



## Paula Bridget Johnson

B1965 STN (307-1310 Victoria St.)  
Squamish, BC Canada, V8B-0B4  
604-716-7344  
[paulabridgetjohnson@gmail.com](mailto:paulabridgetjohnson@gmail.com)  
[paulabridgetjohnson.com](http://paulabridgetjohnson.com)



---

## EDUCATION

<i>Jacksonville University, Jacksonville, FL</i> <b>Masters of Fine Arts</b> Choreography	<b>2019</b>
<i>Simon Fraser University, Surrey, BC</i> <b>Graduate Diploma</b> Technology in Education	<b>2008</b>
<i>Simon Fraser University, Burnaby, BC</i> <b>Professional Development Program Faculty of Education</b> International Teacher Education Module Completed one practicum in Oaxaca, Mexico at Blaise Pascal in Secondary ESL Completed second practicum in Surrey, BC at LA Matheson in English 9	<b>2002</b>
<i>Simon Fraser University, Burnaby, BC</i> <b>Bachelor of Arts</b> Major in English	<b>2000</b>
<i>Kwantlen University, Surrey, BC</i> <b>Arts</b>	<b>1997</b>
<i>Ryerson Polytechnic University, Toronto, On.</i> <b>Dance</b>	<b>1994</b>

---

## TEACHING EXPERIENCE

<i>Yoga Workshop at THESA Conference</i> <b>Yoga for Home Economics Enthusiasts: A Sensory Journey into Balance and Well Being</b>	<b>2025</b>
<i>dOWN Dance Drop-Ins, Squamish BC</i> <b>Adult Dance Classes</b>	<b>2025</b>
<i>Dance Directions, Squamish, BC</i> <b>Summer Dance Program</b>	<b>July 2024</b>
<i>Breathe Fitness</i> <b>Fitness Instructor</b> Barre, Yoga	<b>2023-present</b>
<i>ALGN Whistler</i> <b>Dance &amp; Fitness Instructor</b> Hip Hop, House, Barre	<b>2023-present</b>
<i>Howe Sound Secondary, Squamish, BC</i> <b>Secondary Teacher</b> Dance, Drama, English, Physical Health Mamma Mia, Dance Clubs, Chicago, Alice Sound Off, Drama Festival, High School Musical 2, Yoga Teacher Training	<b>2021-present</b>
<i>North London Collegiate School, Jeju, South Korea</i> <b>Senior School Dance Teacher</b> KS2 & KS3 Dance International Baccalaureate Dance Hip Hop Team & Club Choreography and Performance Preparation The Magical Flute Opera Alice in Wonderland	<b>2020-2021</b>

<i>Frank Hurt Secondary, Surrey, BC</i> <b>Secondary Teacher</b> <b>Fine Arts Department Head</b> Dance Company: Hip Hop, Break, Bhangra Dance 8-12, Planning 10, English 9, Media Arts 8, Drama 8, LST Junior & Senior Hip Hop Teams Break Team Junior & Senior Bhangra Teams Contemporary Team	<b>2005-2020</b>
<i>Florida Ballet</i> <b>Hip Hop Class</b> Summer School / Elementary / Beginners	<b>2018</b>
<i>Surrey School District</i> <b>Jump Start</b> After School, Elementary Dance Program / Introduction to dance	<b>2014</b>
<i>City of Delta</i> <b>Hip Hop Spring Break Dance Program</b>	<b>2009</b>
<i>Surrey School District #36</i> <b>Teacher on Call</b>	<b>2004-2005</b>
<i>Teachers' Tutoring Service, Surrey, BC</i> <b>Tutor</b> ESL, English	<b>2004-2005</b>
<i>English First, Jakarta, Indonesia</i> <b>Teacher</b> Primary, Secondary, and Business ESL	<b>2003-2004</b>
<i>Queen Elizabeth Secondary School, Surrey, BC</i> <b>Secondary Teacher</b> Dance 8-12, English 10	<b>2004</b>
<i>Sir Frank Markham Academy, Milton Keynes, UK</i> <b>Secondary Teacher</b> English 8/10, Drama 8/10	<b>2002-2003</b>
<i>Surrey School District #36</i> <b>Teacher on Call</b>	<b>2002</b>
<i>Great West Fitness and Racquets</i> <b>Fitness Instructor / Membership Coordinator</b>	<b>2000-2002</b>
<i>City of York, Toronto, On.</i> <b>Primary Ballet Teacher</b>	<b>1993-1994</b>
<i>Betty Cross School of Dance, Cloverdale, BC</i> <b>Ballet Teacher</b>	<b>1992-1993</b>
<i>Cameron Academy of Classical Dance, Langley, BC</i> <b>Ballet Teacher Apprentice</b>	<b>1988-1992</b>

