

Amanda Suzanne Evans AmaSu

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With over 30 years, experience in the world of performing arts, and 40 years teaching I have worked in a variety of roles, originally starting my career as a dancer, and then teaching dance and directing two of my own publicly funded dance companies.



AmaSu

Education and Training

MA Traditions of Yoga and Meditation at SOAS, School of Oriental and African Studies, London

1987-1991 BA Performing Arts – Dance Major – Middlesex University

Dance Training

Madame Holger Ballet School – 1968-1972
Rambert Ballet School – Saturdays 1972-74
Arts Educational School – Saturdays 1972-74
Italia Conte – Saturday Class

London Contemporary Dance School 1974 - 1984

Special Ability Classes 1974
Advanced Graham Technique
Company Classes
Professional Classes

Laban Centre of Movement and Dance
A Levels and Dance Foundation Course – 1981-1983

Parliament Hill School for Girls
A levels (3 A - C)
O levels (9 A-C Inc maths and English)

Professional qualifications

1997-1998

Use of Story in Therapy and Education

Certificate
University of Hertfordshire

1997

Anatomy and Physiology And Aromatherapy

Diploma
ITEC (International Therapy Examination Council Association)

2001 - 2004

Pregnancy Yoga Teaching

Certificate

2007

Certificate of Licence to Teach Foundation Course Level One

Foundation Course and Teaching Diploma

Teacher Observation Assessor

Certificate BWY (British Wheel of Yoga)

First Aid at Work Certificate

current

CELTA. (Certificate in English Language Teaching to Adults)
English Teacher Training Course at St Giles English School.

TEACHING AND PROFESSIONAL DANCER CAREER 2023 - 1983

Current Research and Most Recent Work 2023

Jan – April 2023

Michael Nettles African Diaspora Consortium Global Student and Artist Exchange researching to choreograph a solo performance work for presentation June 2023

Awarded a scholarship to research and study international program as both artist and scholar. Project culminates in August 2023 New Orleans

Under One Sun – company Jan/Feb 2023

JELANI – Global Majority women’s leadership project – teaching dance, movement, embodied social justice.

Project Coordinator/Researcher - Science and Wisdom LIVE

Research and devising eCourses – Body, Mind and Consciousness – movement and contemplative practices and science

Independent artist work - choreographing new work, work in progress creating a new dance technique for dancers with physical disorders i.e., fibromyalgia, rheumatism, and older bodies.

2020- to present

Nourish to Flourish – Own founded project – offers mindfulness, dance. Movement meditation and self-care for Black Scholars as a part of Received funding 2021-2022

2019-2023

MA Thesis Dance and Yoga the Intersection – Merit

May 2022 – Brighton Festival– invited to teach movement medicine dance as an open air public workshop.

Brighton Festival 2022 - The Rest Collective – Invited to perform as dancer, choreographer, staged live performance.

2019-2022

President to SOAS Yoga and Meditation Society

Yoga teaching at SOAS, School of Oriental and African Studies and UCL

2020- 2021

Creator Decolonising Yoga www.decolonised.com

Decolonising Yoga Movement

2020 - 2022

Steering group member representing The Yoga and Meditation Society

SOAS Centre of Yoga Studies

Yoga Teacher

UCL University College London

Yoga teacher (25 years)

Teaching yoga to different age groups and all levels.

2018-2019

Yoga Teacher Training Program Teacher

Dance and movement classes and workshops

Teaching; Aṣṭāṅga yoga, vinyasa flow, restorative, meditation, mindfulness, pranayama, movement, and dance classes

2017-2018

English Language Teaching

Homestay

2016-2017

Manager

Cocoon Healing Arts Studio and Wellness Centre

2014 -2015

ESOL Teacher

Stafford House School of English

2012-2014

Self Employed

Independent teaching creative writing, conversational English, and yoga. London, Macedonia, and Madrid.

2011

Hillcroft National Residential College for Women

Arts Tutor Creating Writing, Storytelling in Performance Facilitator

Creative Writing, Storytelling and Story Making, Drama and Movement and Dance

Engaging women in weekend creative confidence building workshops

Writing a one year course in creative writing, with auto biographical themes

Delivering the course

Teaching dance and drama choreography performance

2009 – 2011

Southeast Dance Associate Practitioner

Freelance dance tutor, facilitator, Arts Award Trainer

What year 2010-2011

Independent Performance Artist

Physical theatre and spoken word.

Writing, choreographing, performing (dance and storytelling) one woman show.

Facilitating creative writing and storytelling workshops.

Performance Poet

2008 – 2009

Southeast Dance Moving Voices Projects Coordinator

My role here involved teaching dance and training to young people in 9 UK counties, to teach dance in the community.

Coordinating young people aged 16–25 to volunteer in dance. Working across nine regions in the Southeast of England.

Setting up nine youth dance committees across 9 counties, to enable a youth led initiative for a three year project.

Trained to successfully deliver The Arts Award, Bronze, and Silver

Teaching apprentice dance teachers and assessing and implementing their training needs.

Setting up classes and professional development workshops as well as teacher training in dance.

