



# Sarah Casey

**Dance Instructor, Preschool  
Gymnastics & Administrative  
Support**

**Hometown: Kirkland, WA  
Birthday: February 21**

**My Experience/Education Includes:** I have my Bachelor's Degree in Dance from Loyola Marymount University in Los Angeles, CA. I have past experience as a dance instructor, preschool gymnastics instructor, preschool teacher, nanny, and office administrator. I am currently working on my Master's Degree in Somatic Counseling with an emphasis in Dance/Movement Therapy at Naropa University, and hope to work with young children and families facing chronic illness and other life challenges.

**I love Mountain Kids/MCDA because:** Mountain Kids/MCDA provides a supportive environment for both employees and students/families, which has been so important to me. I also love that both dance and gymnastics is available to the students here – it is so exciting to be surrounded by both here at Mountain Kids/MCDA!

**My teaching philosophy is:** I strive to always be a positive influence in the lives of the children I teach. I want each of my students to feel seen and heard, and feel comfortable to be themselves and share their unique gifts!

**In my free time I like to:** Spend time with my husband Christopher, dance, read, ride my dirt bike, and explore Colorado.

**My favorite place to go is:** The beach!

**An interesting fact about me is:**  
I am a huge Harry Potter fan and have read each of the books probably over 10 times!

