

I am an interdisciplinary artist working across movement, film, and interactive systems, using choreography as a way to think, test, and build ideas. My practice explores how bodies communicate, adapt, and are shaped through systems of intimacy, control, and perception in digital contexts. I work through experimentation, collaboration, and embodied inquiry to create experiences that merge movement, critical research, and technology.

SELECTED CHOREOGRAPHIC & ARTISTIC PROJECTS

FOUNDER & CREATIVE DIRECTOR | R.E.S.T.A.G.E Collective
Copeland Park Gallery, London, 2025 - Present

R.E.S.T.A.G.E is a multidisciplinary collective and curatorial platform exploring feminist approaches to movement, embodiment, and technology. The collective brings together choreographers, performers, designers, and creative technologists to develop research-led performances, exhibitions, and public programmes. Through exhibitions, live performances, workshops, and panel discussions, R.E.S.T.A.G.E creates news spaces for experimentation, dialogue, and collective inquiry around bodies, systems, and contemporary modes of connection. The platform supports emerging artists in developing choreographic work that sits between performance, research, and digital practice.

DIRECTOR | Cycles - Immersive Dance & Technology Project
Royal College of Art and Frameless, London, 2024 - Present
Awarded with the LOL SERGENT LENS AWARD

Immersive dance work exploring internalized behaviours, repetition, and control through movement, film, sound, and spatial composition.
Developed through studio research, studies of phenomenology (Kozel.S) performance, and film making, with ongoing expansion into VR and installation formats.

Presented at: Frameless London (2025), Copeland Gallery (2026)
Collaborators: dancer Emma Poyer, sound designer Zlata Mechetina, photographer Anushka Tendolkar

REWIRING INTIMACY - Immersive Installation
Royal College of Art and Frameless, London, March 2025

Collaborative research project exploring intimacy, agency, and responsiveness through movement and interactive technology. Developed through studio-based experimentation, rehearsals, and writing, and a performative exploration between dancers and a responsive humanoid object, that was created together. Presented as a research performance investigating the dialogue between body, system, and control.

Presented at: Selected at the Across RCA Exhibition
Collaborators: Bernice Wong, J Mina, Ben Roe and Riichiro Yamamoto.

DIRECTOR & RESEARCHER | Echoes of Motion & Echoes of Connection – Research Essay & Dance Film

Research-led project exploring movement as a form of communication and design, examining the impact of digital environments on bodies, perception, and social connection. Developed through experiential research including movement workshops, motion-tracking experiments, 3D scanning, interviews, and community-based exploration with participants of varying ages and movement backgrounds. The research culminated in Echoes of Connection, a short dance film translating theoretical inquiry into embodied practice through choreography, gesture, and spatial awareness.

Presented at: Shoreditch Art Center
Collaborators: Emma Poyer, Sophia Morton, Anastasia Kozlova

TALKS & EXHIBITIONS

Panel Speaker at Artremixlondon – AI, Creative Industries & Culture, The Arc Space, London | 2026

Spoke on embodied intelligence, liveness, and authorship within AI and performance contexts; how choreography can offer new models for technological design.

Guest Speaker – Being Digital Unit, Royal College of Art Friends House, London | November 2025

Presented Rewiring Intimacy and spoke about the critical thinking necessary in creating digital work, discussing embodiment, intimacy, and research-led creative practice.

Choreo-Graphic Systems: Bodies, Tech and Justice
Copeland Gallery, London | February 2026

Group exhibition and live programme featuring performances, installations, and panels on movement, technology, and social justice. Organised as part of the Emerging Artists Programme hosted by Copeland Park

Across RCA Exhibition
Royal College of Art, London | 2025

Rewiring Intimacy immersive performance installation. was selected to be presented at the yearly Across RCA.

MOVEMENT DIRECTION & COLLABORATIVE PROJECTS

MOVEMENT DIRECTOR | Ada & Hamlet
Produced by Fetchish.net – Etcetera Theatre, London, 2024 - 2025

Movement direction for a contemporary theatre production, focusing on physical dramaturgy, embodiment, and the relationship between movement and narrative. Worked closely with the director and actors to develop a movement language and physical dramaturgy.

MOVEMENT DIRECTOR & CO-CHOREOGRAPHER | Forbidden Love, music video by AYA, 2024

Movement direction and co-choreography with Daphne Peters for a music video featuring six contemporary dancers. Developed a movement language translating musical rhythm and emotional narrative into physical expression for camera.

EDUCATION & PROGRAMMES

MENTEE | Women@Dior x UNESCO, Global, Educational Sustainability Program, 2025 - Present

MA Digital Direction, Royal College of Art

BA Graphic Communication Design Central Saint Martins