

THEA (TJ) JAWORSKI *Denver, Colorado*

TJ is a freelance performance artist, teacher, adjudicator, somatic movement facilitator, and choreographer of Ukrainian-Slavic heritage based in Denver, Colorado. TJ has studied with Jennine Willet of *Third Rail Productions*, Leah Wilks of *Vector*, Gene Medler of *North Carolina Youth Tap Ensemble*, Kira Blazek Ziaii by way of *Countertechnique*, Peter Chu of *chuthis*, Martha Nichols & Matthew Powell. TJ's exploration of movement has included such modalities as contemporary composition, modern release technique, rhythm tap, jazz fundamentals, functional anatomy, yoga, and improvisation. Her studies, performances, creations, and professional offerings have taken place in diverse settings, including conservatories, competitive dance studios, public schools, universities, arts organizations, and touring conventions nationwide. TJ loves to be amongst other movement geeks and somatic cartographers, exploring the body's relationship with motion through meditations and stories, and the embodied illustration of music. As a guide, TJ delights in facilitating an integrous and rich container for movers to expand their boundaries regarding how they emote, collaborate, fail, offer love and insight, and relate to space, self and other. TJ has passed on their enrichment in positions at Broadway Dance Center, American Dance Festival, Raleigh School of Ballet, Boulder Jazz Dance Workshop, Arts Together, North Carolina State University, Colorado Ballet and Denver School of the Arts to support students to excel in careers in commercial dance, theatrical productions & concert performance. Additionally, TJ is the founder of an adult dance collective based out of Denver entitled *coCreate*, the co-director of *Courageous Yoga Space*, and an Ambassador of *Lululemon*. Whimsical collaboration, thoughtful perspective and vibrant connections are the heartbeat of their work, play and class spaces. TJ also works as a healer for surrendered farm animals, wildlife, and geriatric canines.