LaVigne. Link: <https://sfdancematters.com/tag/molly-heller/>

UTAH ARTS WATCH (2018)

"Regalia: Repertory Dance Theatre's Annual Fundraiser," by Les Roka. Interview and preview of RDT's choreographer competition and gala in which I was a finalist. Link: <https://www.theutahreview.com/regalia-repertory-dance-theatres-annual-fundraiser-concert-sets-rigorous-demands-choreographers-chance-win-commission-prize/>

DIYDANCER (2018, 2017)

The Intimacy of the Choreographic Process: A Conversation with Molly-Rose Williams and Molly Heller, published interview recording. Transcribed by Jill Randall. Link: <https://diydancer.com/2019/02/09/molly-rosewilliams-molly-heller/>. *Vibrant Performance + Potent Language: A Post Performance Discussion with Molly Heller*, published recording of a post-performance discussion following the Bay Area tour of *very vary* at Shawl Anderson Dance Center, Berkeley. Transcribed conversation by Jill Randall. Link:

<http://diydancer.com/2017/12/18/vibrant-performance-potent-language-a-post-performance-discussion-with-molly-heller/>

ODC DANCE STORIES (2017)

“A Pop-up Dance,” by ODC Theatre resident writer, Marie Tollon. An interview and preview for *very vary*. Link: <https://medium.com/odc-dance-stories/a-pop-up-dance-e170b61316a6>

DANCE MATTERS (2017)

Review of *very vary* at Shawl-Anderson Dance Center, by Michelle Lavigne. Link: <https://sfdancematters.com/tag/life-as-a-modern-dancer/>

DANCE TEACHER MAGAZINE (2017)

“6 Strategies to Boost Performance Quality from your Dancers,” by Rachel Caldwell. Interview identifying the ways in which my work utilizes expression. Link: <https://www.dance-teacher.com/strategies-to-boost-performance-quality-2515938727.html>

LIFE AS A MODERN DANCER BLOG (2017)

Featured artist, seven-day preview for Bay Area tour of *very vary*. Link: <http://blog.lifeasamoderndancer.com/2017/12/dream.html>

THE SCHOOL OF DANCE BLOG, UNIVERSITY OF UTAH (2017-2018)

Featured faculty in “Molly Heller Broadens the Definition of Dance in *very vary*” and “Assistant Professor Molly Heller at The Yard,” by Kate Mattingly. Link: <https://www.dance.utah.edu/about-us/news-announcements/item/693-molly-heller-broadens-the-definition-of-dance-in-very-vary>

KUED CHANNEL 7 (2017)

Featured artist for “Verve: Living the Creative Life.” Online series highlighting the creative process of diverse Salt Lake City artists. Link: <https://www.kued.org/verve/season-4/molly-heller-dancer-and-choreographer>

SLUG MAGAZINE, SLC (2017)

Review of *very vary* at the Eccles Regent Theatre, by Kenzie Allred. Link: <https://www.slugmag.com/performance-theatre/vary-eccles-regent-theatre-05-12/>

THE FINER POINTS, UNIVERSITY OF UTAH (2016, 2018)

Featured faculty in the College of Fine Arts blog for my TEDx Salt Lake City presentation and “Wellness and Dance: A Profile on Molly Heller,” by Nichele Van Port Fleet. Link: <https://www.finearts.utah.edu/news/the-finer-points-blog/item/313-wellness-and-dance-a-profile-on-molly-heller>

ARTISTS OF UTAH, 15 BYTES (2014)

Featured artist in “Culture Conversations,” an interview/preview for “If a Snake Should Bite” at the Ladies’ Literary Club. Link: <http://artistsofutah.org/15Bytes/index.php/molly-heller-at-the-ladies-literary-club/>

SLUG MAGAZINE, SLC (2014)

Review of “If a Snake Should Bite,” by Alex Ortega. Link: <https://www.slugmag.com/performance-theatre/review-if-a-snake-should-bite-the-ladies-literary-club-1122-the-snake-bites-fiercely/>

CITY HOME COLLECTIVE (2014)

“Tea Grotto: For Zen.” Featured article highlighting unique businesses of Salt Lake City. Link: <http://cityhomecollective.com/community/blog/grandmas-cup-tea>

SALT LAKE TRIBUNE (2009)

Preview of "The Grey Area," by Kathy Adams.

