

MARY-DORA BLOCH-HANSEN

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EDUCATION

- 2022 - 2024** University of Toronto, Masters in Social Work, *Cum Laude*
Mental Health/Health Specialization
- 2019 - 2022** Laurentian University, BA Psychology, *Cum Laude (with Thesis)*
Awarded Academic Excellence, Canadian Psychological Association
- 2009 - 2013** Toronto Metropolitan University, BFA, Performance Dance, *Honors*

RESEARCH, RESIDENCIES & TRAINING

- 2024** The National Ballet of Canada, Open Space Programme & Scholarship
- 2023** The National Ballet of Canada, Open Space Programme & Scholarship
- 2022** Toronto Dance Theatre, Plug'N'Play Residency
Solo Performance Research 'Faun', Lake Studio Berlin, Funded by CCA
Performance Research w/ Nicole Negro, Funded by CCA, Berlin & Toronto
- 2021** Performance Research w/ Nicole Negro, Funded by CCA, Berlin & Toronto
Practice Lab Residency, The Railpath Arts Centre & The Love-IN, Toronto
- 2020** Peer Learning Network, Dancemakers Center for Creation, Toronto
The School for BMC®, Licensed Training Program, Muscular system, Montreal
- 2019** Qigong Self Cultivation III, Ontario College of Traditional Chinese Medicine, T.O
The School for BMC®, LTP, Fluid System & Ligamentous, Montreal
- 2018** Performing Arts Residency, Banff Centre for the Arts, Banff
The School for BMC®, LTP, Endocrine & Nervous system, Montreal
- 2017** SMASH Berlin #10 Intensive, Berlin
DOCK11***** Video Dance Berlin Residency, Funded by CCA, Berlin
- 2013 - 2016** Axis Syllabus workshop with Ruth Douthwright, Toronto
Prenatal Yoga workshop with Nikki Poole, Toronto

Meditation Workshop with Josh Cohen, Toronto
Transformation Danse Workshop, Montreal
YTT Downward Dog Yoga Centre 300hrs, Toronto
Springboard Danse Summer Intensive, Montreal
Movement Invention Project, NYC
Gaga workshop with Tom Weinberger & LeeSaar, Montreal
ImPulsTanz Festival/Biblioteca Du Corpo, Vienna
Compagnie Marie Chouinard workshop, Montreal

PERFORMANCES

Rock Bottom Movement - Company Artist (2012 – 2020)

- 2019 - 2020** Hollow Mountain: Wildside Festival, Theatre Centeur, Montreal
Hollow Mountain: Can Stage Residency, TDT Residency, Banff/Toronto
- 2018 - 2019** MANICPIXIEDREAMGIRLS, Registry Theatre, Kitchener
FantasyLover, Summerworks Performance Festival, Toronto
FantasyLove (World Premiere), Parados TMU Festival, Toronto
- 2017 - 2018** MANICPIXIEDREAMGIRLS, Next Stage Festival, Toronto
DOLPHIN (World Premiere), Summerworks Festival, Toronto
- 2016 - 2017** DOLPHIN excerpt, Dance Ontario Commission, Toronto
MANICPIXIEDREAMGIRLS (World Premiere), Pia Bouman, Toronto
- 2014 - 2016** MANIA, Women in Dance Conference, Shaw Center, Baton Rouge

Independent Performance/Interpretation

- 2019** Temple of the Divine Queer, Rhubarb Festival, Buddies Theatre
- 2018** Belladonna: A Queer Techno Opera, FAWN Chamber Creative, Toronto
Belladonna excerpt, FAWN Chamber Creative, Toronto
- 2017** The Forest: Nuit Blanche at the AGO with Will Kwan, Toronto
Against the Grain Theatre, FAWN Chamber Creative Production, Toronto
Haus Musik: Tafelmusik, FAWN Chamber Creative, The Great Hall, Toronto
- 2016** Leisure Palace (Amanda Acorn) In/Future Art Festival, Ontario Place, Toronto

Culture/SHOCK (Matthew Dailey), The Box NYC, Toronto
The Gata: Water Ceremony (Ire Cortes), Waterfront Toronto

- 2015** Sacra Conversazione, Dance Theatre David Earle, Guelph Dance Festival
Muscle Memory (Marlow Porter), Nuit Blanche, Toronto
Cinderella, Creativiva Inc, United Arab Emirates, Bahrain
- 2014** Blue Soup': Aszure Barton & Artists, Springboard Danse, Usine C, Montreal
- 2013** No Sacra, ImPulsTanz, Theatre Odeon & SESC, Vienna & São Paulo
Contact Lens, Typecast Dance, Dance Ontario Weekend, Toronto