1999-2004

Arts Teacher, Facilitator

PAN Centre for Intercultural Arts Projects Director - Arts Against Race Violence

Working closely with young people at risk, **using dance and drama as a medium for exploring ways of overcoming issues such as violence and racism.**

initiated the projects *Arts Against Race Violence* and F.U.R.I.O.U.S (For us respect is our ultimate statement), working with young women at risk. DARE (Dance/Drama Against Racism Everywhere). Creating a program of arts workshops, teaching dance workshops and managing facilitators as a team across London boroughs and working with schools, community centres and specialist units. **Teaching dance and choreographing performances for the singing group that emerged from this project. Final show at The Queen Elizabeth Hall, Southbank.** Producing several documentaries, **music & dance videos** and a book of young peoples' writing and rap poetry, photography, and art. These arose out of a year long project involving **teaching dance to many communities and schools in London.**

Actively involved in large scale arts projects, including working with 500 children in a single project culminating in a multimedia performance at The Museum of London

Working creatively teaching dance and choreographing for community performances with refugee and asylum seeker communities

Created *Physicool Rap* initiated and secured artist' funding to develop unique duo work, integrating art forms, movement, dance, spoken word and rap.

My project proposal won the largest successful funding bid that the company had received.

1994-2007:

Clean Break Theatre Company

Consultant, Project Manager, Teacher, Director to final year student production.

I taught dance every year for 12 years within Clean Break Theatre and outreach in prison and probation centres.

Teaching dance to women who have experienced the criminal justice system, those with mental health issues, drug, and alcohol dependency by getting them involved in performing art projects.

initiating, setting up and delivering the first program for teenagers – 'Got Ur Back', **teaching street dance and contemporary techniques** and coaching young people in performance techniques.

Teaching street dance to London youth in pupil referral units and schools

Liaising with adult students and young pupils, teachers through outreach work with communities and social workers as well as schools and pupil referral units.

As a professional director to the final year students' assessed performance

devised and co-created a play, wrote the script, and taught writing skills, monologues, and public speaking.

Taught daily movement and dance classes to the final year students training them to theatre performances.

created the show program and all the promotional material. The piece entitled *Five Go to Hollywood* which was invited to be played in London's West End Theatre. This was the first amateur play to play alongside the annual professional play by Clean Break Theatre Company

1994-1995

Women Tellers

Performing Storyteller and writer with percussionist touring schools and community centres

Workshop and Project Facilitator:

Working with various community arts organisations in London and counties

Lead performer and writer

Expanding the company work and audience reach.

I was Awarded the **Lisa Ullman Travel Scholarship** to Ghana, West Africa, for a research proposal looking at the roots of African dance in modern popular western dance forms such as hip hop 1996.

Freelance and independent work

These have run parallel to projects I have worked on spanning 30 years.

Dance teacher (30 years)

Contemporary Dance – Graham technique, Classical Ballet, Contemporary Jazz, Dance Theatre, Movement, Mask work, Choreography

1981-2011:

Dance, movement, and yoga teacher choreographer

Freelancer

Started my career as a *Dance Teacher* as well as performing as a *Dancer* in theatres nationally and internationally.

Choreographer work (30 years):

Working as a solo artist, choreographing fashion shows, helping bands on their stage performances as well as performing as a Dancer.

Founder Member and Artistic Director of Female Dance Company (4 years)

Cooperative Dance Theatre (4 years)

Teaching dance classes to all age groups and different levels (mainly in secondary schools and colleges).

Generating ideas for dance shows as well as performing them

Securing public & local government funding, forming valuable, progressive business relationships in the community.

Devising budgets.

Collaborating with musicians, sound/light technicians for shows.

Planning marketing and publicity strategies to promote dance performances. Working closely with my producer in achieving aims and objectives

Commissioned; music, costume and set design.

Founder Member and Artistic Director

Mas Dance (5 years)

Choreography *Maintained Walking on a Tight Rope 1991, Out of The Dark 1992, Jungle Jungle, Game Boy, and SEED a multimedia trilogy.*

Running this mixed gender dance company, establishing a working relationship with varied multi-media companies.

Liaising and working closely with artists from different fields such as animators, digital graphic designers, writers, visual artists, and producers.

Offering services of **choreography and dance**, doing **film and dance work**.

Creating publicity and advertising materials.

Working alongside funders, London Arts Board securing £20K for a dance film

Choreographer and musical director collaboration on commission of original score.

1983 – Became an apprentice dancer to MAAS Movers professional contemporary dance company – London I began my teaching career this year teaching Jazz and Street Dance styles in Heaven (Gay night club London) Opened community classes for Lambeth Council and taught dance for adults and street dance for young people and children.

Formed a dance troupe and choreographed for performances in clubs and danced.

1983 – USA working with a dance agency for 6 months commercial dance

Choreographed and performed a live duet for Billy Joel at the Super Bowl

Hired for entertainment performances at social gatherings and music shows.

1983 - Taught dance classes at North London Polytechnic, Created and delivered own Teacher Training program, accredited

1984 – working with various musicians as choreographer and featured dancer in music videos; including, Ashley Slater, Roy Ayers, The Apple Brothers, and many more independent musicians.

1985

Choreographed an entire evening fashion show for Sartorial Elegance haut couture designer working with Models

One models – Kensington Gardens Hotel

Gave birth!

1987-90 BA Dance Major - Degree

1990 joined dance company and performed and choreographed for touring shows in the UK.

1991 Artistic Director and Choreographer founded own all female dance company **Cooperative Dance Theatre CDTL**

City Lit London

Cover teaching 'A' Level dance - teaching choreography and contemporary technique classes

City and Islington College – cover teaching contemporary dance classes.

Camden Arts College – Teaching Jazz, Contemporary Jazz, Street Dance, Afro Jazz classes and African

Contemporary Dance

Cannes Festival - Choreography and performance

References Available