

# Lizzy Mulkey

Choreographer/Dancer/Actor/Mind-Body-Educator  
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## Live Performance

*What haunts is still here*, Collaboration with Ellen Gorman at Beverly House, CA, Feb 2020

*Reframe*, Stockstill Gallery Space, July 2019 **Choreographer**

*We Are Here*, Strub Theater Cancer Benefit, Los Angeles, CA 2019 **Choreographer and Dancer**

*Conversations 2*, Electric Lodge, May 2019 **Choreographer and Dancer**

*Female Haptics*, The Living Room, Portland, ME, Dec 15th 2018 **Choreographer and Dancer**

*You hug me you hug me you*, Bearstow Presents, Maine, 2018 **Choreographer and Dancer**

*Conversations*, Open Call at Movement Research Dec 4th 2018 **Choreographer and Dancer**

*Break Glass a Site Specific*, Culver City, CA, June 2018 **Choreographer and Dancer**

*Light Plays on Light* at Max 10, Electric Lodge, Venice Beach, CA June 2018 **Choreographer**

*How I Wanted It To Go*, The Thing at Green Street Studios, Boston, MA, January & April 2018

## Choreographer and Dancer

*3 States*, Fresh Friday's at Green Street, Feb 2018 **Choreographer and Dancer**

*Potato Piece*, by Molly Hess of 3 Spice, Green Street Studios, January 2018 **Dancer**

*Threshold* by Alexandra Pirici for The High Line Art Performance Sept 2017 **Dancer**

*Undoing Improv*, Lion's Jaw Festival The Thing, Boston, MA, Oct 2017 **Choreographer and Dancer**

*Strained*, Mar Vista Art Walk, Los Angeles, CA, June 2017 **Choreographer**

*Pop-up Show with musician Jess Lamb*, Venice Beach, CA, Dec 2016 **Choreographer and Dancer**

*Distractions*, Tank Theater, New York, NY, May 2014 **Choreographer and Dancer**

*Boardwalk*, Tank Theater, New York, NY, June 2013 **Choreographer**

*Sense and Nonsense*, Tank Theater, New York, NY, May 2013 **Choreographer and Dancer**

*Sideways*, by Kristelle Monterrosa, Ruskin Theater, Los Angeles, May 2012 **Dancer**

*Unplugged*, Electric Lodge, Venice, CA, Nov 2011 **Choreographer**

*Memories*, by Danielle Beauchamp, Highways Performance Space 2010 **Dancer**

*Dance Camera West Park Performance*, by Maia Calypso, Cheviot Hills, October 2009 **Dancer**

*Trains*, Loyola Marymount University, Los Angeles, CA, 2006 **Choreographer**

## Film

*To Stir*, Bare Dance Company 48 hour Challenge - 1st Runner up winner, 2020, **Editor**

*Sea Change*, Site specific with Scott Mackay, Maine, 2019, **Choreographer and Dancer**

*Redressing Home*, Site specific, Venice, CA, 2019 **Choreographer and Dancer**

*Traverse*, with Ellen Gorman and Paul Jacob, CA, 2019 **Choreographer and Dancer**  
*Reframe Filmed*, with Heather Capiello Stockstill Gallery Space, July 2019 **Choreographer**  
*Yellow*, with Ameila Anderson Playa Vista, May 2019 **Choreographer and Dancer**  
*Break Glass Filmed*, with Heather Capiello, CA, June 2018 **Choreographer and Dancer**  
*50/50*, with Amelia Anderson, CA, May 2018 **Choreographer and Dancer**  
*Blue*, with Amelia Mulkey, San Francisco, CA, June 2017 **Choreographer and Dancer**  
*Love*, Jess Lamb Music Video, Venice Beach, CA, Nov 2016 **Choreographer and Dancer**  
*XXX*, KNTRLR Music Video, New York, NY, Jan 2015 **Dancer**  
*I Can't Swing Anymore*, with Amelia Anderson, San Francisco, CA, July 2013 **Dancer**

### **Education:**

BA in Dance/Dance Science Loyola Marymount University, Los Angeles, CA

### **Dance Continuing Education**

Lion's Jaw Festival Boston Ma, Oct 2019  
Annenberg Space for Dance with Alexx Shilling Improv Processes and Scores, June 2019  
Rosanna Gamson World Wide, Go Los Angeles: Workshop in Improv for Choreography 2019  
Lion's Jaw Festival Boston Ma, Oct 2018  
Bearnstow Dance Workshops with Sarah Pearson and Claire Porter, Mt Vernon, ME, July 2018  
Deborah Black's Workshop on 6 Viewpoints, NYC, Feb 24 & 25, 2018  
Lion's Jaw Festival Boston MA, Oct 2017  
Bates Teacher Training Program, Lewiston, ME, July 2017  
Doug Varone Choreography Workshop in NYC Jan 2017  
Jeanine During, Non Stop Doing Workshop, Meg Wolfe Space, CA, Spring 2016  
Explorations in Movement with Jeremy Hahn and Sofia Klass, Los Angeles, CA, Winter 2016  
Contemporary, Your Neighborhood Studio, Sarah VonGillern, Spring and Fall 2016, 2015  
Contemporary, Your Neighborhood Studio, Seda Aybay, Spring 2016, 2015, 2012  
West African with Ron Brown at USC, CA, 2007  
BA in Dance, Loyola Marymount University, May 2006

### **Awards**

Golden West Art Gallery: "Yellow" accepted as part of FEMELLA Winter 2019 Exhibit  
2019 Mobile Dance Film Festival: Mobi Mini Fest Winner 2019  
xyz nyc Dance Series Champion, June 2013

### **Other Credentials**

SAG Actress, 1989-Present  
Vipassana Meditation Practitioner: 10 Day Retreat, Thailand 2011 & California 2006

### **Other Art Projects in Movement and Photography**

“Water” (water and movement photography) shown at Mar Vista Art Walk December 2016

“Up” (excerpts from “Jump” photography book) shown at Mar Vista Art Walk March 2016

“Jump” Nature Movement Photography Book, December 2015

(Chronicling the physical-and-emotional-paradoxical-experience of the freedom of an  
“open-road-trip honeymoon” and crushing-pre-grieving-missing of my mother as she was  
battling cancer to eventual passing away)

### **Yoga Tune-Up ®**

With Trina Altman, Pasadena, CA, May 2016

### **Yoga**

200 Hr Yoga Bridge with Sarah Bell, Yogaworks, 2015

200 Hr Yoga Certification, It's Yoga, Thailand, 2011

### **Pilates**

Long Beach Dance Conditioning, Marie Jose-Blom

2006

Scoliosis workshop with Marie Jose-Blom

2008

Pilates on Tour

2007 & 2009

### **Employment**

Dance Faculty at Loyola Marymount University 2006-2012, 2015-Current

Pilates, Yoga, and Meditation 15 years of experience focusing on somatics and anatomy