



SARAHÍ CÁRDENAS

Citizenship: Mexican / Permanent Resident of Canada

BD: February 16 1989 / Height: 5'1 / Weight: 92.5

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EDUCATION

Escuela Superior de Música y Danza de Monterrey
The Rock School for Dance Education
Escuela Superior de Música y Danza de Monterrey
Saana Yoga Teacher Training

Monterrey, México	2000-2006
Philadelphia, PA	2006-2007
Monterrey, México	2007-2009
Toronto, ON	2020

PROFESSIONAL EXPERIENCE

Ballet Metropolitano de Monterrey
Ballet de Monterrey
Canada's Ballet Jorgen
Avi Silverman's projects
Hit and Run Dance Productions
Freelance Dancer

Monterrey, México	2007-2009
Monterrey, México	2009-2015
Toronto, ON	2015-2016
Toronto, ON	2016-2017
Toronto, ON	2017-Present
Toronto, ON	Present

DC Titans (Dancer)
COC Rusalka (Dancer)
Valerie Short Film (Lead Actress)

Toronto, ON	2018
Toronto, ON	2019
Toronto, ON	2020

Co-Founder of The Fifth Dance

Toronto, ON	2019-Present
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REPERTOIRE

Full-length/ Principals

Coppelia
Giselle
Nutcracker (Clara/GrandPas)

Soloist

Swan Lake (Pas de trois/Cygnets)
Giselle (Pas de paysant)
Corsaire (Pas de Slave)
DonQ. (GrandPas)
Sleeping Beauty (Bluebird/Jewels)
Nutcracker (Snow Pas)
Raymonda (Henriette Variation)
Paquita (Grand Pas)
Satanella Pas de deux
Silvia Pas de deux
Diana and Acteon Pas de deux

Corps de Ballet

Swan Lake
Giselle
Corsaire
DonQ.

Sleeping Beauty
Nutcracker
Raymonda
Bayadere
Prince Igor
Romeo and Juliet (Juliet's friends)
Western Symphony
Symphony in C

Other Works

Tippet's Bruch Violin Concerto (pink couple)
Possokhov's Diving into the Lilacs (2nd movement soloist)
Limon's The Moors Pavane (desdemona)
Amarante's Zendas
Avi Silverman's Hai/18

TEACHERS

Bo Spassoff, Stephanie Spassoff, Christopher Flemming, Mariaelena Ruiz, Servi Gallardo, Natasha Zieger, Violet Verdi, Irina Provorova, Yuri Possokhov, David Richardson, Sarah Stackhouse, Lazaro Carreño, Illana Lopez, Kattia Carranza, Luis Serrano, Jorge Amarante, Robert Hill, Svea Eklof, Bengt Jorgen, Debbie Wilson, David McVicar, Andrew George

GRANTS

BITS | YCEO Program-2020