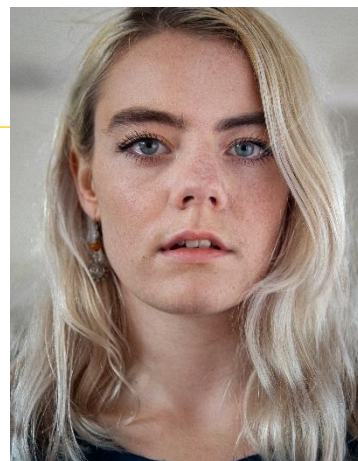


RACHEL LAIRD

07772474840 | rachellairddance@gmail.com

Rachel is a passionate and playful performer from Scotland. She utilises her focus, articulation, and voice work to make her movement expressive and full bodied. Rachel is interested in communication and how that plays a part in society. Whether that is through movement or language. Using improvisation, physical theatre, poetry, and contact work to try and relate and portray her experiences to others.



PROFESSIONAL EXPERIENCE 2020 – 2016 (In order of relevance)

Peut-Être Theatre – *SHHH..Bang!* China Tour 2019 – 2020 (Tianjin, Nanjing, and Chengdu) and *Tidy Up* (UK)

English National Opera – *Orphée* Phillip Glass. English National Opera London Coliseum, 2019

Sliding Doors Collective (Co-Founder, Choreographer and Performer) - *Penthouse Hickies* Resolution Festival '20, DanceLive Citymoves '20, Dumfries & Galloway Arts Festival '20, Heads Up Ed Fringe'19 and Rising Tides London.

Ròisín O'Brien Dance (Performer and Rehearsal Director) – *A Falling Ballet* Scratch Night SummerHall, Pianodrome Lunchtime sessions, Edinburgh Fringe'19.

Jamie Neale – *Here But Know Where* Performer, Fashion Dance Film

Amber Kim – *REPURPOSE* Exhibition (**Choreographer and Performer**) Fashion Show, London.

The Natashas Project -*On Demand and Natashas* London tour

FOUND DANCE – Site Specific performances at Our City Dances 2019, South East Dance

A Truefitt Collective - *We Never Arrive* R&D London

Van Huynh Company - *Under This Weight*. Dance Bridges Festival. Kolkata, India.

The Yonis - *#Girlswhospittogetherstaytogether* Fringe'18, DanceBase Edinburgh and London

Hilang Child – *Good To Be Young* (Music Video)

Cuckoolander - *Mercury* (Music Video)

PERFORMANCE EXPERIENCE (other)

Hagit Yakira – *GO*, Scottish Tour

Theo Clinkard - *Alert to the voices of others*, Scottish Tour.

Theo TJ Lowe – *He-Sha* Commissioned work performed at Laban London

Martha Graham – Restaging of *Panorama* by Jacqueline Bulnes performed at Laban London

Heidi Rustgaard (H2 Dance) – *Groups and Landscapes* Commissioned work at Laban touring across London

Yael Flexer - *Vortex & Re/Place (Or the thing I miss most)*, NYDC Scotland toured to UK, Ireland, and India.

BalletLorent – *Rapunzel*, Macrobert Arts Centre Stirling Community Cast

Matthew Robinson – *Office* (AD Verve/Scottish Dance Theatre). Scottish Tour.

Gavin Coward -*The art of letting go* Directed by **Liv Lorent**. Scottish Tour

Thomas Small - *BBC Radio 2 Shakespeare Shuffle*, BBC Radio 2 Artists in Residence Dance Film on the London Eye.

Marc Brew – *EQ Dance!* Collaborative project with Edinburgh String Quartet, performed in Edinburgh

TRAINING

Copenhagen Contemporary Dance School Post Graduate Diploma Contemporary Dance

Trinity Laban Conservatoire of Music and Dance BA (HONS) Degree Contemporary Dance

Scottish School of Contemporary Dance HND Contemporary Dance

PLACEMENT

Rob Heaslip Dance FREAGRA | A Blurred Expanse

BalletLorent R&D Rumpelstiltskin and assisting family workshops at Sadler's Wells

OTHER SKILLS AND/OR INTERESTS - Musical theatre background, improvisation, contact improvisation, physical theatre, yoga, film, acting, writing, poetry and pottery

TEACHING EXPERIENCE

Copenhagen Contemporary Dance School – September '20. Taught Contemporary technique classes to the Foundation, Diploma and Masters students at the school.

Sliding Doors Collective – Professional Class at CityMoves Dance Agency, Aberdeen during Residency week Feb '20. Rep workshop Central Scotland Ballet School Mar '20.

Ròisín O'Brien Dance – Company Class (Cunningham inspired) during residency at CityMoves, Aberdeen.

Peut-Être Theatre – Taught workshops based on show *SHH...BANG!* In Primary Schools in Tianjin and Nanjing, China.

Studio K Richmond – August '19 to Present. Contemporary Dance Teacher delivering weekly classes for adults at an open level and for Kids age 7 – 17. Teach weekly Meditation classes on Studio K's YouTube Channel.

A Truefitt Collective – January 2020 to Present. Dancing Mindfulness Facilitator (A practice by the Institute of Creative Mindfulness and brings meditation, music and dance together as a way of discovering mindful awareness) teaching in Primary Schools weekly throughout London. Mindfulness with Rachel on Instagram Live for Adults during '20.

Central Scotland Ballet School – Guest Teacher for Contemporary Dance Workshops and Intensives. Super Sunday March 2020, Project Dance Summer School 2019, Contemporary Workshop Jan 2019. During Covid-19 led yoga classes on their YouTube Channel.

Trinity Laban Conservatoire of Music and Dance – Assisting Zoi Dimitriou during the BA auditions at Trinity Laban 2017/18.

Denny High School Dance Academy – Guest Contemporary Dance Teacher.

QUALIFICATIONS/CERTIFICATES

Enhanced DBS

Safeguarding Level 1 Certificate

Dancing Mindfulness Facilitator Training

Disability and Equality Training from Birds of Paradise Theatre Company 2018 and 2019

Yoga Teacher Training 200 RYT