SALT LAKE CITY WEEKLY (2009)

Preview of "Audiences Award Artists," by Jacob Stringer.

Honors, Awards, and Grants**COUNCIL OF DEE FELLOWS, UNIVERSITY OF UTAH (2017-2018)**

Co-author of "Wellness Immersion," grant offering diverse approaches to wellbeing, bringing internationally recognized artists for a five-day forum within the School of Dance (\$10,110).

THOMAS G. STOCKHAM MEDAL FOR CONSPICUOUSLY EFFECTIVE TEACHING (2015)

University-wide award presented at the convocation ceremony by the College of Fine Arts, University of Utah.

FINE ARTS FEE GRANT, MODERN DANCE GRADUATE CLASS (2014)

Awarded by the College of Fine Arts, University of Utah to bring guest artist Netta Yerushalmy to set a new work on the third-year MFA students.

SCOTT MARSH MENTORSHIP AWARD (2014)

Awarded by the Department of Modern Dance, University of Utah.

UNIVERSITY OF UTAH TEACHING ASSISTANTSHIP AWARD (2013-2014)

University-wide full tuition waiver and scholarship based upon scholarly merit and excellence (\$15,000).

Dance: Viewing, Writing, and Talking is a course developed as part of the UTA Award. This course is for Modern Dance majors (both undergraduate and graduate students) and is designed to broaden students' perspectives and ways of interacting with the global world of contemporary dance.

GRADUATE TEACHING ASSISTANTSHIP (2012-2015)

Full scholarship and teaching stipend awarded by the Department of Modern Dance, University of Utah.

AUDIENCES AWARD ARTISTS, PERFORMANCE SPACE GRANT (2009)

Awarded by the Sugar Space Studio for the Arts for artistic creativity, innovation, and collaborative effort in *Prison of Form* (\$1,000 plus performance space).

Teaching: University of Utah**School of Dance and Master of Arts in Teaching Program (MAT-FA)****GRADUATE COURSES:**

- (ATFA 6300): Socially Engaged Art Making
- (Danc 6730): Graduate Dance Performance
- (Danc 6710): Graduate Apparatus Conditioning
- (Danc 6530): Dance Administration in Academe
- (Danc 6510): Graduate Teaching Methods
- (Danc 6520): Advanced Principles of Teaching
- (Danc 6160, 6130, 6120): Graduate Contemporary Technique: Levels I, II, III
- (Danc 6320): Philosophy, Aesthetics and Criticism

UNDERGRADUATE COURSES:

- (Danc 4880): Senior Internships
- (Danc 4388): Dance Performance
- (Danc 3360): Senior Capstone I
- (Danc 4320, 3310, 2320, 2310): Contemporary Technique: Levels II, III, IV
- (Danc 2320, 1220): Modern Technique for Ballet Majors I and II
- (Danc 1410): Freshman Workshop
- (Danc 1320): Contemporary Technique: Level I
- (Danc 1075): Creative Process for Non-Majors
- (Danc 1023): Dance Composition for Non-Majors

DIRECTED STUDIES:

- (Danc 6951): Directed Research

New Courses Developed:

Dance: Viewing, Writing, and Talking (Danc: 6961, 3961). This course, developed through a University Teaching Assistantship Award (2013-2014), expands global perspectives and artistic relationships through viewing, writing about and discussing contemporary dance. Required course in the undergraduate curriculum as of Fall 2017.

Steep, Sip, Savor: An Introduction to Tea and An Exploration of Chinese Tea (Continuing Education, Osher Life Long Learning Institute, University of Utah). These courses invite community members to explore the origins of tea, learn about its health benefits, and taste loose-leaf varietals from all over the world.

