

**ELLA TIGHE - Independent Dance Artist & Yoga Teacher - CV
Bradford**

WWW.ELLATIGHE.COM / WWW.PRACTICEWITHELLA.CO.UK

PHONE NUMBER: 07753105359

EMAIL: ellatighe@hotmail.com

D.O.B: 28/09/1992



EDUCATION

First Class Degree in BA (Hons) Dance Making and Performance,
Coventry University, (2012 – 2015)

Distinction in MA Performance Practices, ArtEZ University of the Arts
The Netherlands, (2019-2021)

Yoga Teaching qualifications: 200 Hours Ashtanga Yoga Teacher, Vinyoga School Cov, 50 hours Rocket
Yoga & 50 hours Mandala Vinyasa Yoga with The Yoga People, 30 hours Advanced Yoga Teacher
Training with Mark Kan, training in Tripsichore Yoga with Edward Clark

DANCE/PERFORMANCE WORKS

2023 - *Disco Queen*, In development - partners Mind The Gap Bradford, The Civic Barnsley, The Place -
an autobiographical solo about growing up as a freestyle disco dancer

2023 - Creative Labs Commission, East Street Arts/University of Leeds, Leeds

2022 - Oct - The Power of Collaboration Exhibition, Treehouse NDSM, Amsterdam

2022 - Sep- SURRENDER, Spill Yer Tea, Liverpool

2022 - Jun - [SIMULTANEOUSLY](#) - A live expanded radio practice, Radio Worm Rotterdam

2022- Jun – FORMLESS, with musician Nikkie Kemp, Roset The Netherlands

2022 – Mar - [SIMULTANEOUSLY](#) - A Collaboration between Ella Tighe & Antrianna Moutoula; experiments
in performing different works, processes and practices at the same time, performed at studio 307
Manchester & x church Lincoln

2022 – Feb – SURRENDER, No Dress Code, Yorkshire Dance 2022 – Jan – Radical Ripples Webinar,
University of Chester

2021 - May – The Hospitality of Surrender – FORMLESS, with Nikkie Kemp, Home of Performance
Practices, The Netherlands

2021 - FOLD//ER – online desktop performance, Tramshed London

2020 Oct – Repeat, Take it bend it or leave it festival, The Netherlands

2020 - Aug – SIMULTANEOUS TALKING with Antrianna Moutoula, NEXUS Festival, Amsterdam

2020 - Jun - SIMULTANEOUSLY (*women women women, are you an insect or a frog, I vacuumed the
carpet by the way*), in collaboration with Antrianna Moutoula, an online performance

2020 - Feb - *Surrender* - Bodies in Dissent, Arnhem, The Netherlands

2020 - Jan - *Uitnacht*, Arnhem, The Netherlands

2019 - Jul - *Interlaced Cycles*, a collaboration with Coco Cripps, St Georges Garrison Church, London
supported by Tramshed, London

2018 - Aug - K.N.O.T, a film by Ella Tighe and Katia Zangu, Arts Admin, London

Documentation available via www.ellatighe.com

RESIDENCIES/SUPPORT FROM

The Place (2023), Mind The Gap Bradford (2023-22), Kala Sangam (2022), Wainsgate Dances (2021),
Yorkshire Dance (2022), 4bid Gallery, OT301 Amsterdam, (2021), ArtEZ Bachelor Dance Makers,
Arnhem, The Netherlands (2020), Creation Box London (2019 – 2020), Kala Sangam Arts Centre,
Bradford (2019), Tramshed London (2019), Studio 307 AWOL Studios (2018-2022), Ponderosa, Berlin

(2018), Clarence Mews (2015 & 2017), evey studio, Estonia (2015)

PERFORMER

Balbir Singh Dance Company (2023), Moving Digits Project (2019 – 2020, Estonia, Dusseldorf & Madrid), Flux Dance Theatre (2015 – 2019, UK), Gaby Agis (2019, UK), Florence Peake (2016, UK), Lizzy LeQuesne (2013 & 2016, UK), Nadia Beugré (2019, Munich) , Joon Dance Company (2019, UK), Aurelie Freoua (2019, UK), Nina Beier (2016, UK), Zoe Kreye (2017, UK)

AWARDS/FUNDING

2023 - ACE Under 30K Project Grant for *Disco Queen*
2023 - Cultural Knowledge Exchange Funding - The Place
2023 - Choreodrome Artist - The Place
2023 - Mini Seed Commission - Bradford 2025
2022 - Arts Council England DYCP
2022 - Arts Foundation Nomination
2022 & 2020 - Spare Bob funding, Bradford Producing Hub
2020 - Dancers Career Development Bursary
2020 - Hamlet Theatre Trust

TEACHING & FACILITATION

2023 - Independent Project Supervision, BIRD College London
2023 - Marker; Analysis & Appreciation essays & Independent Practice essays, BIRD College London
2023 - Dance Practice Sharing Sessions, Bradford
2023 - Moving Science Workshops, Flux Dance @ Eureka Wirral/Halifax, National Media Musuem Bradford
2022 - Mind The Gap, Inclusive workshops, Bradford
2022 - Bones, Bodies, Beats, Balbir Singh Dance Company
2021 - Research Projects BA Dance Makers Program, ArtEZ
Professional level class:
2020 – Yoga, Dancer-makers Bachelor Program, ArtEZ
2018 – 2019 – Yoga for Bachelor Dance, Coventry University
2019 – Pro Class for Joon Dance Company
2018 – BA Dance Coventry University
2018 – BA Dance Surrey University
2016 – Pro Class for Flux Dance Company

I have taught yoga in London, The Netherlands and now across Bradford/Leeds.

I teach yoga classes at Heather Yoga Saltaire and YoBalance Saltaire.

I run my own yoga coaching business *Practice with Ella* which offers 1:1 sessions to students across the Bradford/Leeds districts. I support students to develop their personal practice.

OTHER

I produce BOLD! Bradford Artist Scratch Night & I am a member of Yorkshire Dance Artist Advisory Group

REFEREES

Sarah Shead - sarah@spin-arts.com, Spin Arts

Amy Voris - doridheavybody@hotmail.com , Independent Dance Artist