

# Curriculum Vitae

## KATARINA MESTAS

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## CAREER OBJECTIVE

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*My name is Katarina, and I go by "Kitty The Dancer". I believe dance has the power to transcend trauma, self-healing, and community building. After attaining a Bachelor of Arts with a major in Dance, I plan to attend graduate school to become a Dance Movement Therapist.*

## EDUCATION

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2023	<b>UNIVERSITY OF WASHINGTON (UW)</b> <b>Bachelor of Arts, major in Dance   Seattle, WA</b> <b>GPA: 3.95</b>
2016-2018	<b>CITY COLLEGE OF SAN FRANCISCO (CCSF)</b> <b>Teacher's Aide   San Francisco, CA</b> <b>Associate of Arts, major in Arts and Humanities   San Francisco, CA</b> <b>Associate of Science, major Science and Math   San Francisco, CA</b> <b>Associate in Science, major in Biotechnology   San Francisco, CA</b> <b>GPA: 3.21</b>

## WORK EXPERIENCE

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2022-PRESENT	<b>GROUP FITNESS INSTRUCTOR</b> <b>UW   Seattle, WA</b>
2022-PRESENT	<b>MARKETING DIRECTOR</b> <b>DASSdance Contemporary Dance Company   Seattle, WA</b>
2018	<b>ZUMBA INSTRUCTOR</b> <b>Dance Mission Theater   San Francisco, CA</b>
2017-2022	<b>WEBSITE AND SOCIAL MEDIA MANAGER</b> <b>PIVOT Dance and Fitness   San Francisco, CA</b>
2020	<b>DANCE EVENT ENTERTAINER</b> <b>Red Carpet Entertainment, LLC   Anchorage, AK</b>
2017-2018	<b>DOCENT TOUR GUIDE</b> <b>Diego Rivera's "Pan-American Unity" Mural   San Francisco, CA</b>
2017	<b>RECEPTIONIST</b> <b>San Francisco Gymnastics   San Francisco, CA</b>
2015-2016	<b>ALUMNI FACILITATOR</b> <b>JJSE   San Francisco, CA</b>
2014-2015	<b>LAB INTERN</b> <b>Neonatal Brain Disorders Laboratory University of San Francisco   San Francisco, CA</b>

## VOLUNTEER EXPERIENCE

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2019	<b>ZUMBA INSTRUCTOR</b> Kirkland Children's School   Kirkland, WA
2018	San Francisco Recreation & Parks   San Francisco, CA
2017	<b>FRONT DESK RECEPTION</b> Alonzo King LINES Ballet   San Francisco, CA
2015	<b>FRONT DESK RECEPTION</b> CCSF Family Resource Center   San Francisco, CA
2015	<b>TUTOR</b> CCSF Biology Resource Center   San Francisco, CA
2007	<b>ARCHIVING</b> Freedom Archives   San Francisco, CA
2006-2007	<b>CAREGIVER</b> Jewish Home   San Francisco, CA

## PERFORMANCE

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2023	<b>MFA CONCERT STUDY</b> "Light and Movement in Club Environments" Abdiel Jacobsen, Julian Freeland and Sarah Nguyen UW   Seattle, WA
2018	<b>THE CCSF JAZZ CREW</b> "Be Good Johnny" by Choreographer Paula Plessas-Hall CCSF Spring Concert Diego Rivera Theatre   San Francisco, CA
2016-2017	"Steam Heat" by Choreographer Paula Plessas-Hall San Francisco International New Concept Film Festival, Low Tech Performance and Dance Collage Concert Herbst Theatre   San Francisco, CA
2007-2009	<b>THEATRE GROUP</b> <ul style="list-style-type: none"> <li>"Romeo and Juliet", Character: Tybalt Capulet</li> <li>"Angels in America", Character: The Mormon Mother</li> <li>"A Raisin in the Sun", Character: Lena Younger</li> <li>A Rapparetta Piece</li> </ul> JJSE   San Francisco, CA