Teaching Load:**Spring 2022:**

Contemporary Technique Level IV, undergraduate and graduate level
Graduate Thesis Research
Socially Engaged Art Making, Master of Arts in Teaching Program
Directed Research (one graduate student project)

Fall 2021

Graduate Teaching Methods
Contemporary Technique Level III, undergraduate and graduate level
Advanced Improvisation, undergraduate level
Directed Research (two graduate student projects)

Additional Teaching Experience

AMERICAN COLLEGE DANCE ASSOCIATION (ACDA), UNIVERSITY OF WISCONSIN, MILWAUKEE (2022)
Improvisation master class for students at the conference.

SOUTHERN UTAH UNIVERSITY, CEDAR CITY (2021)

Virtual guest teaching artist for Advanced Improvisation, in collaboration with members of the Heartland Collective.

DANCE WEST FESTIVAL, SALT LAKE CITY (2019, 2020)

Faculty for summer intensive. Classes included: *The Pedagogy of Wellness* (June 2019), *Practices in Improvisation* (scheduled to teach in June 2020, canceled due to COVID-19).

SHAWL ANDERSON DANCE CENTER; BERKELEY, CA (2017-PRESENT)

Visiting Artist. Teaching residencies in December 2017, August 2018, October 2018, July 2019, August 2020 (canceled due to COVID-19), and virtually January 2021. Classes taught include: Modern Dance Technique (advanced, intermediate), Composition, and a seven day virtual workshop, *Love Letters for the Home*.

ODC DANCE COMMONS; SAN FRANCISCO, CA (2017)

True Grit: Building Technique, advanced master class.

UTAH BALLET INTENSIVE (2016-2017)

Modern Technique Instructor for all levels, week one.

WESTMINSTER COLLEGE; SLC (2016-2017)

Adjunct faculty in the Dance Department. Courses: Improvisation-based Composition I and II (Dance 260-01, 270-01).

CHICAGO MOVING COMPANY (2016)

Teaching residency, The Practice of Partnering, Hamlin Park.

MIDDLEBURY COLLEGE; VT (2015)

Teaching residency and performance through the Department of Theatre and Dance. Classes included: Improvisation, Modern Technique, and Composition for advanced dance major courses.

UTAH VALLEY UNIVERSITY; OREM, UT (2015)

Guest instructor in the Dance Department, Contemporary Technique for advanced dance majors.

UNIVERSITY OF NEBRASKA AT OMAHA AND CREIGHTON UNIVERSITY; OMAHA, NE (2015)

Teaching residency with the Department's Moving Company and Modern Dance Ensemble. Classes included: Improvisation, Modern Technique, and Composition.

RIRIE-WOODBURY DANCE COMPANY, PROFESSIONAL INTENSIVE; SLC (2014-2017)

Faculty for Professional Intensive. Classes include: *A Dynamic Practice: Awakening Performance Dimensionality through Reiki* (performance practices influenced by Japanese healing art), *A New Climate: Testing Presence* (composition in conversation with improvisation), and *Hybrid Choreography: A Collaborative Exchange*, co-taught with Artistic Director Daniel Charon.

RIRIE-WOODBURY DANCE COMPANY, TEACHER WORKSHOP; SLC (2017)

Three-day class: *A New Climate: Testing Presence* (composition in conversation with improvisation) for high school educators.

BALANCE DANCE COMPANY; BOISE, ID (2014, 2015; 2009-2011)

Modern Technique faculty for pre-professional company.

DANCE NEW AMSTERDAM; NYC (2011)

Modern Technique and Pilates faculty.

SUNY NEW PALTZ; NY (2011)

Adjunct faculty, Department of Theatre Arts. Instructor of a 3-credit Movement Fundamentals course with a Jazz dance component (THEA 337).

IDAHO ARTS CHARTER SCHOOL; NAMPA, ID (2010)

Guest faculty, instructor of Levels I, II and III Modern dance classes; grades 7-12.

GULFSHORE BALLET; FORT MYERS, FL (2010)

Guest faculty, Contemporary Technique workshop for the company in residence, Breakthru Dance.

