

Sean Ling

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PROFILE

Dance

A professional dancer for 23 years. Originally trained in classical ballet and with a performance background in ballet and modern dance.

RECENT DANCE WORK

Older and Reckless

- Kelowna BC Creative Aging Festival

Cabaret the Musical

- Big Apple Productions - Power House Theatre 2023

Vernon Performing Arts Centre Dance Spotlight 2020

- Solo - Aleatoric No. 3

Bare Bones

- An intimate dance performance in the Marie Flemming Hall at the Vernon Performing Arts Centre

Big Apple Productions

- **The Rocky Horror Show**, October 2017

Performances for 2012 - Present

Peggy Baker Dance Projects

- Phase Space, January 2016
- *Remounting "Coalesce"* Nov. 2015 and Feb. 2016 in Ottawa and Burlington respectfully.
- *Remounting Aleatoric "Duet No.2"* Jan. 2016 Toronto
- "Aleatoric Duet No. 2"
- "stone leaf shell skin"
- "the sound and feel of it" Toronto, Jan. 2012
- "Coalesce" New York, Feb. 2012
- *Nuit Blanche*, Toronto, Sept. 2012
- "Coalesce" Calgary, Jan. 2013
- "Split-screen Stereophonic" Toronto, Feb. 2013
- "Piano Quartet", Ottawa, April 2013

John Oswald and Holly Small

- "Ariature/Panorama"
- "Aparadiant"
- "Fabulous Stupid"

Dancer with Signal Theatre

- "from thine eyes" Halifax, Sept. 2012

PREVIOUS COMPANY EXPERIENCE

Dancer, Toronto Dance Theatre, Toronto, Ontario

1999 - 2008

Performed in all of Christopher Houses' full length works as well as that of many guest choreographers. Toured across Canada, New York, United States, and London, England.

DANCER, ALBERTA BALLET, CALGARY, ALBERTA 1994 - 1999

INDEPENDENT EXPERIENCE

Choreographers, Companies, Festivals

Peggy Baker, Peter Chin, Yvonne Ng, Sharon Moore, Alias, The Chimera Project, The Canadian Opera, FFIDA, The Dublin Fringe Festival, Push, Dancing on the Edge.

FILM

"Both Sides Now" and "The Rings of Saturn" directed by Moze Mossanen, "The Cinnamon Peeler" directed by Veronica Tennant, "Belly Boat Hustle" and "The Riders" direct by Nicole Mion and Sandi Somers.

RELATED EXPERIENCE

Physical training/muscle conditioning for the dance students at The School of Toronto Dance Theatre. Pilates Pilates instructor for 14 years. Certified in The Pilates Process method and STOTT Pilates. Completed courses for Mat, Reformer and CCB. Instructor Trainer for The Pilates Process. Currently an instructor for Neumovement, Vernon, BC.

CENTRED PILATES STUDIO OWNER AND DIRECTOR

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