

Chelsea Michel Gregory

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Contemplative Arts, Movement Education & Cultural Literacy

Academic Education

8/98- 5/02

New York University

B.A. **Community Empowerment & Creative Culture**

8/11-5/13

Naropa University

M.F.A. **Theater: Contemporary Performance**

Site-based Work

9/13-1/14

Naropa University/ Somatic Arts Concert

Boulder, CO

Guest Artist/ Collaborator

- Collaborated with Rae Johnson & Christine Caldwell (professors of Somatic Psychology) and a group of graduate students to develop a performance based on research of how the experience of oppression impacts the body.

August 2013

COREdance/ Sue Schroeder

Atlanta, GA

Guest Artist/ Movement Educator

- Facilitated the intensive "An Embodied Approach to Performance" integrating Body-Mind Centering and The Viewpoints (a contemplative approach to art-making) to support company members in their work.
- Facilitated the intensive "An Embodied Approach to Social Change" integrating Body-Mind Centering and Contemplative Movement Practice to deepen connections between embodied living & social change work.

4/12-12/13

The Carillon Assisted Living

Boulder, CO

Caregiver/ Wellness Coach

- Worked one-on-one with an elderly woman who suffers from vascular dementia to develop practices that support her mental and physical well-being as she learns to relate in a new way to the world around her.
- Facilitated meditation, visualization and contemplative movement practice, all of which lead to a marked improvement in client's ability to communicate and interact positively with her new environment.

August 2012

Insight Meditation Society

Barre, MA

Group Facilitator

- Facilitated the workshop "Contemplative Practice in Motion" integrating Body-Mind Centering and The Viewpoints (a contemplative approach to art-making) to support the meditation practice of retreat participants.

8/10-7/11

The Leadership Program/Alice Branch Family Center

Brooklyn, NY

Leadership Trainer (Arts, Well-being & Community Engagement)

- Collaborated with a social work intern to teach personal well-being & community engagement through the arts.
- Facilitated mindfulness and job readiness workshops with parents housed at this site as well as 2 other shelters.

1/07- 7/11

Arts/ The After-School Corporation (TASC)

NY, NY

Curriculum Developer/ Professional Development Facilitator

- Developed curriculum teaching personal empowerment, social justice & environmental awareness through arts.
- Trained teachers from diverse backgrounds on arts-based approaches to personal & community empowerment.

July 2009

Cornerstone Theater Company

Eureka, CA

Summer Institute/ Movement Assistant

- Recruited participants of all ages and backgrounds to join in the development of a community-engaged play.
- Facilitated movement practice and developed choreography with diverse community members ages 12 to 67.

7/05- 3/09

Next Wave of Women/ We Got Issues

throughout the US

Performer/ Choreographer/ Facilitator

- Toured the US with performances & workshops that support diverse women as empowered community leaders.
- Facilitated meditation and visualization practices as part of personal empowerment work for women leaders.

Privilege Work, Diversity & Cultural Literacy Workshops

- Columbia University/ Eradicating Racism “Privilege & Cultural Literacy in Campus Organizing” 2/06
- Bioneers Conference/ Eradicating Racism “Engaging Diverse Stakeholders in Community Organizing” 5/06
- CODE Pink/ Common Ground Collective “Privilege & Accountability in Post-Katrina Relief Work” 9/06
- Hofstra University/ Eradicating Racism “Intersecting Identities: Gender & Racial Healing” 3/07
- Beyond the Pale/ People’s Institute for Survival & Beyond “Race, Identity & Documentary Theater” 3/07
- UMASS Amherst/ Arts & Social Justice Intensive “Arts as a Vehicle for Racial Healing” 7/07
- RACE Exhibit/ Liberty Science Center “Circle Process in Dialogue Around Racial Healing” 2/08
- 7th Ward Cultural Center/ V to the 10th “The 6 Project/ Arts & Racial Healing” 4/08
- White Privilege Conference “The 6 Project: Race & Identity in the Jena 6 Case” 3/08
- Hampshire College “The 6 Project: Documentary Theater & Racial Healing” 6/08
- CODE Pink/ Eradicating Racism, Eve of the Inauguration Gathering “Race & Identity in Organizing Work” 1/09
- Seton Hall University/ DiverseCity Consulting “The 6 Project: Documentary Theater & Racial Healing” 5/09
- White Privilege Conference “The 6 Project: Documentary Theater & Racial Healing” 3/10
- La Pena Cultural Center “The 6 Project: Documentary Theater & Racial Healing” 5/10
- White Privilege Conference “Family Stories as a Point of Entry into Racial Healing” 3/11
- Culture Project “The 6 Project: Documentary Theater & Racial Healing” 4/11
- Georgia Perimeter College “The 6 Project: Documentary Theater & Racial Healing” 5/11

Published Writings on Diversity and Cultural Literacy

- “White Girl Activist Serenity Prayer,” We Got Issues: A Young Woman’s Guide to a Bold, Empowered and Courageous Life <http://www.amazon.com/We-Got-Issues-Courageous-Empowered/dp/1930722729>
- “Performance as a Vehicle for Racial Healing,” Occupying Privilege <https://www.createspace.com/3813064>

Formal Training in Contemplative Practice

Insight Meditation Society

- April 2009 “Befriending the Processes of Life” Retreat with Tara Brach et al
- August 2009 “Deepening Practice” Retreat with Chas DiCapua et al
- May 2010 “Metta Retreat: Cultivating Lovingkindness” Retreat with Rebecca Bradshaw et al
- October 2010 “Opening to the Path’s Unfolding” Retreat with Spring Washam et al

Naropa University

- August 2011-May 2012 “Samatha Vipassana: Meditation Practicum” Levels 1 & 2
- January 2012-December 2013 “Contemplative Dance Practice” Levels 1 & 2
- July 2013 “Dance Art Lab” Contemplative Movement Intensive

Formal Training in Privilege Work, Diversity and Cultural Literacy

- Urban Bush Women/ People’s Institute for Survival & Beyond “Undoing Racism for Artists” 7/06
- People’s Institute for Survival & Beyond “Undoing Racism Intensive” 9/07
- Liberty Science Center RACE Exhibit Facilitator Training, “Circle Processes for Racial Healing” 1/08
- White Privilege Conference 9 “Critical Liberation Praxis: Creating Transformation for Social Justice” 3/08
- White Privilege Conference 11 “Health Inequities: Strategy, Action, Liberation” 3/10
- White Privilege Conference 12 “Whose Land? Define Citizenship, Understand Access, Take Action” 3/11