

ADELE NICKEL

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EDUCATION

- 2021-2022 **Sam Houston State University:** 18 credits of Ed.D. coursework, Higher Education Leadership program
- 2019 **University of Washington:** Master of Fine Arts in Dance
- 2015 **Riverside Initiative for the Alexander Technique:** Teacher Certification
- 2013-17 **The Breathing Project:** Certificate of completion, two-year course in Embodied Anatomy & Kinesiology plus additional courses in developmental movement, Body-Mind Centering, Laban Movement Analysis, Bartenieff Fundamentals & Proprioceptive Neuromuscular Facilitation (with Amy Matthews)
- 2002-04 **The New School University:** Bachelor of Arts, Writing Concentration
- 2000-02 **University of Oregon, Clark Honors College**

UNIVERSITY AND COLLEGE TEACHING (FACULTY)

- 2022-present **Sam Houston State University,** Huntsville, TX, Assistant Professor
Assigned courses (over 2-year cycle):
Intermediate/Advanced Ballet Technique
Intermediate/Advanced Contemporary Technique
Anatomy & Kinesiology for Dancers
Choreography I, II & III
Dance Criticism & Analysis
Graduate Seminar in Somatics
Graduate Theory of Dance
- 2019-22 **Sam Houston State University,** Huntsville, TX, Visiting Assistant Professor
(courses: same as above)
- 2023 **University of Oklahoma,** Norman, OK, Summer Intensive Faculty
Modern Dance & Somatic Techniques
Composition
- 2017-19 **University of Washington,** Seattle, WA, Predoctoral Lecturer
Instructor of Record:
Advanced, Intermediate & Beginning Ballet
Advanced, Intermediate & Beginning Modern Dance
Introduction to Dance
Alexander Technique for Dancers

Advanced Teaching Methods
Teaching Assistant:
Understanding Dance (online course)

- 2016-17 **American Academy of Dramatic Arts**, New York, NY, Faculty Member
Alexander Technique I & II
- 2014 **Western Washington University**, Bellingham, WA, Summer Faculty

ADDITIONAL TEACHING (DANCE):

- 2025 **Key West Modern Dance**, Key West, FL
Summer Intensive Faculty
- 2025, 2024,
2023 **Whirlwind Dance Company**, Columbus, OH
Company Class / Guest Artist
- 2024 **Texas Dance Improvisation Festival**, Denton, TX
Contents & Containers: A Somatics Approach to Improvisation
- 2024, 2023,
2022 **Skidmore College**, Saratoga Springs, NY, Guest Artist
Choreography Workshop/Creation
Somatic Approaches to Contemporary Technique
- 2022 **Texas Dance Improvisation Festival**, San Marcos, TX
Improvising with Objects
- 2019 **Dance Fremont**, Seattle, WA
Advanced Ballet for ages 14-18
- 2016-17 **Gibney Dance**, New York, NY, Freelance Teacher
Professional Ballet
- 2015, 2012 **Summer Dance Lab**, Walla Walla, WA
Advanced, Intermediate & Beginning Modern
Anatomy for Dancers
- 2014 **Tisch School of the Arts Summer Intensive**, NYU, New York, NY
Liz Gerring Dance Company Repertory
- 2014 **Pomona College**, Pomona, CA, Master Class Teacher
Ballet and the Alexander Technique
- 2014 **Bryn Mawr College**, Bryn Mawr, PA, Master Class Teacher
Modern Technique & Liz Gerring Repertory

- 2012 **Jacob's Pillow**, Beckett, MA, Master Class Teacher
Modern Technique & Liz Gerring Repertory
- 2006-08 **Battery Dance/Dancing to Connect**, New York, NY, Teaching Artist
Ballet, Modern & Composition for high school students with no formal
dance training. Projects in Germany, Japan, India, Sri Lanka, Cambodia, Taiwan,
Philippines, Poland, Turkey & Azerbaijan

