

Genres: Contemporary, Commercial, Lyrical, Street Dance, Urban, Jazz. African, Musical Theatre and Brazilian Zouk (Latin dance)

Professional Training: Northern School of Contemporary Dance - Leeds, UK.

2001-2002 **Post Graduate Apprenticeship Diploma** (Random Dance Company)

1998-2001 **Bachelor of Performing Arts (Dance) Degree.** 1997-98 Foundation Course

2015-18 **Sarita's Dance Lab** Beginners Contemporary courses, partner dance specialised classes, private tuition, and mentorship for young artists. London

2015-18 Corporate business dance production and classes for **City Music Services** (Clients such as JP Morgan private bank and Allen and Overy Law firm)

2018 **National Theatre** – 'Nine Night' – Assistant Movement Director

2018/16 **BAM** Film Productions – Movement Direction workshops

2017/16 **UDO** dance workshops in Lyrical/Contemporary Commercial dance (Dubai)

2016-18 **GCSE set study** material GEMS Wellington Academy (Dubai) including ongoing delivery for numerous UK schools since 2002

2107 **BNF Dance company** – Lyrical/commercial/partner dance workshops (Dubai)

2017 **Artistry Youth Dance** – Summer school – Contemporary technique - London

2017 **Middlesex University** student showcase: Choreography – 'Cause and effect'

2016 **Urdang Academy** – Contemporary teacher (November cover) - 3rd year degree

2016 Associate Creative Director and Choreographer for **Union Dance** – ongoing projects, also including educational work.

2016 **Absolute Bollywood** Dance Instructor

2016 **'Ballet Boyz** Dancer Course' (New dance graduates and full time students of Contemporary dance) – Full day workshop

2016 **Sarita's Dance Lab** student group – fusing Brazilian Zouk partner dance and Contemporary dance – performances for **'Big Dance'** festival

2015 Dance Assistant to **Arlene Philips** with movement development and in teaching material to **Edward Watson** (Principle Ballet Dancer of the Royal Ballet). London

2014 Technique training for **Brazouka** cast – Brazilian partner dance production (World tour). Shaftesbury Theatre (Theatre of Comedy Company)

2015	Northern School of Contemporary Dance CAT students – class - Leeds. UK
2014	Dance assistant and company class teacher for Hubert Essakow's production of IGNIS. London
2013/14	Thomas Tallis School – Specilised contemporary workshops for Btec students and Street dance workshops for GCSE Students
2013/14	Teaching for Gothenburg Danscentrum . Jazz and Contemporary classes. Sweden
2013/14	Cover at Pineapple Dance studio for Lyrical and Commercial dance; Gareth Walker and Melody Squire's classes.
2013/14	Contemporary dance teacher for Urdang's 1 st year and 3 rd years. London (UK's leading performing Arts School)
2013	Contemporary Master classes (Enuki) @ ' Dance Works '. London
2013	Audition leader and production movement assistant for Rupert Gold's production of ' American Psycho ' teaching dancers and actresses (assisting Lynne Page). London
2012	Performance coach for boy band ' 3RA '. London
2012/13	Auditioning applicants, creating movement and teaching the cast of the West End musical- ' Viva Forever ' (assisting Lynne Page). London
2011	Shakespeare's Globe theatre – Responsibility of choreography maintenance for Dr Faustus production. London
2011	Choreographing/teaching journalists and winners of " Miss Win it ", at Pineapple Dance Studio's . London
2010	Contemporary workshops for BNF dance students. Columbia
2010	Rehearsal Director and assistant for Leona Lewis's album launch concert. Hackney wick – London
2008-14	Freelance workshops in secondary schools for GCSE students . UK
2001-08	Teaching extensive amounts of dance education (all ages) and also occasionally leading company classes as resident dancer for companies: Random – Digit01 (Wayne McGregor) , Henri Oguike Dance Company and the National Dance Company of Wales . UK and International.