---

## TEACHER TRAININGS / EDUCATION WORKSHOPS

---

<b>300 Hour Yoga Teacher Training</b> Yoga Renew	<b>2025</b>
<b>NDEO Conference Revitalize, Bellevue, Washington</b>	<b>2024</b>
<b>Emergency First Aid, Sea to Sky</b> Canadian Red Cross	<b>2023</b>
<b>26 &amp; 2 Hot Yoga Online Program</b> Craig Villani, Lis Ingle, Ben Sears, Brandy Lyn,	<b>2023</b>

John Salvatore, Cynthia Wehr 20 Hour Certificate Program	
<b>NDEO OPDI-M18, <i>Online</i></b> <b>Intro to Choreography in Dance Education: A Process to Teach Students How to Create Dances</b> Marty Sprague	<b>2024</b>
<b>Move Your Body, <i>Burnaby, BC</i></b> House Dance, Francesca Parma Filipino Tinikling, Melissa Medalla Simonson Jazz, Andrea Downie	<b>2023</b>
<b>Student Self-Assessment</b> Building to Core Competency Reflections Katie White	<b>2023</b>
<b>NDEO OPDI-124, <i>Online</i></b> Movement Behavior Analysis Observing Behavioral Differences in Dance Performance Dr. Thomas Hagood	<b>2023</b>
<b>Rocket Yoga, <i>New York via Zoom</i></b> Rocket Yoga Academy Amber Espelage 25 Hour Certificate Program	<b>2023</b>
<b>Move Your Body, <i>Vancouver BC</i></b> Lesley Telford – Contemporary Jennifer Bishop – Tap Prince Nii Engmann – Afro-Fundamentals	<b>2022</b>
<b>BTW Online Conference, <i>New York</i></b> Broadway Teaching Group Directing: Focus on Blocking – Peter Flynn Stage Management – Matthew Stern Sound Design: Focus on Body Microphones – Matt Kraus Musical Theatre – Christy Altomare Projections – Shawn Boyle Creating Safe Spaces for Theatre Students – Elia Monte-Brown Scene Study: Company – Etai Benson Exploring Careers in Theatre – Eric Cornell Intimacy Coordination – Mia Schacter Directing: Focus on Pre-Production and Preparation – Marcia Mligrom Dodge Scene Study: To Kill a Mockingbird – Celia Keenan Bolger Design Concepts: Reimagining Productions for your Space – Tobin Ost Activating Inclusion & Belonging in Theatre Education – Bliss Griffin MTI: Resources and Repertoire Meet the Artist - Ben Vereen	<b>2022</b>
<b>Yin Yoga</b> Yoga Renew 20 Hour Certificate Program	<b>2022</b>
<b>Literacy Credentialling Workshop</b> Literacy 10 exam marker	<b>2022</b>
<b>Raising the Barre for Mental Health</b> Minding the Gap: Kathleen McGuire Gaines & Jennifer Milner Fostering excellence in a mentally healthy environment	<b>2022</b>
<b>Introduction to Territorial Acknowledgements</b> Nahane Creative	<b>2022</b>
<b>The Ripple Effect of Resiliency: An Indigenous Perspective</b> Monique Gray Smith	<b>2022</b>
<b>Educational Theatre Association National Conference, <i>Zoom</i></b> Methods to Building/Rebuilding your Drama Programs Moving in the Direction of Theatre 2.0	<b>2021</b>