CHOREOGRAPHY & PERFORMANCE

- 2023** 'The Awakening' (Queer Cabaret drag performance), Buddies Theatre, Toronto
- 2022** 'Faun' Work in Progress showing, Lake Studio Berlin, Funded by CCA, Berlin
- 2020** Club Q: virtual performance, in collaboration with Soak Collective
Tea Dance Party: virtual performance, Centre de Création O Vertigo
- 2019** Hedonic Hotspots (Solo), Premiered for PULP: Party Art Party, Toronto
- 2018** Phile Magazine, Performance for official after party, M//M movie launch
- 2017** T.O Love-IN Dance Community: PS-We Are All Here, curated late-night, Toronto
- 2016** Curation, NIGHT SWIM, Co-founder w/ Alvin Collantes, Gladstone Hotel, Toronto
Exfoliating Body: Short Dances, New Blue Festival, Toronto
- 2015** Hum(an)imal | H.B Beal Secondary: Dance Program, London
L'Homme et le Ciel, FAWN Chamber Creative, Music Gallery, Toronto
Die Fledermaus Operetta, Wilfrid Laurier Faculty of Music, Waterloo

VIDEO & FILM

- 2018** Videography for Canadore College Residence, North Bay
Performance: Francesco Yates music video: "Do You Think About Me", Toronto

- 2017** Choreography & Performance, Ivory Hours music video: *Shadow Kids*, Toronto
Direction: *Leer*, DOCK11***** (ESF Berlin & CCA), Berlin
Choreography & Performance: Obscura, directed by David Rendall, Toronto
- 2016** Performance, Bearson music video, Ultra Music/Route11, Toronto
Creation/Performance, ARENA, New Blue & Wipe Festival, T.O & Berlin
- 2015** Performance: Ivory Hours music video: *Dreamer* (MuchFACT), Toronto
Performance: Slim Twig music video: *Fadeout Killer* (MuchFACT), Toronto

CONFERENCE PRESENTATIONS

- “Chair Yoga & Somatic Movement”. Worker Wellness Conference for The Toronto Drop-In Network, Toronto, April 19, 2024.
- “Mindfulness for Stress Reduction”. Wellness Month Conference for Enwave Energy, Toronto, May 11, 2023.
- “Meditation and Movement Practice”. HEALTH Month Conference for Enwave Energy, Toronto, May 16, 2022.

WORKSHOPS, TEACHING & FACILITATION

- “Somatic Movement for Mental Wellness”. Facilitator. The Actors’ Fund of Canada, Toronto/Canada, April 11, 2024.
- “Bun in the Oven: 4-Week Prenatal Movement Series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, October/November, 2023
- “Pride Ride Community Stretch”. Teacher. Good Space Yoga + Pilates Studio and Queer Bike Collective, Toronto, June 25, 2023
- “Bun in the Oven: 4-Week Prenatal Movement Series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, April 2023
- “Bun in the Oven: 5-Week Prenatal Movement Series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, April 19 – October 3 - 31, 2021.
- “Queers + Allies: A monthly movement series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, April 19 – August 16, 2021.

“Somatic Repatterning & Body Memory: Golden Nuggets Workshop”. Facilitator. Golden Chain Forever, Toronto, April 14, 2021.

“UNFURL: 21 Days of Collective Practice”. Somatic movement and sound meditation facilitator. Wild Body Somatics, Toronto, March 17, 2021.

“Monthly Worker Wellness Yoga”. Teacher. Canada Post Corporation, Toronto, March 15 – May 17, 2021.

“Body Wave: Sound Bath Meditation”. Facilitator. Good Space Yoga + Pilates Studio, Toronto, February 21, 2021.

“Somatic Practice Lab Week Intensive”. Facilitator. The Toronto Love-In Dance Community, Toronto, January 18 – 24, 2021

“Yoga & Movement 6-Week Worker Wellness Series”. Instructor. Enwave Energy, Toronto, December 14, 2020 – January 25, 2021.

“Pleasure Yawning, Tender Spines & Nervous System Regulation: Golden Nuggets Workshop”. Facilitator. Golden Chain Forever, Toronto, November 20, 2020.

“Yoga & Movement 12-Week Worker Wellness Series”. Instructor. Enwave Energy, Toronto, April 10 – July 30, 2020.

“Conscious Touch & Sound Bath”. Co-facilitator. Dandelion Initiative, Toronto, March 6, 2020.

PUBLICATIONS

Bloch-Hansen, M.D. (2023, July). *Navigating uncertainty in the entertainment and Performing Arts Industry*. The Actors Fund of Canada Helps.
<https://afchelps.ca/resources/navigating-uncertainty/>

GRANTS & AWARDS

2023 AFC Reactivation Program Grant, \$2500
Jaberi Dance Theatre Mentorship Program Grant, \$1600
Eva Eileen MacLeod Scholarship, University of Toronto, \$4093.84

2022 Canadian Graduate Scholarship-Masters, NSER Council of Canada \$17,500

2021 Toronto Arts Council, TOArtist COVID Response Fund \$2500

- 2020** BMC Montreal: Work Exchange scholarship, Mentorship of Mariko Tanabe
- 2019** CCA, Explore & Create, Lake Studio Residency, Berlin, \$16,000
- 2018** Dora Award Nominee, Outstanding Ensemble Performance, FantasyLover, RBM
CCA, Explore & Create, Organization (RBM), Banff Centre Residency, \$16,000
- 2017** CCA, Travel grant, DOCK11***** Video Dance Residency, \$1000
- 2014** CCA, Travel grant, Movement Invention Project, NYC \$1000