

JASON VU

b. 1995 in Fremont, California (he/him/they/them)

Jason Vu is a non-binary Vietnamese American dance artist and movement wellness practitioner. A researcher in dance, touch, trauma-informed healing, and eastern philosophies of mindfulness and meditation, Vu creates practices and performances that ritualize non-oppressive ways of knowing, doing, and becoming. As a professor at University of the Arts and a wellness coach in Philadelphia, he facilitates creative and educational spaces for people to embody relationships led by compassion, sustainability, and collectivity. His work centers on mutuality, nourishing the individual with a sense of wholeness and curiosity as they enter into communal practices of interdependence and connection. As a performing artist, Jason has toured 48 cities through the U.S. and Europe dancing for singer Melanie Martinez and Dana Foglia Dance, internationally recognized for its innovation in contemporary dance and contributing choreography to Beyoncé’s performances in film, TV, and live performance. His dance film “Princess” has screened at festivals in the UK, Canada, New York, LA, and New Orleans, and is streaming globally on Nowness Asia.

EDUCATION

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| 2013-17 | Brown University, Providence, RI
B.A. Health and Human Biology: Dance as an Alternative Form of Healing |
| 2021-23 | University of the Arts, Philadelphia, PA
M.F.A. Candidate, Dance |

TEACHING, RESEARCH, AND CREATIVE DIRECTION

Dance and Embodied Wellness Instructor

Offers group workshops and private movement sessions that offer dancerly techniques, trauma-informed somatic practices, and sociocultural frameworks to build critical awareness of corporal oppression and co-create a community for individual and collective healing. Structure involves meditation, yoga, scaffolding anatomical awareness, touch, and dance.

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| 2021-Present | Adjunct Assistant Professor
University of the Arts Philadelphia
Undergraduate Courses: Research Module: Mindfulness, Touch, & Authentic Movement
Sophomore Studio Practice - Contemporary/Modern Dance, Yoga, Pilates
Performance Pedagogies
Senior Thesis Workshop
Languaging Dance & Thinking Choreography |
| 2021-Present | Independently Produced Classes - Contemporary Dance and Movement Research
Ripley Grier Studios NYC |
| 2020 | Yoga Instructor - “Yoga for Functional Embodiment”
Online via Zoom |
| 2019-20 | Guest Instructor - Contemporary Dance and Movement Research
Full-Out Studios Oakland, CA |
| 2019 | Masterclass Instructor - Professional Development in Performance and Contemporary Dance
Bay Area Dance School Los Altos, CA |

- 2019 Guest Instructor and Choreographer - Contemporary Dance and Movement Research
Sacred Hearts Schools Atherton | Atherton, CA
- 2019 3-Day Intensive Director and Lead Instructor - Contemporary Dance and Movement Research
Impulse Dance Company | Providence, RI
- 2018-19 Faculty - Ballet, Hip-Hop, Jazz, Jazz-Funk, Contemporary Dance and Movement Research
Elite Dance Studio | Rolling Hills Estates, CA
- 2013-17 Company Choreographer and Instructor - Hip-Hop, Jazz-Funk, Contemporary Dance
Fusion Dance Company | Providence, RI
- 2013-17 Company Choreographer and Instructor - Hip-Hop, Jazz-Funk, and Contemporary Dance
Impulse Dance Company | Providence, RI
- 2012-13 / 2015 Instructor and Choreographer - Jazz-Funk and Contemporary Dance
Mission Dance & Performing Arts | Fremont, CA

PERFORMANCE CREDITS (selected)

- 2021 *Daybreak*, dance film, directed by Charles Slender White | FACT/SF & Haven Screening
- 2020 *Dana Foglia Dance*, evening length work, directed by Dana Foglia | Ailey Citigroup Theater, New York
- 2019-20 *Melanie Martinez: The K-12 Tour*, live music performance, directed by Brian Friedman | US & Europe tour
- 2019 *Beyonce: "Black is King"*, skeleton crew film, directed by Dana Foglia | West Coast Dance Theatre, Los Angeles
- 2019 *Melanie Martinez: "Strawberry Shortcake"*, television performance, directed by Brian Friedman | Jimmy Kimmel Live!
- 2019 *Paula Abdul: Billboard Awards*, skeleton crew film, choreographed by Nika Kljun | 3rd Street Dance, Los Angeles
- 2019 *New Movement Residency*, film recording, directed by Tony Testa | University of Southern California, Los Angeles
- 2019 *Valerj Pobega 'Kabuki in Berlin'*, site-specific performance, directed by Charissa Kroeger | The Badd House, Los Angeles
- 2019 *Luxury Problems*, dance film, directed by Dana Foglia | Los Angeles
- 2019 *Pleasure*, dance film, directed by Dana Foglia | Los Angeles
- 2019 *Dana Foglia Dance*, evening length work, directed by Dana Foglia | Movement Lifestyle, Los Angeles
- 2018 *Dana Foglia Dance*, evening length work, directed by Dana Foglia | Actors Gang, Los Angeles
- 2018 *Paris By Night 126*, television performance, directed by Shanda Sawyer | Mystic Lake Casino, Minneapolis

CHOREOGRAPHY (selected)