Producing a Musical Panel: Understanding the TV & Film Performance Industry Into to the Canadian Improv Games	
<b>Move your Body, Vancouver BC</b> BC Dance Educator's Association Conference Kleen Prinz – Dance Hall Taylor Hunt – Contemporary Amanda Okafour – Afro Fusion	<b>2021</b>
<b>IB Workshop Dance Diploma Program</b> World Dance Performance The Art of Play Compositional Analysis Dance Analysis World Dance Investigation Designing the Course Dance and Technology Beyond the Classroom The Dance Community	<b>2021</b>
<b>Educare Certifications</b> Safeguarding and Duty of Care: Understanding Anxiety for International Schools Safeguarding and Duty of Care: Online Safety Safeguarding and Duty of Care: Raising Awareness of Peer-on-Peer Abuse Safeguarding and Duty of Care: Child Protection Basics for International Schools Safeguarding and Duty of Care: Understanding Self-Harm for International Schools	<b>2020/2021</b>
<b>Google for Education – Educator Level 1</b>	<b>2020</b>
<b>Progressing Ballet Technique Level 1 &amp; 2</b> 12 CPD credits and certification	<b>2020</b>
<b>B-Boy &amp; B-Girl Dojo Teacher Training</b> Breaking International Teachers' Education	<b>2020</b>
<b>Sugarfoot Therapy Vancouver, BC</b> Injury prevention conditioning program Teacher training certification	<b>2020</b>
<b>Barre Certification</b> Barre Guild Academy	<b>2020</b>
<b>Leadership Workshop Surrey, BC</b> Gloria Sarmento, Craig Sutton, Heidi Wood, Sharon Lau, Shenny Nanji	<b>2019</b>
<b>Move Your Body! Vancouver, BC</b> BC Dance Educator's Association Conference Desirée Dunbar – Graham Technique Christie Lee Manning – Contemporary Olivia Davies – Contemporary Indigenous	<b>2019</b>
<b>200 Hour Yoga Teacher Training</b> Yoga Renew	<b>2019</b>
<b>Progressing Ballet Technique Vancouver, BC</b> Harbour Dance Workshop Full day certification workshop with Marie Walton-Mahon	<b>2017</b>
<b>TEFL</b> 160 Hour TEFL Certificate 120 Hours Advanced Teaching English as a Foreign Language Training Course 40 Hours Advanced Teaching English to Young Learners 160 Hours Master Teaching English as a Foreign Language Course	<b>2017</b>

**Graphic Design**

Adobe Illustrator 1 and 2 BCIT

2011

**BCRPA Fitness Leader**

Fitness Knowledge, Group Fitness, Personal Trainer

2002

---

**DANCE EXPERIENCE**

---

**SEED** *Squamish, BC*  
Pilates

2024-present

**E84 Intermediate Workshop** *Vancouver, BC*  
B90 Commercial Drive

2024

**Luminosity Parade** *Whistler, BC*  
Dance Performer

2024

**Canada Day Parade** *Whistler, BC*  
Dance Performer

2024 &amp; 2025

**Anonymous Art Show 2024**, *Maury Young Arts Center Whistler, BC*  
Dance Performer

2024

**GAGA Movement Language**, *Tel Aviv/online*  
Ohad Naharin

2022-present

**PBT and Ballet Workshop**, *Squamish & Whistler, BC*  
Beverly Bagg  
Sea to Sky Dance Collective  
ALGN Whistler

2022

**Breathe Yoga**, *Squamish, BC*  
Yoga  
Strength  
Cardio & HIIT  
Barre

2022-present

**BodyTraffic Workshop** *Vancouver, BC*  
Tina Finkelman Berkett

2022

**Lite Feet Workshop** *Vancouver, BC*  
Higher Ground

2019

**Character Development & Movement Research Workshop** *Vancouver, BC*  
Tiffany Tregarthen of Out Innerspace Dance

2019

**Pure Barre** *Vancouver, BC*

2019

**Seven to the Seventh** *Vancouver, BC*  
Global Live Streamed Performance  
<http://www.seventotheseventh.com/>

2019

**Connecting, Collecting, and Projecting** *Surrey, BC*  
Performance

2019

**Dance Choreographic Workshop** *Jacksonville, FL*  
Juri Nael

2018

**Dance Choreographic Workshop** *Jacksonville, FL*  
Fabio Culora

2018

**Dance Devising Spaces Workshop** *Jacksonville, FL*  
Devlin Mann

2018

**Way Out West: Mascall Dance** *Vancouver, BC*  
Zab Maboungou - Loketo  
Jennifer Mascall - Experimental Anatomy  
Lee Su Feh – Tremorwork

