

# *Ms. Stephanie*



Ms. Stephanie has been dancing since the age of 3. After growing up competing at numerous competitions and nationals, as well as participating in community events and fundraisers across the state, she continued her studies as a dance major at Montclair State University in 2007. She has studied multiple styles of dance including Ballet, Lyrical, Contemporary, Jazz, Tap, Acrobatics and more!

Aside from dance, Ms. Stephanie trained in gymnastics from a young age, competing on her school teams for several years while also serving as Senior captain for both the school dance and gymnastics teams. She has been a lead dancer and choreographer for Artistic Visions Dance Company since 2011, performing annually. Ms. Stephanie has taught many styles of dance and acrobatics to all ages for over ten years in Central New Jersey and loves to share her passion and knowledge with her students. She has choreographed numerous dances both for recreation and competition, placing in overall scores and winning multiple special awards.

Ms. Stephanie is a certified Progressing Ballet (PBT) instructor. PBT is a cutting-edge program ideal for dancers and athletes, offering a proactive approach to injury prevention and rehabilitation, while fostering improved posture, optimal weight placement, and a robust core. It is an innovative body conditioning and strength-building program that prioritises muscle memory development through ballet-specific exercises.

Ms. Stephanie is passionate and enthusiastic about sharing her knowledge and love of dance with her young students.