

## KEITH URBAN

Since moving to the Bay Area from New York in 2000, Keith has taught Modern Dance technique, Improvisation, and Choreography in the Dance Division at Stanford University, and Ballet, Pilates, and Yoga at Foothill College.

Keith was a founding member of Toronto Dance Theatre, and Chair of the Dance Department at York University in Toronto.

His own award-winning dance company, Urban and Formolo dance, toured internationally and was the first Canada-based troupe to teach and perform in the People's Republic of China.

His *Joy of Movement* courses, which combine Yoga and mindful movement improvisation, and his Mindfulness-Based Stress Reduction courses, are offered through Stanford Continuing Studies. He also teaches *Restorative Yoga* at the Osher Lifelong Learning Institute (at UC Santa Cruz Extension), and *Mindful Yoga* at Bay area Hospitals.

Keith trained at the National Ballet School of Canada, and in New York with members of the Martha Graham company. He began his study of Yoga with Swami Satchidananda and has been integrating expressive movement with healing movement throughout his career.

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