## PERFORMANCE CONTINUED

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2006-2008	<b>JJSE STEP DANCE TEAM</b> Choreographer Crystal Proctor-Updyke <a href="#">JJSE Auditorium</a>   <a href="#">San Francisco, CA</a>
2007	<b>TALENT SHOW</b> "Money" from Cabaret Duet Collaboration with Analise Leiva <a href="#">JJSE AUDITORIUM</a>   <a href="#">San Francisco, CA</a>
2007	<b>CHOIR</b> "Just My Imagination" by the Temptations <a href="#">Mission Cultural Center</a>   <a href="#">San Francisco, CA</a>
2006	<b>UNITY ASSEMBLY</b> "Walk It Out" Collaboration with Seataoaifalenaoti Shyon and Giulio Sorro <a href="#">JJSE Auditorium</a>   <a href="#">San Francisco, CA</a>

## MASTERCLASSES

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2023	<b>TRACEY WONG</b> Topic: <a href="#">Waacking</a>   <a href="#">Seattle, WA</a>
2023	<b>RAGAMALA DANCE COMPANY</b> Topic: <a href="#">Creative Process</a>   <a href="#">Seattle, WA</a>
2022	<b>RONALD K. BROWN</b> Artistic Director for EVIDENCE, A Dance Company Topic: <a href="#">Creative Process</a>   <a href="#">Seattle, WA</a>
2022	<b>RACHAEL LINCOLN</b> Associate Director for BANDALOOOP Topic: <a href="#">Creative Process and Contact Improvisation</a>   <a href="#">Seattle, WA</a>
2022	<b>ABBY ZBIKOWSKI</b> Director of Abby Z and the New Utility Topic: <a href="#">Creative Process</a>   <a href="#">Seattle, WA</a>
2022	<b>MILVIA PACHECO</b> Executive Director of MÁS (Movimiento Afrolatino Seattle) Topic: <a href="#">Merengue Caraqueño</a>   <a href="#">Seattle, WA</a>
2022	<b>DORA OLIVEIRA</b> Director of Dance with Dora, A Brazillian Dance and Music Company Topic: <a href="#">Afro-Brazillian Dance</a>   <a href="#">Seattle, WA</a>

## MASTERCLASSES CONTINUED

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2022	OTOQUI REYES AND LOS HIJOS DE AGÜEYBANA Topic: Afro-Puerto Rican Bomba   <a href="#">Seattle, WA</a>
2022	MARTHA GONZALEZ Lead Singer for Grammy Winning Band Quetzal Topic: Afro-Mexican Son jarocho   <a href="#">Seattle, WA</a>
2022	VANGELINE Artistic Director of the Vangeline Theater and New York Butoh Institute Topic: Creative Process and Butoh Research   <a href="#">Seattle, WA</a>
2018	ANTHONY "BAM BAM" THOMAS Janet Jackson's "Rhythm Nation" Choreographer   <a href="#">San Francisco, CA</a>
2017	PIERR PADILLA VASQUEZ Director of the Afro-Peruvian dance school DanzAfro <a href="#">CCSF</a>   <a href="#">San Francisco, CA</a>
2016	MARISA CASTILLO Introduction to Embodied Ballet Workshop <a href="#">Oberlin Dance Collective</a>   <a href="#">San Francisco, CA</a>

## SPECIAL INTERESTS

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2022-2023	UW SALSA CLUB MEMBER <a href="#">UW</a>   <a href="#">Seattle, WA</a>
2017-PRESENT	BAY AREA CIPHER PRACTICE Artistic Director FunkleChaz <a href="#">Online</a>   <a href="#">San Francisco, CA</a>
2015-2016	BIOTECHNOLOGY CLUB PRESIDENT <a href="#">CCSF</a>   <a href="#">San Francisco, CA</a>
2009	IMPROVISATIONAL THEATRE WORKSHOP <a href="#">June Jordan School for Equity</a>   <a href="#">San Francisco, CA</a>
2009	BREAKING CLUB MEMBER Instructor: John Updike <a href="#">June Jordan School for Equity</a>   <a href="#">San Francisco, CA</a>