2017

Wen Wei Wang - Qi Gong	
<b>Dance Film Workshop</b> <i>Jacksonville, FL</i> Lily Baldwin	2017
<b>Choreographic Workshop</b> <i>Jacksonville, FL</i> Marianela Boan	2017
<b>Chorographic Workshop</b> <i>Jacksonville, FL</i> Alonzo King	2017
<b>Yoga Workshop: Float and Fly</b> <i>Vancouver, BC</i> Mari Dickey	2017
<b>Modus Operandi Spring Intensive</b> <i>Vancouver, BC</i> Simon Fraser University	2017
<b>Choreographic Workshop with Kirsten Wicklund</b> <i>The Scotia Bank Dance Centre, Vancouver BC</i>	2017
<b>Choreographic Workshop with Mikiko Arai</b> <i>The Scotia Bank Dance Centre, Vancouver BC</i>	2016
<b>Dance Teacher University / Dance Teacher Web Live Conference</b> <i>Las Vegas, NV</i> Ballet, Jazz, Lyrical, Modern, Early Childhood, Tap, and Anatomy	2016
<b>WE Day</b> <i>It Starts with One</i> performance	2016
<b>Outbreak</b> <i>Three Bad Students</i> performance	2010
<b>Edge Centre for Performing Arts</b> <i>Los Angeles, CA</i> Ballet, Hip Hop, Contemporary	2014-present
<b>Triple Threat</b> <i>Vancouver, BC</i>	2012
<b>Groove Street / Street Groove</b> <i>Vancouver, BC</i>	2007-2010
<b>Yoga</b> <i>Vancouver, BC</i> Bikram, Hot, Flow, Power, Yin, Restorative	2005-present
<b>Harbour Dance Centre</b> <i>Vancouver, BC</i> Ballet, Pointe, Hip Hop, Grooving, Contemporary, Jazz, Modern, Tap, Street Jazz, Pop and Lock, Krump, B-Boy / B-Girl, Lyrical, Yoga for Dancers, Progressing Ballet Technique	1998-present
<b>Simon Fraser University</b> <i>Burnaby, BC</i> Ballet	1999-2000
<b>Ryerson Polytechnic University</b> <i>Toronto, ON</i> First Year Dance	1993-1994
<b>Ballet BC</b> <i>Vancouver, BC</i> Private classes with John Ottman and invited to take company classes	1991-1993
<b>Richmond Academy of Dance</b> <i>Richmond, BC</i> Ballet, Pointe, Repertoire, Modern, Performances	1991-1993
<b>Lisa's School of Dance</b> <i>Langley, BC</i> Jazz, Tap, Performances	1988-1991
<b>Rick Hanson's Man in Motion Tour</b> <i>Vancouver, BC</i> Performance at BC Place	1987
<b>Surrey and Coquitlam Dance Festivals</b> Solo Ballet, Character, Jazz, Duo Ballet, Group Ballet, Jazz, Tap, Lyrical, Student Choreography	1985-1992

<b>The Nutcracker</b> <i>Vancouver, BC</i> Queen Elizabeth Theatre – Tall Servant	<b>1985</b>
<b>Betty Cross School of Dance</b> <i>Cloverdale, BC</i> Ballet, Theatrical Performances	<b>1985-1992</b>
<b>Cameron Academy of Classical Dance</b> <i>Langley, BC</i> Ballet, Character, RAD exams, Performances	<b>1980-1992</b>

