

Miquella Young

Faculty / The School's Young Artists / Hip Hop

With 16 years of dance training, ranging from ballet to breaking, Miquella traveled the world creating award-winning dance films in places such as Iceland, Amsterdam, and Toronto. After being featured in over 20 dance films, Miquella directed and co-choreographed her own interdisciplinary works, *Anicca* and *Dukkha*. She studied dance at Arizona State University, where she specialized in Urban dance forms and somatic practices. During that time, she worked for non-profit dance companies, Movement Source and The Be Kind Crew, performing at Arizona Diamondbacks games and school assemblies.

Over the 8 years Miquella has been teaching dance, she has also been studying to be a Naturopathic Doctor. Closer than ever to her degree, she teaches based on the philosophy that movement is medicine. She also has experience teaching the Chinese art of moving meditation, Taiji and Qigong, with the Center for Mindfulness, Compassion, and Resilience. Miquella translates these values into her teaching, using imagery to help her students feel more in tune with their bodies, their roadblocks, and the beat. Outside of dance, Miquella is a proud mama to her 18-month-old, Lucy, who's already learning how to find her own groove.