ADDITIONAL TEACHING (SOMATICS & ANATOMY):

- 2023-present **Private & Group Alexander Technique + CranioSacral Therapy**, Houston, TX
- 2023 **Dance Source Houston Wellness Program**, Houston, TX
Alexander Technique for Health & Wellness
- 2015-2019 **Private Alexander Technique lessons** New York, NY and Seattle, WA
- 2016-17 **Movement Research**, New York, NY, Somatics Faculty
- 2015-17 **Riverside Initiative for the Alexander Technique**, New York, NY, Faculty
Associate Assistant Director:
Embodied Anatomy (developed 2-year curriculum)
“Flipped Classroom” anatomy of the spine (developed interactive online course)
Developmental Movement Workshops

CHOREOGRAPHY

- 2026 [How to Play Together](#), Spectrum Dance Concert, Huntsville, TX
- 2025 [Framing](#), 12MM Festival / DiverseWorks, Houston, TX
Also presented at:
Texas Dance Improvisation Festival, Huntsville, TX (October 2025)
Mind the Gap Festival, Houston, TX (May 2026)
- 2025 [Star Power](#), Barnstorm Dance Festival, Houston, TX
- 2025 [Aria + Ensemble](#), BAM @ Columbus Museum of Art, Columbus, OH
co-presented by Whirlwind Dance Company
- 2025 [Color Coding](#), Spectrum Dance Concert, Huntsville, TX
- 2024 [Libretto](#), Whirlwind Dance Company, Columbus, OH
Also presented at:
Mind The Gap Festival 36, Houston, TX (September 2025)
Small Plates Dance Festival, Austin, TX (September 2025)

- 2024 [*Concrete Work*](#) (dance film), Spectrum Dance Concert, Huntsville, TX
- 2024 [*The Spell*](#), Spectrum Dance Concert, Huntsville, TX
- 2023 [*Steps*](#), Skidmore Dance Concert, Saratoga Springs, NY
- 2023 [*Men at Work*](#), Spectrum Dance Concert, Huntsville, TX
- 2022 [*Women's Work*](#), Spectrum Dance Concert, Huntsville, TX
- 2022 [*Loose Ribbons*](#), Spectrum Dance Concert, Huntsville, TX
Also restaged and performed at 2024 ACDA gala concert
- 2022 *Landscape*, University of Oklahoma, Norman, OK
- 2021 [*Bow and Curtsy*](#), Mind the Gap Festival, Houston, TX
- 2021 [*Natural Selection*](#), Spectrum Dance Concert, Huntsville, TX
- 2021 [*To Thine Own Self*](#) (dance film), Spectrum Dance Concert, Huntsville, TX
- 2021 [*Susan*](#), Whirlwind Dance Company, Houston, TX
- 2020 [*Fieldwork*](#) (dance film), Spectrum Dance Concert, Huntsville, TX
(also presented at 2023 Women in Dance International Film Festival in Toyko)
- 2020 [*Vita Activa*](#), UW Dance Presents, Seattle, WA
- 2019 [*Forecast*](#), Spectrum Dance Concert, Huntsville, TX
- 2019 *Labor Study*, 7-Day Dance Festival, Bellingham, WA
- 2019 [*Roxane*](#), MFA Concert, University of Washington, Seattle, WA
- 2018 [*Flocks are Flying Avalanches*](#), MFA Concert, University of Washington
- 2017-19 **The Shed Project**, performance/installation with sculptor Connor Walden:
[*Deconstruction Demonstration*](#), Seattle, WA
[*\(re\)Construction*](#), Bellingham, WA
[*Times 3*](#), Seattle, WA
[*Fastening*](#), Bellingham, WA
To Ashes, Seattle, WA

PERFORMING

2025-current **Solo Projects** (Re:Spring/Exit Stage Left), Huntsville & Houston, TX

