

Theresa Kahl

No stranger to the dance community on the Western Slope, Theresa has been instructing, choreographing, and educating all aspects of dance through local dance studios and schools for over 25 years. She has trained extensively in all styles of dance and has worked and continues to work with some of the nation's leading master instructors and choreographers. In addition to being highly active working with all levels, ages and styles of dance at Absolute Dance, Theresa is a regular guest with Colorado Mesa University as well as a mentor to local high school poms teams. Her commitments to dancers in the Grand Valley are endless. Former students who have trained with her have gone on to receive scholarships to prestigious universities and dance programs across the states including Edge Performing Arts Center, Orlando Ballet, Boston Ballet, Alonzo Lines, Pittsburgh Ballet Theatre, Pacific Northwest Ballet and have started to develop careers of their own in dance, dancing for companies such as Shen Wei, Orlando Ballet, various contemporary companies and other commercial work. Her approach to teaching is technical, personal, artistic, and stylistic. Her objective as a teacher is to build dancers that are technically strong, versatile, independent in thinking, and above all, love to dance! She strongly believes there is a place for everyone in dance and applies this to all levels of dancers to create a positive, inspiring atmosphere. Theresa teaches pre- school, jammin', ballet, jazz, jumps and turns, lyrical, combo, hip hop, and performance/competitive classes.