

Sarah Atenhan

Multi-Disciplined Arts Professional

708.308.6208

sarah@lazyaerialist.com

Santa Monica, CA

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

- Manages a \$15,000 annual operating budget.
- Creative and Implementation Lead for all initiatives across three divisions: Performance, Education, and Community Engagement.
- Manages all aspects of the organization's fundraising, grant writing, finances, scholarships, productions, personnel, strategy, website, and communications efforts.
- Manages a Board of Directors team of five, aligning on goals, performance, and strategy.
- Curriculum development and instruction for five education programs: youth aerial, youth dance, adult aerial, adult specialty workshops, and aerial teacher training.
- Produced and directed 27 projects to date, including video, live performances, and a coffee table book.
- Provided performance opportunities for over 100 youth performers, 50 adults, and 13 creative partners.
- Choreographed numerous works for the organization featuring grounded dance and aerial techniques for a wide range of ages and abilities.
- Maintains standard aerial safety practices as a Qualified Rigger Level 1.

Hermitage Dance Academy (Hermitage, TN)

Director of Aerial Programming

JANUARY 2020 – JANUARY 2025

- Partnered with leadership to bring Satellite Dance resources to HDA for aerial education subsidies.
- Lead Instructor for youth and adult aerial programs: dance, fitness, and yoga.
- Managed a team of three aerial instructors and interfaced with HDA department leads, ensuring best practice implementation, and identifying and executing opportunities.
- Attracted and retained youth and adult clients to HDA programs through social media and regular client communication.
- Maintained web platforms: Google Drive, WIX, and Dance Studio Pro.
- Executed (2) aerial performances per year at HDA Theater.

RECENT ACCOMPLISHMENTS

RECOGNITION & GRANT AWARDS

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

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
- 2024 [The Artist of the 2024 Periscope Pitch + Artist Entrepreneur Showcase](#), Arts & Business Council of Greater Nashville
- 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

NOTABLE PROJECTS

- 2024 *Storyscapes Pt. I*, [*Storyscapes Pt. II*](#) Satellite Dance & Hermitage Public Library
Creative Director, Producer, Choreographer, Rigger, and Performer
- 2024 *Dark Side of the Moon*, Satellite Dance & Arc Studios
Creative Director, Producer, Choreographer, Rigger, and Performer
- 2023 *Our Favorite Things*, Satellite Dance
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 *Making It with Lindsay Ellyn*, Satellite Dance & Lindsay Ellyn
Producer, Choreographer, Rigger, and Performer
- 2022 [*Goldwing’d Messengers*](#), Satellite Dance & Kindling Arts Festival
Choreographer
- 2021 *Lonesome*, Suspended Gravity Circus & Kindling Arts Festival
Choreographer and Performer
- 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 Consultant
- 2016 [*Alaska*](#), Forward Motion Media
Producer, Choreographer, and Performer

CONTINUING EDUCATION & BACKGROUND

2025	Choreographers Institute, L.A. Contemporary Dance (June, 2025)
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
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