

# KEISA PARRISH

## KEISA PARRISH BIO



**KEISA PARRISH** began her training in dance in Los Angeles CA under the direction of 3 amazing teachers; Paul and Arlene Kennedy of the infamous tap studio, Universal Dance Designs which lended her the opportunity to perform with Michael Jackson; Cyd Glover-Hill of Art in Motion and Karon Brown Lehman at LA County High School of the Arts.

While earning a BFA degree from Fordham University's joint program with The Ailey® School, she became a Radio City Rockette, performing in the Christmas Spectacular, doing print ads for Bloomingdale's and making special appearances all over the Tri-State area. Keisa has been teaching and choreographing for the past 23 years and judging dance competitions for the last 15 years. Her various schools and organizations include Harlem School of the Arts, where she was also the Assistant Dance Director, Next Step Broadway, where she was manager and Assistant Artistic Director, Elite Dance Challenge Competition, Pathway to the Arts, (E)motion by Design, Hal Jackson's Talented Teens International Competition, Dancers Inc. Competition, The Rockette Experience as well as many other dance studios in the Tri-State area.

She is also Yoga/Pilates/TRX certified, who's been featured in Fitness Magazine, on Pix 11 Morning News, and BuzzFeed, and had been teaching classes/workshops for great companies such as YogaWorks and Clay Gym for over 10 years. Colgate Palmolive has hired her to teach their global leaders "How to use Mindfulness to Alleviate Stress," while The Covenant House hired her to teach "Exercising & Eating Your Stress Away." Keisa is the Founder of Luebirta and Kaleonani, a performing arts and wellness company that strives to educate, empower and guide communities to be their best selves.