



S T E P H A N I E

F R O M E N T I N

BFA, Université Concordia | MA, UQÀM

(514) 812-5435 

12139 rue Letellier, MTL 

stephaniegfromentin@gmail.com 

www.stephaniegfromentin.com 

INFORMATION

NATIONALITIES

American, French, & Canadian

STATUS

Canadian Citizen

LANGUAGES

English, French, & German basics

AFFILIATIONS

-Board of directors
MainLine Theatre and the
Montreal Fringe Festival
(Chair Human Resources)

-RQD, UDA Member

-Culture Montréal Member

TRAINING & EDUCATION

Audiodescription for dance

2025, 2024 & 2021

Training to describe dance to the blind and visually impaired community through Danse-Cité (Live [AD at MAI](#) January 31st, 2025)

Rehearsal Direction

2019-2020

Function, Practices & Strategies with Sophie Michaud through RQD

Naada Yoga Teacher Training

2014-2015

500hr Yoga teacher training at Naada Yoga

Master's in Dance (MA) UQÀM

2010-2014

[Thesis on the perception and sensation of present time in dance](#)

Recipient of the Pierre Lapointe scholarship for excellence, 2011

State Diploma (France), Contemporary Dance

2005-2006

Technical Aptitude Exam (EAT), November 2005
Anatomy exam, May 2006 with excellent mention

Bachelor's in Fine Arts (BFA), Graduated with distinction

Concordia University. Contemporary Dance Major 2000-2004

PROFESSIONAL EXPERIENCE

Manager, Administrator and Receptionist at Naada Yoga. 2010 to present

- Knowledge of Wordpress, Mailchimp, Jimdo, Meta Suite (FB & IG), Linktree & MindBody Online
- On-site manager, excelling on different types of software, weekly accounting tasks
- Ensure a smooth experience for clients, emergency response, and maintaining scheduling

Board of Directors Mainline Theatre and the Montreal Fringe Festival 2020 to present

- Chair of Human Resource committee, former treasurer. Providing reports to board meetings
- Advisor and consultant for the Executive and Artistic Director
- Revising contracts, editing forms and policy content, working towards better practices

Project Coordinator, Administrator, Creative Consultant 2019 to present

George Stamos, Sarah Bild, Susanna Hood, Emily Gan, James Viveiros, Joanna Abbatt, &+

- Organize and execute scheduling with tight deadlines, on site and virtual coordination
- Follow up for online sales, communication with producers, and follow up with audience
- Promote the work of multidisciplinary artists, ad hoc support to artists in production mode

Writing and editing support for grants and project funding proposals 2018 to present

WAFD Interdisciplinary Creations, George Stamos, Sarah Bronsard, James Viveiros, Ariane Dessaulles, &+

- Written support and editing in English and French for various companies & artists
- Consultant for restructuring ideas, revising budgets, and end of project final reports
- Efficiency with short deadlines, fluid communications, and pertinent conceptual proposals

PROFESSIONAL EXPERIENCE...

Rehearsal Director and Movement Advisor

2015 to present

Lorraine Pintal, Helen Simard, James Viveiros, Sébastien Provencher, Sarah Bronsard, &+

- Observe and structure the choreographic environment of an artist with sensitivity and care
- Manage a team of performers in the absence and presence of a choreographer/director
- Offer support and suggestions with the work's integrity at the center of my intentions

Critic, blogger and radio host

2011 to 2018

Danscussions in association with the UQÀM web radio, www.choq.ca

- Organize and manage weekly interviews with dance and performing arts workers and artists
- Give written feedback on various emerging and professional stage performances
- Integral understanding of radio, executing tasks on-air and managing the sound board

Translation and editing in English and in French

2005 to present

WAFD Créations Interdisciplinaires, Sarah Bronsard- La Sporée, Naada Yoga, Studio Équilibre, &+

- Interpretation at the source, nuanced according to the language and context
- Ability to work under pressure with optimal delays to respect short deadlines
- Extensive vernacular comprehension and proficiency in the arts and health & wellness sectors

ESL teacher children and adults, in group and private settings

2005 to 2010

- Preparing lessons tailored to individuals' needs and specific group levels
- Adapting classes to different age groups, engaging students according to their abilities

