

Sarah Atenhan

708.308.6208 | sarah@lazyaerialist.com | lazyaerialist.com

I produce ground and aerial dance works for a spectrum of artists. I have twenty years of experience harnessing an interdisciplinary approach for curious collaborators, bold event creators, and rising performers. I seek project-based employment with mission-driven teams in dance, education, and creative events.

EDUCATION

2008 B.S. in Psychology, University of Illinois at Urbana-Champaign
 Extensive coursework with the Department of Dance

RECENT 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.

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.
- Retained clients through strategic social media, direct communication, and seasonal performances.

Sarah Atenhan

708.308.6208 | sarah@lazyaerialist.com | lazyaerialist.com

RECOGNITION & GRANT AWARDS

- 2025 *Syncretism*, Satellite Dance, Metro Arts Nashville (Operating & Project Support Grant)
- 2025 Selected Arts Leader for Panel Discussions, Metro Arts
- 2024 *Storyscapes*, Satellite Dance, Tennessee Arts Commission (Project Support Grant)
- 2022 *Carina Nebula*, Satellite Dance, Tennessee Arts Commission (Project Support Grant)

NOTABLE PROJECTS

- 2024 *Storyscapes Pt. I*, [Storyscapes Pt. II](#) Satellite Dance & Hermitage Public Library
Creative Director, Producer, Choreographer, Rigger, and Performer
- 2023 [Happy Thoughts](#), Connor Carroll Films
Choreographer and Performer
- 2023 Freddie O'Connell Mayoral Inauguration for Metro Arts Nashville
Choreographer, Rigger, and Performer
- 2022 [nonlinear](#), Satellite Dance and RE| Dance Group
Creative Director, Producer, Choreographer, and Performer
- 2022 *Carina Nebula*, Satellite Dance
Creative Director, Producer, Choreographer, Rigger, and Performer
- 2022 [Goldwing'd Messengers](#), Satellite Dance & Kindling Arts Festival
Choreographer
- 2021 [The Fabric of Space and Time](#), Coffee Table Book, Satellite Dance
Editor, Co-Creative Director, Producer, Rigger, and Featured Artist
- 2020 [By Nature](#), Satellite Dance
Creative Director, Producer, Choreographer, Rigger, and Performer
- 2019 [Me, Too](#) for Women in Dance Festival, Kindling Arts Festival
Co-Choreographer and Performer
- 2018 [Love, You.](#) Birchbox Cosmetics
Choreography Consultan

Sarah Atenhan

708.308.6208 | sarah@lazyaerialist.com | lazyaerialist.com

PRESS & PUBLICATIONS

- 2024 [How Chaos at Metro Arts Is Impacting Dance in Nashville](#), City Cast Nashville
- 2024 [Periscope Presentation](#), Arts & Business Council of Greater Tennessee
- 2023 [Nashville Mayor Freddie O'Connell celebrate win and looks ahead: 'We need you'](#), The Tennessean
- 2022 [A Pain in the Neck](#), Crucible Podcast
- 2021 [The Fabric of Space and Time](#) by Sarah Atenhan and Michelle Reid for Satellite Dance, Parnassus Books
- 2019 [Taking Your Workout to New Heights!](#), News Channel Five Nashville

CONTINUING EDUCATION & BACKGROUND

- 2025 Choreographers Institute, L.A. Contemporary Dance (June, 2025)
- 2025 Adult and Pediatric First Aid/CPR/AED-BL-r.21, American Red Cross
- 2024 Arts and Business Council of Greater Nashville Periscope Arts Entrepreneur Training Program
- 2023 Aerial Rigging Safety, Hall Rigging Academy
- 2023 Qualified Rigger Level One, American Crane & Safety
- 2023 Member, American Circus Educators (ongoing)
- 2021 200-hr Yoga Teacher Training, the Kaivalya Method®
- 2016 Aerial Fitness and Yoga Instructor, AIR® Aerial Fitness
- 2011 Fundamentals of Gymnastics, USA Gymnastics
- 2009 Dance Instructor Training, National Association of Dance Masters
- 2008-2012 Silks, Rope, Bungee, and Lyra, Aerial Dance Chicago
- 2001-2017 Ballet, Jazz, Hip Hop, Modern, Lou Conte Dance Chicago
- 1992-2003 Flamenco, Modern, Ballet, Pointe, Jazz, Academy of Movement and Music

TESTIMONIALS

I love that you have fostered a diverse and judgment-free space that allows us to feel safe to exist as we are and create.

– Kylene Valoris, Professional Artist

As someone who is still a child, growing up in the art world can be overwhelming, but you've done an amazing job leading and working with me to make sure I'm happy and healthy!

– Morgan S., Student Performer