2025	Lower Left Performance Collective , Marfa, TX
2021-24	Form Believers , Houston, TX; Marfa, TX; Saratoga Springs, NY
2019-20	Objectx , Seattle, WA; Houston, TX
2017-19	Chamber Dance Company , Seattle, WA Hannah C. Wiley, Artistic Director Master works by Brian Brooks, Lucinda Childs, Susan Marshall, Kate Weare
2008-15	Liz Gerring Dance Company , New York, NY Performed original roles in <i>Glacier</i> (nominated for a Bessie Award), <i>She Dreams in Code</i> and <i>Clearing/Lichtung</i>
2015-17	Annie-B Parson/St. Vincent , New York, NY and Los Angeles, CA Performed original choreography in Grammy Award-winning tours: <i>Digital Witness</i> and <i>Fear the Future</i>
2017	Yvonne Rainer & David Michalek , New York, NY <i>Slow Dancing/Trio A</i> original film
2016	Pat Catterson & Dancers , New York, NY
2010-11	Peridance Ensemble , New York, NY and Washington, D.C.
2009	Sarah Michelson , New York, NY Performed original role in <i>Dover Beach</i>
2007-09	CorbinDances , New York, NY Patrick Corbin, Choreographer
2007-08	WHY Tour , Italy and Israel Daniel Ezralow, Artistic Director
2006-08	Battery Dance Company , New York, NY and abroad Jonathan Hollander, Choreographer Performed at the Battery Dance Festival and on U.S. State Department-funded tours to Europe, East Asia and the Middle East
2008	ArmitageGone! , New York, NY Karole Armitage, Choreographer
2005	Noemie LaFrance/Sens Productions , Brooklyn, NY

PUBLICATIONS

- 2024 ***Safety, Connection & Learning: A Polyvagal Theory Framework for Dance Education***, Co-Author
Journal of Dance Education, September 2024
Also included in JODE's Special Collection titled "Pedagogies of Care & Trauma-Informed Teaching in Dance Education," November 2025
- 2003-06 ***The Village Voice***, New York, NY, Contributing Dance Writer
["Janus-Faced Dances, Interrupted, Look Forward and Back"](#)
["Reducing Laundry to Ludicrousness & Other Adventures in Billyburg"](#)
["Technical Glitches Dog God-Inspired Dance Festival"](#)
"Dance Review: STREB's *S.L.A.M.*"
"Women Make Moves in Black Underwear, Florescent Wigs & Duct Tape"
"Canadian Dancers Cavort in a Series of Underdone Choreographies"
["Dance Review: The Radio City Christmas Spectacular"](#)
["Dance Review: Noemie LaFrance's Descent"](#)
["Witchel Celebrates 10 Years, Premieres, and a Superstar"](#)

CONFERENCE PRESENTATIONS

- 2026 ***Together We Regulate: Contact Improvisation as a Somatic Practice for Relational Care and Career Longevity***
Dance Science & Somatics Educators Conference, Salt Lake City, UT
- 2024 ***Safety, Connection & Learning: A Polyvagal Theory Framework for Dance Education***
National Dance Educators Organization (NDEO) Conference, Bellevue, WA
- 2024 ***Looking Back, Stepping Forward: Redefining Ballet***
National Dance Educators Organization (NDEO) Conference, Bellevue, WA
- 2024 ***Safety, Connection & Learning: A Polyvagal Theory Framework for Dance Education***
Dance Science & Somatics Educators Conference, Detroit, MI
- 2024 **American College Dance Association** Annual Conference, Austin, TX
Somatic Approaches to Contemporary Technique
- 2023 **American College Dance Association** Annual Conference, Huntsville, TX
"Sweaty Somatics"

