



The Nourished DANCER



Hailing from Clearwater FL, Nicole received her early training at the Pinellas County Center for the Arts at Gibbs High School and the Academy of Ballet Arts, both under the direction of Suzanne B. Pomerantzeff. She went on to earn her BFA in Modern Dance Performance at The University of the Arts in 2009, as well as receiving the "Outstanding Performance in Modern Dance Award". While at UArts, Nicole was mentored by Zane Booker and later was asked to join his SLJ Arts Initiative. She then danced for and assisted Mr. Booker from 2007-2011.

Currently, Nicole is a dancer with the internationally renowned, Mark Morris Dance Group, first appearing with the

group in 2013. She has taught within The School at Mark Morris Dance Center, in public schools through New York City Ballet outreach programs, and masterclasses around the globe touring with MMDG.

In 2017, Nicole completed her certification from the Institute for Integrative Nutrition, becoming a Holistic Health Coach. She has since worked with numerous people helping them find more freedom, confidence, and nourishment through food and wellness.

Combining her passions, The Nourished Dancer Program organically developed, designed to take pre-professional dancers to their next level with ease. Using body-positive nutrition, mindset, and private dance lessons, Nicole helps each dancer build inner confidence and sustainable wellness tools to fuel overall performance and longevity.

As a frequent speaker through Dancer Wellness Workshops, Nicole uplifts her community and the next generation of dance artists. She has offered her workshops at MMDG, Marymount College, Northwestern University, various middle and high schools, and dance studios.

Nicole happily lives with her husband and cat in Brooklyn NY. She is passionate about body-positivity, teaching dancers how to fuel their bodies for performance, building confidence, and nurturing the creative spark that lives within every artist.

Offerings:

Nourished Dancer Signature Workshop

The all-inclusive, holistic experience. Dance Master Class, Wellness Workshop, and Q+A.

Dancer Wellness Workshop

available on topics including nutrition, self-care, body-positivity and gratitude, stress management, immune health, eating for energy, and more. Nicole will work with you to deliver the topics that will be most beneficial to your students, and tailors the material for any age group.

Dance Master Class

Modern Dance and Ballet Technique for the contemporary mover are my specialties. I love sharing with all ages and levels.

*Mind-body explorations in body-positivity, story telling, body gratitude, composition and more are available upon request.

Q+A's

If your students are looking for guidance, I'm happy to offer my perspective as a professional dancer and wellness coach. I offer this to studios, training programs, colleges, and schools.

The Signature Program

A 1:1 program for pre-professional dancers to cultivate unshakable confidence and a sustainable dance life. Using the methods that work- dance training, body-positive nutrition + mindset awareness.