

I am a choreographer and filmmaker working at the intersections where ethics meet society, humans meet nature, and body meets mind. Through research and reflection, I synthesize narrative movement, experimental video, and music to elucidate the nature of our suffering while aiming to encourage us to attain our highest purpose as individuals and community. I examine how the issues we face on a global scale including climate chaos, refugee displacement, political injustices, and addiction are interdependent with our personal struggles as people and I frame my craft within Tibetan cultural references and experience to share perspective on how we can move forward.

As an artist, I aim to dig into the core of my conscience as I roam where questions are still being answered. The aesthetics of my work is inspired by my training in Odissi Indian dance, Tibetan folk dance, modern technique, and classical music. I play with contrasting textural movement, angularity, pedestrian gestures, meditative states, percussive timing, and repetition that leads a phrase to a new place. My creative journey took a turn during the Covid-19 pandemic when I found film as a means to create in isolation. I approach editing the same way I choreograph and explore ways of maintaining focal balance between editing composition, dance choreography, and movement of the camera. As though dance and film are in conversation, their expressions blend together to emerge as one voice.

My moral values as a human are the same standards I set in my work: to be honest, to stay curious, and to offer compassion. This movement practice is what takes me out of myself and simultaneously back into myself. As I continue to learn and grow, I hope to empower others and advocate for change through healing, understanding, and responding.