

Laura Careless is a UK born, New York based performing artist specialising in storytelling through dance and movement. She is a graduate of The Royal Ballet School, the Ecole-Atelier of Maurice Bejart and The Juilliard School Dance Division, from which she graduated with the John Erskine Prize for Artistic and Academic Excellence. This prestigious yet eclectic background has led to a unique performance career which has established Laura as "A marvellously sensual dramatic dancer" (New York Times), and "Consistently one of the most interesting and dramatically detailed dancers on New York's stages" (Broadway World).

Laura is a founding member and Principal Performer at [Company XIV](#), a multi-media production company which seamlessly blends dance with theatre, opera, circus, burlesque and opulent design in live performance and film. It is known for the original movement language which Laura has developed with Artistic Director Austin McCormick over a decade of collaboration. It combines courtly elegance and animal power in a way that is emotionally expressive and richly sensual. XIV has been nominated for Drama Desk Awards in 2014 and 2015 for Unique Theatrical Experience and Best Choreography respectively. In February 2017, she will appear in McCormick's choreography for *Rusalka* at The Metropolitan Opera.

Laura is the founder of Alchemy for Nomads, a company that advocates for re-connection with our original physical instincts through performances, workshops and online resources. She believes that the arts are a service, not a product, and is dedicated to making the ancient practices of dance and storytelling more available within a culture which trains us to mistrust the wisdom of our bodies from an early age. In addition to a sold-out New York City run in December 2016, her solo choreography has toured widely, from her appearance at St. Louis' Spring To Dance Festival to Italian rooftops, in fields, churches and university music halls. Her physical storytelling workshop, PRIMA MATERIA, launched in New York City in 2016 and will repeat this winter (www.primamateriaworkshop.com) along with the launch of a related series of downloadable movement meditations. This coming year, her work will be supported by residency and performance grants from Turkey Land Cove Foundation and The Church, Cooperstown.

A passionate educator, Laura has been on the faculty at Eliot Feld's [Ballet Tech](#), the New York Public School for Dance since 2008 and the Sitka Fine Arts Camp (winner of the NEA Creative Placemaking Grant) since 2012. Her commissioned choreography for the students of Ballet Tech premiered at The Joyce Theatre, NYC in June 2017. She has worked closely with professional and pre-professional artists of all disciplines at such prestigious institutions as Canadian Opera Company, The Park Avenue Armory, The Donmar Warehouse (UK), Theater For A New Audience, Broadway Dance Center, The Juilliard School and Circus Juventas. She led the dance faculty at Summer Performing Arts with Juilliard 2017 in Geneva, Switzerland.

When Laura is not indulging her nomadic tendencies, she lives in the woods outside Rhinebeck, NY with her husband, conductor Ryan McAdams and Sophie the cat.