- 2022 *i had a vision a tree erupted from my heart*, solo directed and performed by Jason Vu in collaboration with Paul Matteson, in residency at University of the Arts
- 2021 *Princess*, dance film, directed by Jason Vu and B Gosse, original score by Amanda Yamate
Selections & Screenings: Leeds International Film Festival 2021, New Orleans Film Festival 2021, NewFest LGBT Film Festival 2021 | Los Angeles Diversity Film Festival 2021 | Festival of Recorded Movement 2021 | Streaming on Nowness.asia

- 2019 *qwe're*, theatrical choreography, produced in residency with Brockus Project Studios | performed at Brockus Project Studios in Los Angeles, CA
- 2017 *We Live Like Water*, evening length work, produced with the Brown Arts Initiative | performed at The Granoff Center in Providence, RI
- 2017 *Polychrome Plastics*, theatrical choreography for Fusion Dance Company | performed at Alumni Hall in Providence, RI
- 2017 *Are We On A...?*, theatrical choreography for Impulse Dance Company | performed at Alumni Hall in Providence, RI
- 2016 *A Chorus Line*, reimagined original Broadway choreography by Michael Bennett and Bob Avian for PW Theatre | performed at Production Workshop Theatre in Providence, RI
- 2016 *Darling, Who Am I For You?*, theatrical choreography for Fusion Dance Company | performed at Alumni Hall and Stuart Theatre in Providence, RI

REHEARSAL DIRECTION

- 2021 *Democracy*, Choreography by Doug Varone, Restaged by Aya Wilson as performance project at University of the Arts | performed at the Annenberg Center in Philadelphia, PA
- 2021 *we do*, Choreography by Jenn Nugent for performance project at University of the Arts | performed at FringeArts in Philadelphia, PA

Academic Research and Course Development

- 2020 *Dance and Movement Therapy Interventions Researcher*
Public Health + Theater and Performance Studies Department, Brown University, Providence, RI
 Developed the interventions manual and white paper report to disseminate Brown University's dance therapy program DAPpers (Dance for All People). Contributed in critical discussion to assess the psychosocial and physiological determinants of health in the aging and Parkinson's disease population. Conducted an overview of existing research in Dance and Movement Therapy publications and sourced personal/anecdotal experience as one of DAPpers dance teachers to ascertain which embodied and community-centered pedagogies are crucial to the success of the DAPpers health intervention.
- 2015-16 *Undergraduate Research and Teaching Assistant*
Course: TAPS 1281W - Artists and Scientists as Partners | Prof: Julie Strandberg and Rachel Balaban
Theater and Performance Studies Department, Brown University, Providence, RI
 Developed course design and curriculum for Brown University undergraduate course "Artists and Scientists as Partners". Guided students in discussing implementations of ethnography, mindfulness, dance pedagogy, musicology, and public health research to establish funding and support for recurring DAPpers classes. Instructed ballet and movement improvisation in recurring DAPpers classes to encourage neuro physical development and community support for people with neurological and aging disorders.

Creative Direction

- 2018-19 *Artistic Director*
Evolution Dance Company at Elite Dance Studios, Rolling Hills Estates, CA
 Led all creative and administrative direction for youth dancers (age 7-14) in dance curriculum including ballet, jazz, hip-hop, and contemporary improvisation and focusing on individual artistic development and

mind-body well-being. Choreographed 21 performance works to compete at regional and national competitions, receiving acclaimed awards at all events.

- 2015-16 *Executive Co-Director (partnership w/ Jason Addy)*
Impulse Dance Company at Brown University, Providence, RI
- Oversaw all artistic direction of evening length concert *RUN(A)WAY* (2016) to fully sold-out performances and managed all administrative roles for company performances, rehearsals, workshops, fundraisers, social events, and business correspondences. Primary focus on building Impulse as a Providence's leading Hip-Hop dance company centered on BIPOC community, anti-racist practices, and queer-affirming values.

RESIDENCIES, GRANTS, AWARDS

- 2021 *MFA Tuition Fellowship University of the Arts*
- 2021 *HAVEN Fact/SF Dance Mentorship Scholarship*
- 2020 *Brockus Project Studios SHIFT/west Residency*
- 2017 *Brown Arts Initiative Grant*

ADDITIONAL TRAINING & CREDENTIALS

- 2022 *Pilates Mat Certification, University of the Arts, instructed by Patricia Dominguez*
- 2021 *HAVEN + Fact/SF Dance Mentorship, directed by Lillian Barbeito and Charles Slender-White*
- 2020 *200 Hour Certified Yoga Teacher Training, Yoga Farm Ithaca*
- 2020 *Motus Dance Company, dance mentorship program, instructed by Diana Matos*
- 2019 *No)one Art House CIPHER, instructed by Chris Emile*
- 2018 *Ate9 Winter Intensive, instructed by Danielle Agami*
- 2018 *Dana Foglia Dance Summer Mentorship Season 5, dance intensive, instructed by Dana Foglia, Jose "Boyboi" Tena, and Lisa Ebeyer*
- 2018 *The Gypsy Project, dance intensive, instructed by Erica Sobol, Tilman O'Donnell, Spenser Theberge, Jermaine Spivey, Adi Salant, Medhi Walerski*
- 2017 *Dana Foglia Dance Summer Mentorship Season 4, dance intensive, instructed by Dana Foglia, Jose "Boyboi" Tena, and Lisa Ebeyer*
- 2015 *Broadway Dance Center Summer Professional Semester*