## SPECIAL INTERESTS CONTINUED

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2007-2008	<b>DANCE CAMP</b> <b>Teacher Gail Gonazlez-Coloyan</b> <b>Dance Styles: Step, Hip Hop, Jazz, Yoga and Hula</b> <b>June Jordan School for Equity   San Francisco, CA</b>
2007-2008	<b>LOCO BLOCO-CARNAVAL SAN FRANCISCO</b> <b>Artistic Director and Teacher Pedro Gomez</b> <b>Assistant Teacher Aura Urbina</b> <b>Dance Styles: Cuban Salsa, Merengue, Samba, and other Indigenous dance forms</b> <b>June Jordan School for Equity   San Francisco, CA</b>
2007-2008	<b>POETRY CLUB MEMBER</b> <b>June Jordan School for Equity   San Francisco, CA</b>
2007-2008	<b>UNITY CLUB MEMBER</b> <b>June Jordan School for Equity   San Francisco, CA</b>

## HONORS

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	<b>DEAN'S LIST</b>
2021-2023	<b>UW</b>
2014	<b>CCSF</b>

## CERTIFICATIONS

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2023	<b>GROUP FITNESS INSTRUCTOR</b> <b>National Academy of Sports Medicine   Gilbert, AZ</b>
2023	<b>TENSION &amp; TRAUMA RELEASE EXERCISE PROVIDER</b> <b>TRE®   Seattle, WA</b>
2022	<b>TRAUMA-INFORMED YOGA</b> <b>My Vinyasa Practice, LLC.   Austin, TX</b>
2021	<b>HELLO BROADWAY ACADEMY-MUSICAL THEATRE</b> <b>The Broadway Collective, Dance Coach Daniel Harder   New York City, NY</b>
2017	<b>OFFICIAL ZUMBA INSTRUCTOR</b> <b>Zumba Fitness, LLC.   Hallandale, FL</b>
2016	<b>BIOTECHNOLOGY LAB ASSISTANT AND BIOMANUFACTURING</b> <b>CCSF   San Francisco, CA</b>

## HIGHLIGHTED COLLEGE COURSES

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2021-2023

**UW**

**Course | Instructor**

- **UNDERSTANDING DANCE | Lucie Baker**
- **AFRICAN DANCE | Etienne Cakpo**
- **BUTOH | Diana Garcia-Snyder**
- **DANCE MAKING | Alana Isiguen**
- **STREET CLUB DANCES | Abdiel Jacobsen**
- **VERTICAL DANCE | Rachael Lincoln**
- **CONTEMP DANCE HISTORY | Juliet McMains**
- **AFRO-LATINX DANCE | Monica Rojas-Stewart**
- **CONTEMPORARY DANCE MAKING | Jennifer Salk**
- **ANATOMY FOR DANCE | Hannah Wiley**
- **BROADWAY MUSICAL | David Armstrong**

## SKILLS

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- PHOTOGRAPHY
- VIDEOGRAPHY
- SOCIAL MEDIA MANAGEMENT

## OUTSTANDING REFERENCES

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### PAULA PLESSAS-HALL

Dance Professor at CCSF  
 PIVOT Dance and Fitness Owner  
 Phone: (415)-452-7642 E-mail: pplessas@ccsf.edu

### LIZ ALLEN

Chief Marketing and Brand Officer at Exer Urgent Care  
 Phone: (415)-608-6116 E-mail: liziallen@gmail.com

### HANNAH WILEY

Dance Professor at UW  
 Phone: (206)-543-7536 E-mail: hcw@uw.edu