



Therese Gahl

From Falls Church, Virginia, Therese received her dance training from the Washington School of Ballet (WSB). Since she started dancing at 6 years old, she had many opportunities to dance alongside the Washington Ballet, where she performed at many notable venues including the Warner Theater, the Kennedy Center, and the White House. After graduating from high school, she became a professional member of Ballet West II.

In 2012, she graduated Cum Laude from George Mason University, where she took up a Bachelor of the Arts in Psychology. Throughout her college career, she taught ballet and creative movement at many dance studios in the metropolitan area, including CityDance, Maryland Youth Ballet and Virginia Ballet Theater. Her contemporary ballet choreography on pre-professional dancers has been featured in many international dance competitions, including Youth America Grand Prix and World Ballet Competition.

Therese joined Gin Dance Company, directed by Shu-Chen Cuff in 2012 and has continued to perform original contemporary ballet works by Shu-Chen in the DC/MD/VA communities. In 2014, she was Conservatory Program Manager for CityDance School and Conservatory. She now has continued to teach and choreograph in the Washington, DC area and freelance with other fellow artists, including Diana Movius and Miya Hisaka, and her sister, Liz Gahl. It has been a pleasure for Therese to have worked on many pieces of work by Ivy Chow and is grateful for the opportunity to share and illustrate the vision of I.C. Movement Project to the DC community.