

CV

Sarah E. Carr

Multidisciplinary Artist, Theater Maker, Movement Instructor, Teaching Artist

www.sarahcarrarts.com

Education

2001 BA Anthropology/Art Minor, John Marshall Scholar, Summa Cum Laude, Marshall University, Huntington WV

1996 - 1998 Liberal Arts Studies, Beneficial-Hodson Scholar, National Merit Finalist, Hood College, Frederick MD

Other Education

2024 Animating Fables Using Adobe Fresco, Naghmeh Sharifi, Ada-X, Montreal CA

2024 Sensorium Collaboratori: Interactive Installations Workshops, Milieux Institute, Concordia University, Montreal, QC.

2022 Life Coach Practitioner Diploma, Academy of Modern Applied Psychology, Udemy (online)

2020 Google Fundamental of Digital Marketing Certificate, Google Digital Garage (online)

2019 Shadow Theater Workshop, Mind of a Snail, Vancouver, BC

2019 Moving Mouth Puppet Mech Workshop, Greg Ballora, Los Angeles, CA

2019 Dancing Parade Puppets Workshop, Cheryl Capezzuti, Minneapolis, MN

2019 Flat Patterning, Matt McGee, National Puppetry Festival, Minneapolis, MN

2019 Foam for Brains, Mary Negler, National Puppetry Festival, Minneapolis, MN

2018 STOTT PILATES® Optimization of the Lumbo-Pelvic Region, NY Symposium, NY, NY

2018 Moku Hanga Immersive Course, Jeff Dentz, Fleisher Art Memorial, Philadelphia, PA

2018 Serger 101 Workshop, Handcraft Workshop, Mt. Airy, PA

2018 Arts Fundraising Bootcamp, Vision Driven Artists, Philadelphia, PA

2017 Mixed Material Sculpture, Joni Woods, Fleisher Art Memorial, Philadelphia, PA

2017 Experimental Etching, Miriam Singer, Fleisher Art Memorial, Philadelphia, PA

2017 Improvisational Woodcut, Annie Silverman, Abrazos Press, Somerville, MA

2017 FiberLAB, Jodi Colella, Miller Street Studios, Somerville, MA

2016 Felt Illuminated Course, Fiona Duthie (online)

2016 Surface Design in Felt Course, Fiona Duthie (online)

2015 Dreamscape Dance Training, Pam Newton & Leah Becker, Cambridge, MA

2014 STOTT PILATES® Injuries & Special Populations, Northeast Pilates, Manchester, MA

2014 ZEN•GA Qualified Instructor, Northeast Pilates, Manchester, MA

2012 STOTT PILATES® The Knee: Stability and Function, Northeast Pilates, Manchester, MA

2012 STOTT PILATES® Lumbo-Pelvic Region: Stability and Function, Northeast Pilates, Manchester, MA

2012 STOTT PILATES® Shoulder Girdle: Stability and Function, Northeast Pilates, Manchester, MA

2009 STOTT PILATES® Instructor Certification, Northeast Pilates, Manchester, MA

2006 Personal Trainer Certification, American College of Sports Medicine, Boston, MA

2006 Group Fitness Instructor Certification, AFAA, Boston Massachusetts

2005 Personal Training Course, Boston University, Boston Massachusetts

Performance works

2024 Follow the Thread, Choreography, masks, animation, music, performance. Café Concret #49, Bâtiment 7, Montreal, QC,
2024 Sensorium Collaboratori, Collaborative Interactive Performance, Milieux Institute, Concordia University, Montreal, QC.
2022 Giant Puppets Take the Stage, Mentorship, instruction, design/build assistance for middle school artists. SPARK!
Fundraiser, Coyote, Seattle, WA
2020 I'm Trying to Study!, Scripting, puppets, music, performance. Tiny Dreams Puppet Slam, Portland, OR
2019 Heart Song, Multi-Disciplinary Theatre. Choreography, costumes, puppets, music, performance. Potpourri Puppet Slam,
National Puppetry Festival, Minneapolis, MN
2018 Before/After, Evening length interdisciplinary theatre. Direction, choreography, masks, costumes, puppets, props. Philly
Fringe, CHI Performing Arts Center, Philadelphia, PA
2018 Bon Soir, Beau Soir, Object Performance. Choreography, costume, props, Blind(ART) Date, 954 Movement Collective,
Philadelphia, PA
2018 Eight Legs, Dance/Butoh. Choreography & poetry (with Shizu Homma), costumes. Blind(ART) Date, 954 Movement
Collective, Philadelphia, PA
2017 Mistress of the Maze, Evening length interdisciplinary theatre. Direction, choreography, masks, costumes, and props.
Philly Fringe, CHI Performing Arts Center, Philadelphia, PA
2017 Dance of the Genii, Multi-Disciplinary Theatre. Choreography, masks, costumes, and props. FringeArts Scratch Night, The
Rotunda, Philadelphia, PA
2002 Silver Tree Bleeds, Performance Art. Fiber sculpture, choreography. I-Mission, Shadow Lounge Pittsburgh, PA
2002 Polygon, Performance Art. Fiber sculpture, choreography. Unblurred, Penn Ave Arts, Pittsburgh, PA