VISTA TREATMENT CENTER; SANDY, UT (2009-2010)

Director of Dance and instructor of Ballet, Modern, Jazz, and Hip-Hop dance forms for females ages 13-18 who are navigating trauma-related issues.

BOISE STATE UNIVERSITY, DANCEFEST; ID (2007-2009)

Modern Technique faculty, pre-professional and professional.

WEST ADA COUNTY SCHOOL DISTRICT; MERIDIAN, ID (2007-2009)

Instructor of Creative Movement for grades K-6, Peregrine Elementary After-School Program.

Somatic Teaching Experience

HUNTSMAN CANCER INSTITUTE, WELLNESS CENTER, UNIVERSITY OF UTAH (2018)

Facilitated a six-week workshop for Wellness Center patients interested in nurturing creativity through improvisational movement, writing practices, and verbal expression. *The Expressive Body: Awakening whole body expression through movement, writing, and speaking.*

SALT DANCE FEST, UNIVERSITY OF UTAH (2013-2017)

Faculty for summer intensive. Classes include: Pilates, *Awakening Dimensionality through Sensation* (somatic-based class utilizing the hands, feet, and eyes as movement initiators and the 5 senses to awaken presence), and *Tennis Shoe Technique*.

STUDIO 26; NYC (2010-2011)

Pilates Instructor and Personal Trainer.

MOHONK MOUNTAIN HOUSE; NEW PALTZ, NY (2010-2011)

Pilates and Yoga Instructor for group classes and private clients.

UNIVERSITY OF UTAH (2007-2010)

Pilates, Yogilates and Core Class Instructor.

BOISE PEAK FITNESS (2006-2007)

Pilates Instructor.

Service

NATIONAL:**DANCE WEST, SALT LAKE CITY (2018-2020)**

Three-week festival for professionals. Collaboration with Ririe-Woodbury Dance Company, Repertory Dance Theatre and the University of Utah's School of Dance. One of three representatives from the School of Dance. Involved in the creation of the festival, planning, organization, and guest artist decision-making.

SALT DANCE FEST, UNIVERSITY OF UTAH (2012-2018)

Co-Director of festival along with Stephen Koester (2015-Present), Administrative Assistant (2012-2015). Responsibilities include: assisting in decision-making process for faculty, organizing class scheduling, evening

events, weekend excursions and performances, creating promotional materials, facilitating faculty showings, work-study organization, and catering planning. **Festival faculty:** Miguel Gutierrez, Netta Yerushalmy, Kyle Abraham, Faye Driscoll, Pavel Zustiak, Zoe/Juniper, Paul Matteson, Jesse Zaritt and Sara Shelton Mann, Alex Ketley, Jeanine Durning, Jennifer Nugent, Idan Shirabi, Shinichi and Dana Iova-Koga, Joanna Kotze, Katie Scherman, Daniel Charon, Satu Hummasti, Eric Handman.

SUGAR SPACE COOPERATIVE DANCE COMPANY (CO.DA); SLC (2012)

Co-founder and Administrative Director of professional modern dance company in residence at the Sugar Space Studio for the Arts, unpaid position. Responsible for marketing, fundraising, production, and teaching a weekly open Modern technique class.

UNIVERSITY OF UTAH:

ACADEMIC APPEALS COMMITTEE (2021-PRESENT)

COMMITTEE ON STUDENT AFFAIRS (2019-PRESENT)

Implementing policies and procedures pertaining to student life in the University.

UTAH PRESENTS COMMITTEE MEMBER (2017-PRESENT)

Representative to assist in guest artist residency planning and teaching between the School of Dance and Kingsbury Hall.

OFFICE OF UNDERGRADUATE RESEARCH (2015-PRESENT)

Faculty advisor for two senior capstone projects involving student mentorship and post-project reporting.

COLLEGE OF FINE ARTS:

FACULTY COUNSEL COMMITTEE MEMBER (2019-2021)

School of Dance representative.

COLLEGE COUNCIL COMMITTEE MEMBER (2019-2021)

School of Dance representative.