---

## RESEARCH and CHOREOGRAPHY

---

<b>Sea to Sky Dance Collective</b> Memories	<b>2025</b>
<b>Sea to Sky Dance Collective</b> Rhythms	<b>2023-2024</b>
<b>Twist</b> Sea to Sky School District	<b>2022</b>
<b>Sea to Sky Dance Collective</b> Squamish Dance Festival	<b>2022</b>
<b>Summer Timelapse</b> dancerOWNED	<b>2022</b>
<b>Indigenous Moves Across Canada</b> dancerOWNED	<b>2022</b>
<b>Event/Horizons</b> Theatre enCorps Collective	<b>2021</b>
<b>Dance 365</b> dancerOWNED	<b>2021 - 2022</b>
<b>The Journey Unit</b> dancerOWNED	<b>2020 - 2022</b>
<b>Cipher Starter</b> dancerOWNED	<b>2020</b>
<b>dOWN: Task Tuesdays</b> dancerOWNED	<b>2019 – present</b>
<b>Dance 365</b> dancerOWNED	<b>2019</b>
<b>Big Ideas Dance: You do You</b> Surrey School District	<b>2019</b>
<b>Connecting, Collecting, and Projecting: A Choreographic Exploration Using Facebook</b> Jacksonville University	<b>2018 - 2019</b>
<b>Big Ideas Dances: Artistic Atoms, Chance Dance</b> Surrey School District	<b>2018</b>

---

## MEMBERSHIPS

---

<b>Association of British Columbia Drama Educators</b> British Columbia Drama educators providing opportunities for students to come together and share their explorations in theatre. The association holds an annual conference for teachers, zone festivals, and a provincial festival with workshops for students.	<b>2023 – present</b>
<b>National Dance Educators Organization</b>	<b>2022 – present</b>

The National Dance Education Organization (NDEO) is a non-profit organization that supports dance educators in every setting and genre. We are dedicated to advancing dance education for people of all backgrounds.

**Squamish Arts Council**

**2022 – present**

to support local artists in their pursuit of artistic development and excellence in all art forms; increase access to the arts for all local populations including enhancing art outlets for youth; pursue opportunities for a community arts space to enhance art development and learning in Squamish; cultivate community relationships to generate support and awareness for local arts; and act as a voice to local government and stakeholders that represents the collective arts community.

**Canadian Dance Assembly**

**2019 - present**

The voice of the professional dance sector in Canada which advocates for a healthy, sustainable environment in which professional dance practice can grow and thrive.

**British Columbia Dance Educators' Association**

**2006/2019-present**

Dance educators exchange ideas on research, teaching strategies, curriculum development, and other shared interests

**Canadian Alliance of Dance Artists**

**2019-present**

Pursues resources, opportunities, and partnerships that empower dance artists.

**Surrey Secondary Dance Teachers' Association**

**2006-2018**

Outbreak Dance Competition, Breakout Dance Competition, The Throwdown Freestyle Dance Competition, Step into the Arena BBoy and BGirl Dance Competition, Pulse Small Teams Competition, and YA... We Dance! Dance Convention

**Scotiabank Dance Centre**

**2006/2017 - 2022**

Supports the development of a vibrant dance scene in BC and increases the profile of dance, by providing resources and services for the dance profession; presenting programs and events for artists and a broad public; operating Scotiabank Dance Centre, one of Canada's leading dance facilities; and promoting BC dance.

**British Columbia Teachers' Federation**

**2002 - present**

BC Teachers' Union.

---

## LANGUAGES / INTERESTS

**Running** – Completed two half marathons (Amsterdam and Vancouver)

**2003/2010**

**Carousel Theatre** – A Midsummer Night's Dream (Helena)

**1992**

**English** – native language

**French** – conversational (Grade 6 – 10 French Immersion student)

**Spanish**- conversational

---

## Family Business

**AKMD Printing**

Graphic design, embroidery

**2022-present**

---

## REFERENCES

**Erin Boisvert**

Principal, Howe Sound Secondary

[Eboisvert@sd48.bc.ca](mailto:Eboisvert@sd48.bc.ca)

**Lynne Oldfield**

Whole School Principal NLCS Jeju

[Loldfield@nlcsjeju.ca](mailto:Loldfield@nlcsjeju.ca)

**Cari (Coble) Freiburger**

[ccoble@ju.edu](mailto:ccoble@ju.edu)

Co-Director MFA Choreography, Jacksonville University