From the moment her grandmother put her in her first tutu at three years old, creativity and movement have been center stage. As a Jr. youth she trained at Lula Washington Dance Studio and was strongly nurtured and influenced as a member of the Baha’i Youth Workshop (BYW.) A dance theater based company, which created and performed work inspired by spiritual principles of equality, justice and love for all of humanity. Tatiana globally toured, choreographed, produced and served as a head coordinator (out of two) for the adult version of BYW, known as the One World Dance Company from 2000-2006.

During her undergrad at UCLA she became a member of CONTRA TIEMPO Dance Activist Company and finished her final semester training at *L’Ecole de Sables,* in Senegal, West Africa in 2006. She continued her journey performing with various companies such as the *Marshall Dance Company* and *L'Esprit d'Afrique* from 2006-2009 and joined Viver Brasil for special performance projects in 2013-2014.

Tatiana danced and choreographed for events and music videos such as Nneka’s *Restless* in 2012, which aired on MTV’s 106 & Park. That same year she developed her artistic work, inspired by personal and collective experiences that holds space for trauma, healing and resilience. Drawing from a multi-faceted movement and interdisciplinary practice, Tatiana integrates Afro-Diasporic and contemporary movement along with creative writing, storytelling and spoken word into her creations. She has produced two sold-out dance theater shows, *Moonlight Reflections* in 2012 at the Electric Lodgeand *In My Skin* in 2018. Both encore shows were also presented at the Barnsdall Gallery Theater.

In 2019 she created new work, titled *She Speaks*, which examines ancestral experiences that live in our bodies and affect how we move in the world. This solo work was performed at the Dancing Diaspora Festival in 2019. That same year she had the honor of working with renowned Columbian visual artist Carolina Caycedo on her newest film, *Thank You For Hosting Us, We Are Healing Our Broken Bodies* (commissioned by OCMA Museum.)

Tatiana’s first dance film won the 2020 audience choice award at the LA Dance Shorts Film Festival for her project, *Dreams of Waking* and soon after received a grant from Truth Racial Healing and Transformation (TRHT) to support the development of her ongoing project *In My Skin* created in 2018.

While cultivating her artistic career, Tatiana began developing her healing practice as a massage therapist and reiki practitioner in 2007, which led to working with organizations like Move to End Violence to offer support and healing for social justice activists.

As her healing and artistic work began to integrate, she started offering movement therapy based workshops in 2015. Some of the themes have included; healing from racism, Healing Our Mother Wounds and Reclaiming The Body & Trusting The Healer Within – all workshops offer a practice for deeper self-care and community healing.

Soon after starting these workshops, she was hired as a trauma-informed movement therapist and retreat facilitator for the Joyful Heart Foundation (JHF) in 2016, which offered Healing Arts Retreats to survivors of domestic violence, sexual assault and child abuse.  She continued to offer similar services working with A Thousand Joys (ATJ) in 2018, which provides support for schools and community-based organizations with techniques to manage stress, promote greater overall wellbeing, facilitate teamwork and strengthen communities. She’s continued her services as an artist, speaker and movement facilitator with organizations such as Sage Sisters, California Reducing Disparities Project and Pacifica University to name a few.

Tatiana hosted her first international Heal Her retreat in Bali, Indonesia in 2019 and she’s excited to offer these healing intensives around the globe, where womxn can gather to experience sacred rest, play, healing and deeper connection to themselves and each other.

Inspired to create a space where all bodies and levels of experience can feel free to dance, activate joy, and elevate their health, she created Afro-Joy Dance Party in 2010. These inclusive classes have been offered at dance studios, educational environments and organizations such as CAAM, City of Santa Monica, ViacomCBS, NAMIC, Pepperdine University, and online classes have cultivated a global community of movers and shakers from all walks of life, uniting through the healing power of dance.

Along with offering healing arts retreats, and Afro-Joy Dance Party, she is cultivating her artistry through ongoing projects such as *In My Skin*. She is also currently collaborating with dancer Bianca Medina and award winning choreographer Marina Magalhães on her newest work titled *Body As a Crossroads,* which recently debuted at Diverse Works in Houston spring of 2022.

To learn more or engage with Tatiana and her community: [www.TatianaZamir.com](http://www.tatianazamir.com/)  IG: @TatianaZamir