

Mary Armstrong

Originally from Alberta, Canada Mary has been exploring her limits and creating her voice through dance since she was a child. Recognizing that dance was her calling, Mary auditioned and was accepted to YYC Dance Project, where she learned from numerous professional choreographers in many disciplines of dance. In conjunction with YYCDP, Mary was also a student with Alberta Ballet School under the direction of Ms. Ashley McNeil. Wanting to pursue a career as a choreographer, Mary found herself in Toronto to attend a two-year post-secondary training program at The Conteur Academy, directed by Eryn Waltman. The program hones in on sharpening technical ability, through repertoire study and Cecchetti Ballet curriculum, while focusing on foundations of modern and contemporary techniques, improvisational methods and compositional choreography. Moving forward, Mary is passionate to share her love of dance, she is currently teaching and choreographing for numerous competitive studios. Her choreography is unique and has an abstract voice that stands out in competition around North America, and it has placed in the Top 10 at The Dance Awards in Las Vegas as well as placing in the Contemporary Top 10 at YAGP. Mary has debuted her choreography professionally, working with The Alberta Ballet Company, creating a piece for their choreographic presentation entitled “The Shape of Water”, receiving endless positive feedback. Most recently, Mary was creating for The Alberta Ballet Company summer series show, a piece she titled “glance through my eyes”. Mary continues exploring all of her opportunities on her journey through the dance world with enthusiasm and joy.