

Jessica Lowry

Canadian Actors Equity Association #25448
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Teaching

Theatre/Yoga Instructor
Iyengar Yoga Instructor: In-person and online adult classes
Online mindful creative movement classes for K-7 students
Yoga Girls: Empowerment mindfulness course for girls
Instructor: Children's Theatre/Actings Classes for K-7

TD Artist in the Schools/NAG 2018-2020
2014-present
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LSS and Project Reel Life 2013
Soulfire Studio Ladysmith 2009-2011

Selected Theatre Credits

Secret/e	Billi	Theatre in the Way/Sharon Bajer
52 Pick Up	Woman	Theatre One/David Mann
Wild Geese	Zoe	Theatre One/David Mann
Emerging Voices Workshops	Various Roles/Plays	Theatre One/Various Directors
The Ginger Goodwin Story	Jeanie	TheatreOne/David Mann
Born Yesterday	Billie Dawn	Artspring Theatre/Mort Ransen
Design for Living	Helen Carver	Shaw Festival/Morris Panych
The Heiress	Marion Almond	Shaw Festival/Joe Ziegler
Belle Moral	Claire	Shaw Festival/Alisa Palmer
Ah Wilderness	Norah	Shaw Festival/Joe Ziegler
Tristan	Frau Haulenrach	Tarragon Theatre/Jackie Maxwell
Mary's Wedding	Mary/Sergeant Flowerdew	Theatre One/Burton Lancaster
Jewel	Marjorie Clifford	C2C/Charlie Tomlinson
Three Tall Women	B	Western Edge Theatre/Garry Davey

Selected Directing/Writing

Blackstones and Bathtubs	Writer/Director	City of Nanaimo Canada 150 Legacy Project
Clear Cut	Writer/Solo Performer	NAG's Silva: The Booming Grounds
Talker's Town	Director	Western Edge Theatre
Possible Maps	Director	Edmonton Fringe Festival
10th Anniversary Gala	Writer and Host	The Port Theatre
Rhapsody	Performer/Writer/Producer	Self produced

Education

Conservatory Acting Program, BFA with Distinction,
Honours English Studies, OSI Scholarship

University of Alberta 2001
University of British Columbia 1995-97

Training

Certified Iyengar Yoga Instructor IYAC
Compassionate Inquiry training intensive with Dr.Gabor Mate
Intergenerational Leadership Retreat, Janis Jonasen Consulting
One Yellow Rabbit: Creation Intensive/Summer Lab Masterclass
Acting for Film Intensive with Lynne Cormack
Suzuki and View Points Acting Method with SITI Company
Singing Classes/Carol Forte/Shaw Festival Academy
Voice and Dialect Classes/Edda Sharpe/Shaw Festival Academy
Scene Study Classes/Joe Ziegler/Shaw Festival Academy
Film Intensives/Andrew McIlroy

Selected Awards

Saunderson Award for a Promising Performer: Shaw Festival
Christopher Newton Award for Continuing Studies: Shaw Festival

References

Julie Bevan
Manager, Culture & Events
City of Nanaimo
julie.bevan@nanaimo.ca

Laura Mann
Curriculum Development and Fine Arts Teacher
Navigate Fine ArtseCademy, Courtenay BC
laura.e.mann@gmail.com

Mathew Payne
Artistic and Managing Producer
Theatre SKAM, Victoria BC
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David Mann
Performing Arts Manager and Artistic Director
Evergreen Cultural Centre, Coquitlam, BC
Artistic Director: Theatreone, Nanaimo BC
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