

# SARAH ATENHAN

708.308.6208 | [sarah@lazyaerialist.com](mailto:sarah@lazyaerialist.com) | [lazyaerialist.com](http://lazyaerialist.com)

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I am a Movement Educator, Master Trainer, and Program Manager with over 15 years of experience instructing youth and adult students and leading aerial training programs for established movement instructors. I seek a part-time position that will allow me to lead informed and fulfilling experiences while contributing to the growth of the organization. Format expertise includes aerial sling (dance, fitness, and yoga), aerial teacher training, aerial workshops, contemporary dance, improvisation, and Vinyasa yoga for all levels, ages seven through adult.

## EDUCATION HIGHLIGHTS

**2008    B.S. in Psychology, University of Illinois at Urbana-Champaign**

2025    Adult and Pediatric First Aid/CPR/AED-BL-r.21, American Red Cross

2023    Member, American Circus Educators (ongoing)

2023    Aerial Rigging Safety, Hall Rigging Academy

2023    Qualified Rigger Level One, American Crane & Safety

2021    200-hr Yoga Teacher Training, the Kaivalya Method®

2016    Aerial Fitness and Yoga Instructor, AIR® Aerial Fitness

## SELECT EXPERIENCE

### Satellite Dance 501(c)(3) Nonprofit Organization (Nashville, TN)

Founder, Artistic & Executive Director

JULY 2017 – PRESENT

- Creative and Implementation Lead for all initiatives across three divisions: Performance, Education, and Community Engagement.
- Produced and directed 27 projects to date, including print, live events, and film.
- Manages all aspects of the organization's fundraising, grant writing, finances, scholarships, productions, personnel, strategy, website, and communications efforts.
- Curriculum development and instruction for five education programs: youth aerial, youth dance, adult aerial, adult specialty workshops, and aerial teacher training.
- Manages a \$15,000 annual operating budget, 10% growth year over year.

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## Hermitage Dance Academy (Hermitage, TN)

Director of Aerial Programming

JANUARY 2020 – JANUARY 2025

- Implemented and expanded aerial program from one workshop series to eight weekly classes.
- Collaborated with ballet, jazz, and competition departments to integrate aerial training for pre-professional dancers.
- Managed a team of three aerial instructors and partnered with department leads to ensure best practices.
- Lead Instructor for youth and adult aerial dance, fitness, and yoga classes.
- Attracted and retained clients through strategic social media, direct communication, and seasonal performance showcases.

## Mohler Dance Academy (Chicago, IL)

Instructor & Choreographer

AUGUST 2009 – APRIL 2017

- Led classes for ages three through adult.
- Instructor for jazz, hip hop, contemporary, and modern formats.
- Implemented new class formats: Dance for Video, Conditioning for Dancers, and Adult Jazz Fitness.
- Choreographed numerous original works for pre-professional company, M3 Dance.

## CLASS PLAN SAMPLES

2024 [Aerial Overview & Curriculum](#)

Youth Aerial I Semester Class (Sling, Silks, and Lyra).

2023 [Aerial Sling Teacher Training Level One](#)

An integrative and holistic approach to an adaptable apparatus.

*Sarah is the best teacher! So clear with such evocative imagery that gets to the point immediately, and makes me feel safe and not scared.* –Ashlyn Hall, Professional Dancer & MFA Candidate (UNC Greensboro)