

Treasure Waddell is a Winnipeg based Independent Dance Artist, Choreographer, Pranassage Practitioner and Teacher of Dance, Yoga & Pilates.

Treasure has been a dance educator for many years in the Winnipeg community, teaching for various age groups and levels ranging from recreational to pre-professional and professional. Trained in Stott based Pilates, she teaches Mat Pilates, Reformer and Total Barre. Treasure completed her Interdisciplinary Yoga Teacher Training™ and Pranassage Practitioner™ Training at the Nosara Yoga Institute in Costa Rica and currently teaches Yoga classes throughout Winnipeg. Treasure enjoys the ongoing exploration and confluence of her dance, yoga and pilates practices.

Current and past teaching credits include the Osborne Street Dance Club, Winnipeg School Division Engaging Fusion program, Rady JCC, The Reh-Fit Centre, University of Manitoba Brodie Centre, The City of Winnipeg, The Space Sunrise Performing Arts Centre of Excellence Inc., Ruth Cansfield Dance, The School of Contemporary Dancers, Winnipeg's Contemporary Dancers, The Royal Winnipeg Ballet Recreational Division, and the International Music Dance Camp.

As a dance artist Treasure has performed with Winnipeg based Ruth Cansfield Dance Company as well as the works of choreographers Karen Kuzak for TRIP Dance Company, Rachel Browne, Brent Lott, Christina Medina for @tendance, Ali Robson, Brianna Stark, Peggy Baker for Winnipeg's Contemporary Dancers and in her own choreography. Treasure performs the work of Rachel Browne in *A Good Madness*, a film by Manitoba Director Danielle Sturk which premiered Oct 2014. The summer of 2014, Treasure was Apprentice Choreographer with Winnipeg's Rainbow Stage. Treasure has increased her love and knowledge of dance studying in Vienna, Toronto, California, Montreal, North Carolina, New York City and Germany.