



Associates

SPRING 2026 LECTURE SERIES

MASTERS OF

Dance



02.26.26

**NAOMI
HUTCHINSON**

Dancing Well:
Embodying Wellness Through
Movement and Mindfulness

03.18.26

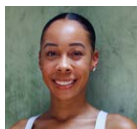
**ROSANNA
TAVAREZ**

Countertechnique

04.22.26

SIENNA LYONS

Heels

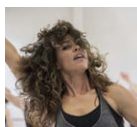


NAOMI HUTCHINSON Dancing Well: Embodying Wellness Through Movement

and Mindfulness

Naomi Hutchinson will lead an immersive wellness masterclass designed to help dancers explore the intersection of physical, emotional, and mental well-being through the lens of their artistry. Participants are invited to experience dance as a healing art that not only refines technique, but also nourishes the whole self. Through a blend of somatic and yoga-inspired movement, guided breathwork, meditation, and reflective discussion, dancers will learn how to connect their life experiences to their creative expression, build body awareness, and develop sustainable practices for balance and longevity in their craft. Hutchinson is the founder of Healthy+Well, where she creates inclusive wellness experiences that bridge movement, mindfulness, and community, and center on healing and wholeness for all. As a dancer, holistic healer, and yoga instructor, Hutchinson has more than two decades of technical dance training, and has facilitated workshops for Nike, UCLA, CSU Northridge, and The National Coalition of Black Women.

**Thu, February 26 | 12:30 p.m. | Free
Core Performance Center 304**



ROSANNA TAVAREZ Countertechnique

Rosanna Tavarez will lead a class in Countertechnique, a

method that prepares the body for rehearsal and performance, enabling dancers to move more expansively, more fluidly, and more spatially, while becoming stronger and more flexible. Participants will be introduced to a selection of tools from the Countertechnique Toolbox, which contains information about anatomy, the body in space, mental/physical awareness, and the perspectives of directing and counterdirecting. Tavarez is the BFA Program Director at the CalArts Sharon Disney Lund School of Dance. As a performer/entertainer,

she has worked with Marina Abramovic, Ryan Heffington, Travis Payne, Tony Michaels, and Rosanna Gamson/Worldwide. Tavarez has also hosted shows as a television personality for FOX, E!, TVGuide Network, and Telemundo/NBC.

**Wed, March 18 | 10:15 a.m. | Free
Core Performance Center 304**



SIENNA LYONS Heels

Sienna Lyons will lead a Heels Choreography Class, presenting

a mixture of perfecting the technique behind dancing in heels, musicality, and performance, to improve movement in heels, make movement look more effortless, and to find the balance of feeling sensual, empowered, and confident. Lyons is currently the head choreographer of the Kidz Bop brand. She has danced for artists such as JLo, Selena Gomez, Taylor Swift, Britney Spears, Pharrell, Janelle Monáe, and Jennifer Hudson, and has performed on the TV shows *Palm Royale*, *America's Got Talent*, *Glee*, *Billboard Music Awards*, *Grammy Awards*, and *Real Husbands of Hollywood*. Lyons has choreographed for Olivia Rodrigo, Gwen Stefani, Selena Gomez, Amelia Moore, and Sebastian Yatra. She was assistant choreographer for Janet Jackson's Las Vegas residency, also choreographed for TV shows that include the 2025 Kidz Choice Awards American Song Contest, *The Masked Singer*, and *The Jimmy Kimmel Show*.

**Wed, April 22 | 1 p.m. | Free
Core Performance Center 310**

**Sponsored by the SMC Associates and
SMC Dance Department.**

♿ If you need an accommodation due to a disability, please contact the Center for Students with Disabilities at dsp@smc.edu or 310-434-4265, at least 5 business days in advance.

The Santa Monica College Associates is a community-based support group that brings outstanding speakers, performers, and special events to SMC to enhance student excellence. Associates members receive invitations to special receptions and advance notices of lectures. Annual Associates memberships are entirely tax-deductible. Call 310-434-4100 or visit smc.edu/associates for more information.