



Kei Tsuruharatani (she/they)

Dance Artist | Movement & Mindfulness Educator

I am an artist and educator with a passion for creating movement practices that embrace softness and sensitivity rather than hardness and accumulation. This approach comes from my deep personal practice of mindfulness, Feldenkrais, Noguchi exercise, and dance training. I want to use my artistry to challenge traditional notions of what it means to be a dancer. I believe that dance can help us to cultivate a more embodied, present, and compassionate way of being in the world.

Contact

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Website

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Education

2021

B.A. Dance and Theater
SUNY Empire State College

Mindfulness Based Stress Reaction (MBSR) Teacher Qualification

Mindfulness Center at Brown University

2016

300 hr Mindfulness Meditation Teacher Certification
MNDFL, NYC

Language

Japanese

English

Teaching Experience

2017 - 2023

Freelance

Mindfulness Educator

- Entertainment Community Fund (formally the Actors Fund) | NYC | 2017 - present
- BIPOC 8-week MBSR course, the Actors Fund | NYC (online) | 2021
- Russell Mindful Entertainment | Japan (online) | 2021 - 2022
- 4-week Trans Non-Binary Mindfulness Group | NYC (online) | 2021
- Jen Waldman Studio | NYC (online) | 2021
- Innovative Voice Studio | NYC (online) | 2020
- Studio Yoggie | Japan | 2018, 2019
- MNDFL | NYC | 2017 - 2019
- Mindfulness on Broadway | 2017, 2019
- American Repertory Theater | Cambridge, MA | 2018, 2021

2003 - 2023

Freelance

Guest Dance Faculty

- Summer Performing Arts with Juilliard | NY (online) | 2021
- Jaconelli Theater Workshop | UK (online) | 2020
- Princeton University | NJ | 2020
- University of Wisconsin | WI | 2014
- Free Way Dance Studio | Osaka, Japan | 2003 - 2014

2013

Abilene Christian University | Abilene, TX
Dance Adjunct Professor

Writing Experience

2022

Tricycle Magazine | Remote

Freelance Writer

- [Hair Hair](#) (June 01, 2022)
- [Practicing Dāna, Śīla, and Bhāvanā as I Transition](#) (August 18, 2022)

Performance Experience (AEA, SAG-AFTRA)

2005 - 2023

- Jagged Little Pill (Original Broadway Cast) | NYC | 2019 -
- Miss Saigon (Original Broadway Revival Cast) | NYC | 2017 - 2018
- The King and I at Lincoln Center (Original Broadway Revival Cast) | NYC | 2015 - 2016
- The Metropolitan Opera (Dancer) | NYC | 2010 - 2016

Reference

Diane Paulus

Artistic Director, A.R.T. at Harvard

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Gwendolyn Walker

Assistant Professor, Penn State University

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