STRATEGIC PLANNING COMMITTEE (2017-2020)

Committee member to build new partnerships and strategies for community engaged learning.

ARTS AND HEALTH COMMITTEE MEMBER AND SEARCH COMMITTEE MEMBER (2016-PRESENT)

Committee to build new initiatives for cross collaborations between the arts and sciences. Also served as a search committee member for a new tenure-line position in the College of Fine Arts.

FINE ARTS FEE GRANT ADVISOR (2015-PRESENT)

Editorial advising and planning for the senior class throughout the fall semester.

SCHOOL OF DANCE:

TENURE-TRACK SEARCH COMMITTEE MEMBER (PRESENT)

Committee member for a tenure-track Assistant Professor position in Screendance for the School of Dance.

GRADUATE CURRICULUM COMMITTEE MEMBER (2019-PRESENT)

Review of graduate curriculum across both programs, degree overhaul, and creating synergy between ballet and modern degrees.

DIRECTOR OF RECRUITMENT, MODERN PROGRAM (2018-2019)

Responsible for communication with incoming Modern Freshman regarding admissions, auditions and scholarships, and the organization and planning of undergraduate auditions. Also included in this role is the organization and planning of the High School Workshop. Responsibilities include: enrollment, communication with high school instructors and administrative officer, catering planning, showings, teaching schedule organization, and marketing.

TENURE-TRACK SEARCH COMMITTEE MEMBER (2019)

Committee member for a tenure-track Assistant Professor position in Contemporary forms.

UNDERGRADUATE CURRICULUM COMMITTEE MEMBER (2018-2019)

Review of undergraduate curriculum, evaluate the need for synergies across programs, and review course titles, numbers, and descriptions for change.

SOPHOMORE ADVISOR, MODERN DANCE PROGRAM (2018)

Correspondence and advising for sophomores in the Modern Dance Program, spring semester.

TRANSFER ADVISOR, MODERN DANCE PROGRAM (2018)

Correspondence and advising for transfer students in the Modern Dance Program, spring semester.

ARTS BASH FACILITATOR, MODERN DANCE PROGRAM (2016-PRESENT)

Correspondence, planning, and creating a score for the Freshman Modern students to perform.

AD HOC MENTORSHIP COMMITTEE MEMBER (2018)

Review of Modern Dance program mentorship document, discussion to improve mentorship within the School of Dance, spring semester.

UNIVERSITY TEACHING ASSISTANTSHIP ADVISOR (2017-PRESENT)

Advisor for two graduate students as they prepare materials for a University Teaching Assistantship.

DIRECTED RESEARCH (2016-PRESENT)

Advisor for independent studies with undergraduate and graduate students.

SCHOLARSHIP ADVISOR, MODERN DANCE PROGRAM (2016-PRESENT)

Responsible for: posting scholarships notifications (both hard copy and online), communication between our Program and the Dean's Office, correspondence with undergraduate students, coordination of faculty voting.

SCHOLARSHIP COMMITTEE MEMBER (2017-PRESENT)

Responsible for: scholarship dissemination and voting, correspondence with administrative officer, director, students and faculty.

FRESHMAN ADVISOR, MODERN DANCE PROGRAM (2016-2018)

Responsible for: communication with Modern Dance Freshman class, curriculum, and scholarship advising.

UTAH DANCE EDUCATION ORGANIZATION (2016-2018)

Event planner and co-coordinator for 2017 conference hosted at the School of Dance. Conference faculty and adjudicator for the 2016 (Southern Utah University) and 2017 conferences.

GRADUATE THESIS COMMITTEE CHAIR AND MEMBER (2015-PRESENT)

Creative and theoretical advisor for third-year graduate students, including mentorship on self-produced concerts.