Exhibitions

2023 UArts Collective Show, University Heights, Seattle, WA
2022 Fresh Talent II, Bainbridge Arts & Crafts, Bainbridge Island, WA
2022 Pluralism, Center on Contemporary Art Gallery, Seattle, WA
2022 Gala Marathon Featured Artist, Center on Contemporary Art Gallery, Seattle, WA
2022 CoCA Member Show, Center on Contemporary Art Gallery, Seattle, WA
2019 Small Worlds, The Plastic Club, Philadelphia, PA
2018 Let's Connect, Barnes Foundation, Philadelphia, PA
2018 Perennial Visions II, DVAA Gallery, Philadelphia, PA
2018 Artist, Reader, Writer, DVAA Gallery, Philadelphia, PA, 2018
2017 Out of the Woods: Fairy Tales Re-imagined, Nave Gallery, Somerville, MA
2016 Fiber in the Present Tense, Arsenal Center for the Arts, Watertown, MA & Slater Mill, Pawtucket, RI, 2016

Teaching & Facilitation

2023 Mentorship & design/build support for student capstone project, Coyote Central, Seattle, WA

2023 Nuno Felted Scarves, 5 hours workshop, Sarah Carr Creative LLC, Seattle, WA
2023 Weird & Witchy Hats, 5 hour workshop, Sarah Carr Creative LLC, Seattle, WA
2022 Restorative Rolling for Puppeteers, 2 hour workshop, Left Coast Puppet Love Fest, Seattle, WA
2022 Puppets for Stage, 6 week course, 4 sections, Coyote Central, Seattle, WA
2022 Alien Felted Landscapes, 6 week course, Seattle Girls School, Seattle, WA
2022 Felted Hats & Accessories, 6 week course, Coyote Central, Seattle, WA (6 week course)
2009-2017 Pilates reformer classes & private training, 5-6 days a week, Fitlab Pilates, Cambridge MA
2002 Dance instructor, ballet and jazz, Carnegie Library of Homestead, Pittsburgh, PA
2001-2002 Dance instructor, 4 weekly 1 hour classes in ballet, tap, jazz, Carnegie Performing Arts Center, Carnegie, PA

Press

Artist Interview with Debra Ruzinsky, Executive Director of Bainbridge Arts & Crafts, Oct. 13, 2022. <https://youtu.be/5jrtTxkBxs0?si=QjZDpcPiasD98Zoi>

CoCA Marathon Artist Interview, Sep. 17. 2022. <https://youtu.be/Slag7ZVjziw?si=2CCzgQQnf9YiLcu8>

Emma Elsmo, "WeftWorks Before/After, Physical Art Meets Movement" Sep. 17, 2018. <https://philadelphiadance.org/dancejournal/2018/09/17/weftworks-before-after-physical-art-meets-movement/>

Steven Weisz, "WeftWorks Before/After's visual account of the the environmental cost of consumerism", Sep. 17, 2018. <https://philadelphiadance.org/dancejournal/2018/09/17/weftworks-before-afters-visual-account-of-the-environmental-cost-of-consumerism/>

Hugh Wilikofsky, "Making Art in 2017: Sarah Carr on Mistress of the Maze", Sep. 5, 2017. <http://fringearts.com/2017/09/05/2017-questionnaire-sarah-carr-mistress-maze/>

Steven Weisz, "A Guide to Dance Performances at This Year's Neighborhood Fringe", July 26, 2017. <https://philadelphiadance.org/dancejournal/2017/07/26/guide-dance-performances-years-neighborhood-fringe/>

Deb Miller, "2017 Philadelphia Fringe Festival Review: 'Mistress of the Maze' by WeftWorks at CHI Movements Art Center", DC Metro Theater Arts, Sep. 18, 2017. <https://dcmetrotheaterarts.com/2017/09/18/2017-philadelphia-fringe-festival-review-mistress-of-the-maze-by-weftworks-at-chi-movements-art-center/>

Lauren Sinner, "Friday Fibers Roundup", Sep. 9, 2016. <https://www surfacedesign.org/friday-fibers-roundup-8/> (featured image)