- 2022 ***Objectx: A Tool for Generating Creative Material & Collaboration***
Texas Dance Improvisation Festival, San Marcos, TX
- 2022 ***Objectx: Embodied Research in Dance***
SHSU Scholarly Innovation Summit, Huntsville, TX
- 2021 ***Objectx: A Pedagogical Practice towards Decolonizing the Academy***
Dance Studies Association Conference, Rutgers University, New Brunswick, NJ
- 2021 ***Inspiring Empathy and Connection: Polyvagal Theory in Dance Education***
Dance Science & Somatics Educators Conference; online due to COVID-19
- 2020 ***Dancing Across Disciplines: How Learners Shift Sense-Making Through Salsa***
American Educators Research Association Conference; online due to COVID-19
- 2018 ***When Dancing is Thinking: Reclaiming the Intellectual Value of Embodied Practices***
National Dance Educators Organization (NDEO) Conference, San Diego, CA
- 2018 ***Constellations in Choreopolitics: Dancers' Experiences of Freedom***
Graduate Research Symposium, University of Washington, Seattle, WA
- 2018 ***When Dancing is Thinking: Reclaiming the Intellectual Value of Embodied Practice***
Dance Science & Somatics Educators (DSSE) Conference, Buffalo, NY

INTERVIEWS & PODCASTS

- 2025 **Let's Go There Podcast:** [*Surviving the Stage, A Story of Dance & Healing*](#)
Featured Guest
- 2025 **Q&A with Jeanine Durning** and cast members of *The Invitation Situation*
Post-show Moderator, MATCH Houston
- 2025 **Book Talk with Clare Croft** on her new release *Jill Johnston In Motion*
Moderator, Basket Books, Houston, TX
- 2024 **Dance Teacher+ "Teacher Talk":** [*Incorporating Somatic Practices in Dance Classes*](#), Interview & Discussion with Ami Schulman
- 2019 **DanceWell Podcast,** [*Episode 48: "Posture of Choice"*](#)
Featured Speaker

SERVICE

- 2019-present **Sam Houston State University**, Huntsville, TX

Advisor to 25+ dance majors per semester (since 2022)
 Academic Success Center Advisory Council (since 2022)
 Autism Unites Department Liaison (since 2025)
 College of Arts & Media (CAM) Curriculum Committee (since 2024)
 CAM Equity, Diversity & Inclusion Committee (2021-23 only)
 HAVEN Advocate & Ally for LGBTQ students (2022-23 only)
 Independent study facilitator at graduate and undergraduate levels
 MFA Thesis Committees (since 2021) & Committee Chair (since 2022)
 Newton Gresham Library Liaison to Department of Dance
 “Sophomore Gate” choreography mentor
 Search Committee Member (Assistant Professor, 2025; Associate Dean 2025)
 Recruitment Activities (annual Saturdays @ Sam; Majors Fairs; Day of Dance)
 Writing Enhancement Committee (since 2022)

- 2021-present **Texas Dance Improvisation Festival**
 Festival Host (2021, 2025)
 Advisory Committee Member
- 2017-23 **American Society of the Alexander Technique (AmSAT)**
 Member of AT Diversity Coalition
- 2020 **University of Washington, Seattle, WA**
 MFA Thesis Committee member
- 2017-19 **University of Washington, Seattle, WA**
 Undergraduate choreography advising, warm-up classes for student concerts, Dance
 Student Association mentoring

HONORS AND AWARDS

- 2024-25 **Artist in Residence** for 2024-25 Season
 Dance Source Houston, Houston, TX
- 2017-18 **Teaching Assistantship & Full Tuition Waiver**
 University of Washington, Seattle, WA
- 2014-15 **Judy Feldman Memorial Scholarship** for Excellence in Multi-Disciplinary Study
 The Breathing Project, NYC
- 2013 **Bessie Nomination for “Outstanding Production”**
 For Liz Gerring’s *Glacier*, New York, NY

PROFESSIONAL AFFILIATIONS

American Society for the Alexander Technique

Dance Science & Somatics Educators
Dance Source Houston
International Association for Dance Medicine & Science
National Dance Education Organization

Cranio training module?
Osteo clinic