Students include (School of Dance and Master of Arts in Teaching Program):

Allison Shir (2015-2016, committee member), Michael Crotty (2016-2017, committee member), Jasmine Stack (2016-2017, committee member), Brianna Lopez (2017-2018, chair), Brenda Butcher (2018-2019, chair), Samijo Kougioulis (2018-2021, chair), E'lise Jumes (2019-2020, chair), Joanna Lees (2019-2020, committee member), Elliott Keller (2020-2021, chair), Halie Bahr (2020-2021, committee member), Anna Mueller (2020-2021, chair), Carrie Pinkleman (2020-2021, chair), Jessica Boone (Present, committee member), Virginia Broyles (Present, committee member), Courtnei Giles (Present, chair), Rachel Hafen (Present, chair), Melissa Holmes (Present, chair).

GRADUATE PRE-THESIS COMMITTEE MEMBER (2015-PRESENT)

Creative and theoretical advisor for second-year graduate students.

SENIOR CONCERT ADVISOR (2014-PRESENT)

Choreographic mentorship in preparation for Senior Concert.

MODERN TECHNIQUE INSTRUCTOR, HIGH SCHOOL WORKSHOP (2014-PRESENT)

Volunteer instructor for Modern Dance Program, hosted in the School of Dance.

MODERN TECHNIQUE AND IMPROVISATION INSTRUCTOR, MODERN PROGRAM AUDITIONS (2014-PRESENT)

Instructor for summer and winter undergraduate and graduate auditions.

Additional Professional Experience**THE TEA GROTTTO (2012-2018)**

Co-owner of Salt Lake City's loose-leaf tea house, serving over 130 teas. Established in 2004. Key responsibilities include: design and layout of space, product development, personnel and wholesale management, monthly accounting, menu design, receiving inventory, packaging, organizing community partnerships and fundraising events, and online marketing.

Professional Memberships

National Dance Education Organization member: 2019-Present.

National Communications Association member: 2018.

Workshops/Intensives**DANCING AROUND RACE: WHITENESS IN HIGHER EDUCATION; UNIVERSITY OF UTAH (2020)**

Weekend immersion examining equity in dance, whiteness in academia, and systemic racism. Facilitated by: Kate Mattingly, Gerald Casel, Kimani Fowlin, and Tria Blu Wakpa, and Rebecca Chaleff.

SALT DANCE FEST; UNIVERSITY OF UTAH (2012-2018)

Two-week workshop for professionals. Classes included:

Contemporary Techniques: Faye Driscoll, Marina Mascarell, Zoe Scofield, Netta Yerushalmy, Joanna Kotze, Wally Cardona

Improvisation: Jeanine Durning, Miguel Gutierrez, Pavel Zuštiak

Repertory: Kyle Abraham, Alex Ketley

Composition/Creative Process: Faye Driscoll, Jeanine Durning, Sara Shelton Mann, Joanna Kotze

Dance as Activism: Jesse Zaritt

THIRD RAIL PROJECTS; NYC (2017)

Weekend workshop on the voice and performance.

JONATHAN BURROWS AND MATTEO FARGION; UNIVERSITY OF UTAH (2014)

Week-long composition workshop.

KATIE DUCK; SLC (2014)

Two-day workshop investigating the gaze and music as a partner.

DOUG ELKINS; NYC (2011)

Week-long workshop focusing on hip-hop and B-boy influenced techniques.

MONICA BILL BARNES AND KATE WEARE; NYC (2011)

Week-long workshop challenging performativity with attention given to movement specificity and partnering.

TRISHA BROWN DANCE COMPANY; NYC (2010, 2011)

Summer workshops: technique and repertory, taught by company members.

MOVEMENT RESEARCH, MELT WINTER INTENSIVE; NYC (2010)

3-week Composition/Physical Relationships workshop with John Jasperse.

PALISSIMO COMPANY; NYC (2010)

Weekend improvisation and composition workshop taught by Artistic Director, Pavel Zuštiak.

LEVY DANCE SUMMER INTENSIVE; SAN FRANCISCO (2009)

Week-long workshop taught by Benjamin Levy focusing on technique, partnering, composition, repertory, and personal development.

SALZBURG EXPERIMENTAL ACADEMY OF DANCE (SEAD); AUSTRIA (2009)

Week-long improvisation and composition workshop taught by SEAD faculty members.