

# JESSICA LOWRY

Ladysmith, British Columbia

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Playwrights Guild of Canada | C.A.E.A | Iyengar Association of Canada

## Summary

Jessica Lowry is a playwright, actor, director, and certified Iyengar Yoga instructor born and based on Vancouver Island whose plays and performative practise explores mythic structure, ritual performance, and the body as a carrier of memory and collective experience. Her recent play Flightless received an Honourable Mention for the 2025 Lee Playwriting Prize and was waitlisted for the Banff Playwrights Lab 2026. Her produced work includes commissions and collaborations focused on reconciliation.

## Arts and Culture Training and Learning

- University of Alberta — BFA in Acting (with Distinction), Edmonton, AB
- One Yellow Rabbit Summer Lab — Devised Theatre Intensive, Calgary, AB
- Shaw Festival Academy — Professional training in scene study, dialect, voice and speech, yoga, Pilates, Alexander Technique, singing, and Suzuki physical theatre training, Niagara-on-the-Lake, ON
- Certified Iyengar Yoga Instructor — Iyengar Association of Canada. With ongoing lineage-based professional training and development
- The Embody Lab — Certificate in Trauma-Informed Somatic Facilitation
- Compassionate Inquiry with Dr. Gabor Maté — Certificate

## Selected Artistic and Cultural Work Produced, Published, or Presented to the Public

- 2022–2023 | Mother Tongue and Unshaken – Creation and performance works developed with Fox Queen / Pacific Stage Co reconciliation projects, paid contract

- 2019 | Secret/e by Rick Waines – Actor (Billie); Intrepid Theatre Club; directed by Sharon Bajer, CAEA contract
- 2017 | Blackstones & Bathtubs — Book writer and director for a commissioned Canada 150 legacy musical presented at the Port Theatre, Nanaimo, BC. Developed in collaboration with Snuneymuxw Elder Gary Manson and Hul'q'umi'num youth language champions for Hul'q'umi'num translation and cultural consultation.
- 2015 | Clear Cut – Short play and solo performance examining multigenerational ties to old-growth logging on Vancouver Island; presented as part of Silva Part II: Booming Grounds, Nanaimo Art Gallery, commission contract
- 2014 | 52 Pick Up – two-hander. Actor (Woman); TheatreOne; directed by David Mann, CAEA contract
- 2007–2020 | Actor and Assistant Director, Emerging Voices Playwright Workshops, Various, TheatreOne, CAEA contracts
- 2007 | Born Yesterday – Actor (Billie Dawn); ArtSpring Theatre; directed by Mort Ransen, CAEA contract
- 2005 | Mary's Wedding – Actor (Mary); TheatreOne; directed by Burton Lancaster, CAEA contract
- 2004–2006 | Ensemble acting roles and understudies across three seasons as acting ensemble at the Shaw Festival, Niagara-on-the-Lake, ON, CAEA contracts
- 2004 | Jewel – Actor (Marjorie Clifford); C2C / Western Edge Theatre; director, Charlie Tomlinson, CAEA contract
- 2004 | Tristan – Actor (Frau Haulenrach); Tarragon Theatre; director, Jackie Maxwell, CAEA contract
- 2004 | Talker's Town by Nelson Grey — Director; Western Edge Theatre, Nanaimo, BC, Equity guest contract.
- 2001 | Possible Maps by Ed Riche – Director; Edmonton Fringe Festival

## Artist Talks, Residencies, Presentations and Articles

- 2020–Present | Facilitator of public workshops through Align with Jessica exploring breathwork, women's practices, creative process and yoga, yoga for cyclic health, and building a sustainable home yoga practice
- 2023–2025 | Facilitator, Yoga and Theatre Intensive, Ladysmith Arts Council — exploring yoga as a tool for developing the body as an instrument in performance

## Arts and Culture Work Experience

- 2016–Present | Owner and Instructor, Align with Jessica, Vancouver Island, BC — Teaching Artist integrating embodiment, yoga, and devised theatre programming for youth and community participants
- 2020 | Teaching Artist, large scale ArtStarts funded project, Ladysmith Intermediate School, BC — Created Mindful Movement, an interdisciplinary program integrating yoga, theatre, and online creative content during the pandemic
- 2022 | Teaching Artist, large scale ArtStarts funded project in partnership with Ladysmith Secondary School, Dover Bay Secondary School, Nanaimo Multicultural Society, and the Nanaimo Fringe Festival with Stz'uminus singer-songwriter Patrick Aleck — Facilitated land-based devised theatre and yoga programming for youth
- 2018–2020 | Artist in the School, Nanaimo Art Gallery, Nanaimo, BC — Developed and facilitated yoga and theatre workshops for K–12 students integrating embodied storytelling, creativity, movement, and wellness practices

## Awards and Community Recognition

- 2025 | Honourable Mention and Prize Award – Lee Playwriting Prize, University of Alberta, for Flightless
- Christopher Newton Award for a Promising Performer – Shaw Festival
- Saunderson Award for Continued Studies in Theatre Creation – Shaw Festival

## Memberships and Affiliations

- Present | Member, Playwrights Guild of Canada
- Present | Canadian Actors Equity Association
- Present | Iyengar Association of Canada