## A person wearing a dress Description automatically generatedRACHEL LAIRD

07772474840 | rachellairddance@gmail.com  
Rachel is an organised, empathetic, 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*! and *Tidy Up* China Tour 2019 – 2020 (Tianjin, Nanjing and Chengdu)

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

**Sliding Doors (Co-Founder and Performer)** - *Penthouse Hickies*. Resolution Festival ‘20 The Place, Heads Up Dance Base, Ed Fringe’19 and Rising Tides Rosemary Branch Theatre, London. Residency Citymoves, Aberdeen (Feb and Aug ’20)

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

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

**Ròisìn O’Brien** **Dance** – *Falling Ballet.* R&D Anatomy Rooms, Scratch Night SummerHall and Pianodrome Lunchtime sessions, Edinburgh Fringe’19

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

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

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

**Cuckoolander** - *Mercury (Music Video)*

PERFORMANCE EXPERIENCE

**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 touring across London

**Yael Flexer** - *Vortex & Re|Place (Or the thing I miss most).(*NYDC Scotland) Dublin, U.Dance, Tramway and Dance Bridges Festival India.

**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 and Poetry.

TEACHING EXPERIENCE

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

**Studio K Richmond** – August 2019 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 without judgement) teaching in Primary Schools weekly throughout London (Ripple Primary School and Oakhill Primary School). Every Wednesday leading Mindfulness with Rachel on Instagram Live for Adults.

**Peut-Être** **Theatre** – Teaching workshops based on show *SHH…BANG!* In schools in Tianjin and Nanjing, China.

**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 taught yoga inspired 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