

Larissa Velez-Jackson CV

Artistic Director, Choreographer, Movement Educator, and Sound Healing Artist in multiple myeloma survivorship. Creator of LVJ SmartBody Fitness, Star Pû Method / Star Crap Method, Dr. Absurd Joy ASMR and co-creator of Yackez .

<https://larissa-velez-jackson.com/projects>

<https://www.larissa-velez-jackson.com/bio-cv>

Selected Works of Choreography

Gentle with Light Sound

Presented by **La Academia Desposeída**, Governor's Island, Sept. 7, 2025

(Cast of two dancers, length: 30 minutes)

Protecting Complexity with the Star Pû Method

The Chocolate Factory Theater, NY, NY, June 22-25, 2022

(Cast of 3 dancers, length: approx. 1 hour and twenty minutes)

Star Pû Method: Relating Right Now

New York Live Arts, Lang Dance Dept., **New School University**, Spring Dance Concert, NY, NY, May, 2022

(Cast of 4 student dancers, length: approx. 20 minutes)

Star Pû Method: Care, Freedom and Partnership

Lewis Center for the Arts, Princeton University, Fall Dance Festival, Princeton, NJ, November 2021

(Cast of 7 student dancers, length: 10 minutes)

Zapatografía/Shoeography (featuring elder Latinx guests)

Abrons Arts Center, NYC, NY, December 2018

The Bushwick Starr, Brooklyn, NY, September 2017 *US premiere

El Teatro Milagro, Mexico City, Mexico November 2013 ***International workshop*

(Cast of 8 dancers, length: approx. 1 hour and 10 minutes)

Yackez: Give It To You Stage (created in collaboration with Jon Velez-Jackson, featuring a cast of elder dancers)

New York Live Arts, March 2017, NY, NY *US premiere

(Cast of 19 dancers, length: 1 hour and 27 minutes)

Star Crap Method

American Realness Festival, **Abrons Arts Center**, NY, NY, January 2016

Museum of Art and Design, NY, NY September 2015

Chocolate Factory Theater, premiered November 2014

(Cast of 4 dancers, length: approx. 1 hour and 30 minutes)

Making Ends Meet

American Realness Festival, **Abrons Arts Center**, NYC January 2011

Danspace Project Platform, NYC September 2010

Food for Thought Series, **Danspace Project**, NYC December 2007

Brink Series, **Dixon Place**, NYC October 2007

SoloNova Arts Festival, **PS 122**, NYC June 2007

(Solo work, length: 15 minutes)

Response time with help her out /take 357 – (collaboration with Hilary Clark

Painted Bride Arts Center, Phila PA January 2011

Fresh Tracks Show and Residency, **Dance Theater Workshop**, NYC January 2009

Crossing Boundaries, **Dixon Place**, NYC May 2007

(Duet work, length: 15 minutes)

Residencies/Scholarships/Awards

- (Collaborating artist with Obie winning access dramaturg and lead choreographer Alison Kopit) AMP Residency, Andrew Mellon Foundation, NY, NY, November 2024
- AXIS Dance Choreographic Fellowship, Berkeley, California, May 2024
- NYS DanceForce Choreographic Initiative, Orange County, NY, September 2023
- Pillow Lab Choreographic Residency, Jacob's Pillow, Massachusetts, March 2023 (Yackez)
- Disability. Dance. Artistry Residency at Dance/NYC, 2022
- Caroline Hearst Choreographic Fellowship at Princeton University, 2021- 2022
- Movement Research Artist in Residence, 2018-2020
- Nomination for Outstanding Emerging Choreographer, New York Dance and Performance "Bessie" Award, 2016
- Foundation For Contemporary Arts Grant to Artists Awardee 2016
- Gibney DIP Artist in Residence, Gibney Dance Center, 2016 (Yackez)
- Process Space Artist in Residence, Lower Manhattan Cultural Council, Fall 2016 (Yackez)
- LiveFeed Artist in Residence, New York Live Arts, 2015-2016 (Yackez)
- El Museo Del Barrio Artist in Residence, Fall/Winter 2014-15

- Movement Research MRX residency exchange with CICO-INBA, Mexico City, Mexico, Fall 2013
- SPARC Artist in Residence, Lower Manhattan Cultural Council, 2013
- Movement Research Artist in Residence 2012-2013, NYC
- DanceWEB Scholarship at ImPulsTanz Vienna Int'l Dance Festival, Summer 2012
- Jerome Foundation Travel and Study Grantee 2012
- Fresh Tracks Performance and Residency, Dance Theater Workshop 2009 (with Hilary Clark)
- Studio Series Residency, Dance Theater Workshop 2008-2009

PRESS QUOTES

"And as (Talya Epstein) tore off a hunk of plaster and Ms. Velez-Jackson proceeded to sing about it, the show came alive with the delight of the truly unexpected." – **Brian Siebert, The New York Times**

"Let me say it outright: I love Larissa Velez-Jackson. Velez-Jackson's a charismatic, kickass artist who, with playfulness and protean skills as a physical comedian, establishes immediate rapport with her audience. Getting us right where she wants us, she's capable of delivering any kind of message or sting or bouquet of rare joy that she desires." – **Eva Yaa Asentewaa, Infinite Body Blog**

"When "Star Crap Method" works, and Velez-Jackson and her dancers click, there are moments of marvelous physical humor, honesty, and even beauty. The ephemeral gift of dance – that you are either there for a spectacular Moment, or that you're not – is the promise of "Star Crap." – **Martha Sherman, DanceViewTimes**

PRESS FEATURES

<https://www.nytimes.com/2018/11/30/arts/dance/review-the-footwear-follies-of-zapatografia-shoegraphy.html>

https://www.nytimes.com/2017/03/28/arts/dance/a-dance-troupe-adds-fresh-faces-the-youngest-is-66.html?_r=0

EDUCATION / CERTIFICATIONS

Rasa Yoga (RYT 200), **Kane School Pilates Equipment and Mat**, **AFAA** Group Fitness / Senior Fitness Specialist: NY, NY 2024 - 2004

1BFA Degree, Dance Education: **University of the Arts**, Philadelphia, PA 1994- 1998