

Nora Sarah Stephens

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For over 20 years, Nora has been teaching yoga, dance and theater and classes to people of all ages while also performing and directing professionally. She is recognized as a dedicated and caring educator whose priority is to support her students in having expressive and healthy bodies and voices at every stage of life. Since moving to Cambridge in 2021, Nora has been dancing and performing professionally around the Boston area while also continuing to teach an array of ages and classes. Nora is committed to bringing Dance and Yoga to people of all ages and stages of life.. Nora currently performs with Lynn Modell and her show *Interesting Women*, with the *Here Comes Everybody Players* and also shows her own duet and solo dance works around town often collaborating with visual artists, Kate Holcomb Hale.

EDUCATION & TRAINING

Hollins University / American Dance Festival MFA in Dance; Graduate Fellow; Donna Faye Burchfield, Director	Roanoke, VA July 2008
University of Wisconsin-Madison BS honors, Dance with certificate in InterArts and Technology -University Academic Excellence Award -Senior Honors Research Fellowship	Madison, WI December 2000
OM Yoga Center Teacher Training Certification for Pre-Natal Yoga with Janice Clarfield	New York, NY June 2005
Atmananda Yoga and Holistic Center 200-hour Yoga Teacher Training Certification by National Yoga Alliance	New York, NY 2004
Karma Kids Yoga Teacher Training Teacher Training Certification for Kids Yoga	New York, NY November 2012
Developmental Movement and Baby Yoga Teacher Training Certification with Ellynne Skove	Brooklyn, NY June 2012

SELECTED TEACHING EXPERIENCE

Majestic Community Wellness & Majestic Yoga Studio Teach weekly Slow Flow, Aging Gracefully Yoga Classes Instructor for Move, Groove and Grow: Yoga and Movement Toddler Teacher Training	Cambridge, MA April 2026-present
Breathe Yoga Studio Teach Rest/Restore, Power Yoga and Align Yoga classes	Cambridge, MA April 2023-present
Cambridge Montessori School Theater Arts, Dance and Yoga Specialist / Phys Act & Film School Teacher Teaching All students ages 2-14 and weekly staff Yoga Producing 6 Student-led Performance Events/year for each grade level	Cambridge, MA Sept 2021-June 2026
German School Brooklyn Director of Arts and Performance Theater, Dance and Yoga Teacher / all grades K-8 Produced all School shows and collaborated with Arts Teachers and classroom teachers	Brooklyn, NY Sept 2015-June 2021
Together in Dance Taught Creative Dance class Residencies in public schools, Grades K-3	New York, NY September 2015-June 2018
Hank & JoJo's Studio Developmental Movement/Yoga for Babies and Caregivers	Brooklyn, NY January 2013-June 2015
Saraswati Estudio de Yoga Dance and Yoga Classes for 2-5 year olds	Rio de Janeiro, Brazil January- September 2011

LANGUAGES

English (fluent), Portuguese (conversationally fluent), Spanish (conversational), German (basic)