

Zenon Dance Zone  
Winter/Spring 2022  
Choreographer

## Javan Mngrezzo.



**Javan Mngrezzo** (he/him) recently relocated to Minnesota by way of Portland, OR. He graduated from Western Oregon University in three years, magna cum laude, with a Bachelor of Science in Dance and Sociology. Javan currently dances with Black Label Movement and Analog Dance Works, and has been a company dancer with Threads Dance Project, BodyVox, and Rainbow Dance Theatre. He has also had the privilege of performing as a guest artist for numerous companies such as Heidi Duckler Dance, Cynthia Gutierrez's Company Movimiento, and Dar Vejon Jones Dance Ensemble [DJDE]. Javan has taught at dozens of Oregon studios, including at Bodyvox, Northwest Dance Project, and Shaun Keylock Studios, and is a certified instructor of The Ellové Technique®. Teaching is one of his greatest passions and he hopes to both provide growth through challenge yet also create spaces where anyone can access and share in the love of dance!

### **WORK DESCRIPTION**

In Javan's work, dancers can expect large and spacious movements that utilize lots of floorwork and spiraling mixed into his very contemporary style. There will be a healthy mix of smaller nuanced movements that will serve to truly tie everything together. The work will allow for the welcoming of character building and artistic exploration. In addition to the physically focused work, there will be some research work on the topic of confidence, and this will become a component of shaping and guiding the final creation. Kneepads will be helpful in the creation process and the only other requests are that you bring an openness to trying something new and your love of dance!

### **REHEARSALS**

Tuesday: 7:00-8:30pm in-person in Studio 4B at Zenon Dance School.  
Rehearsals begin: February 8