TEACHING

- 2025 Contemporary dance teacher** Les Muses, Centre des Arts de la Scène. 2023 to present.
Contemporary dance teacher Collège de Montréal. January to March 2025.
Yoga teacher (hatha, yin, restorative) Équilibre, Vert Prana & Naada Yoga. 2015 to present.
Yoga & Meditation teacher Big Bang Training, Stéphanie Decourteille. 2021 to present.
- 2024 Choreographer, Opera La Chauve Souris** with director Lorraine Pintal (TNM). 2024.
- 2023 Movement & Yoga coach** Canadian Vocal Arts Institute (CVAI). 2021 to 2023.
- 2021 Contemporary and ballet dance teacher** Danse-études KaroForme. Jan-May 2021.
- 2020 Yoga teacher (acro, hatha, flow, yin)** UQAM Sports Centre. 2015 to 2020.
- 2016 Creative dance teacher for seniors** Ste-Catherine d'Alexandrie Community Centre.
- 2015 Contemporary dance teacher** Danse Toujours, workshops and classes. 2014-2015.
- 2014- Teaching Assistant** UQÀM Dance Department for the following classes:
- 2013** *Initiation to danse* with Geneviève Dussault (January to April 2014).
Interpretation III with Caroline Gravel (September to December 2013).
Expressive Movement with Fernande Girard (September to December 2013).
Exploration workshop in dance with Ginette Prévost (January to April 2013).
Introduction to contemporary danse with Jade Marquis (September to December 2013).
- 2012 Ballet teacher** for children 7 to 12 years old. Les Ateliers Turcotte, Montréal, Québec.
- 2005- Director for Summer Intensive Program.** Technique teacher, manager and choreographer
- 2010** Dance Dimensions, Norwalk, Connecticut.
- 2005- Contemporary dance teacher,** jazz, modern and ballet at conservatories and dance schools
- 2007** accross France in Paris, Vélizy, Boussy-Saint-Antoine, Palaiseau and Nemours.
- 1998- Contemporary dance teacher,** jazz, modern and ballet at Dance Dimensions, Connecticut.
- 2002 Choreographer and director's assistant** Crystal Théâtre, Norwalk, Connecticut.

VIDEO + PHOTO

- 2024 ISKWÈ** Video Clip: Choreographer, videographer & direction of photography [Exhale](#)
- 2023 CHÉLANIE BEAUDIN-QUINTIN** Dance Film: Interpreter [À Bras le Corps](#)
- 2021 ISKWÈ** Video Clip: Choreographer, Interpreter & Video direction [Night Danger](#)
- 2016 DEAD MESSENGER** Video Clip: Interpreter [Master Plan](#)
- 2015 JACYNTHÉ CARRIER** Exhibition: Interpreter *Brise-Glace Soleil Blanc*: jacynthecarrier.com
- 2014 REMIX** Documentary: Choreographer & Interpreter Studio 303 [Remix-Documentary](#)
- 2013 DEAD MESSENGER** Video Clip: Interpreter [Toothcomb](#)
-

CREATION

DESCENDANT	Group creation inspired by ancestral and matriarchal lineage (in process) 2021-2024	
-	Supported by the Canada Council for the Arts, CALQ, CAM, Agora de la Danse & Danse-Cité	
-	Manage a team as choreographer, grant writing, final report processing, employing artists	
IT'S FINE	Created in collaboration with Emmalie Ruest.	2020-2022
-	Virtual creation filmed and published as a Web series with the RQD	June 2022
-	Video shoot at the Centre Culturel d'Anjou	December 2020
-	Research residency at Circuit Est 2021 and Centre Culturel Anjou	2020
-	Stage performance: So You Think That was Dance, Mainline Theatre	2020
S, COMME STÉPHANIE	solo creation	2019
-	Mainline Theatre, Montreal.	June 2019
-	Square Outremont Book store, Montréal.	Novembre 2018
IT'S FINE	Created in collaboration with avec Emmalie Ruest.	2018
-	Stage performance: Montreal Festival Fringe Nominated Best Choreography	
TRACKING TIME	Created in collaboration with Parts+Labour_Danse (PLD)	2018
-	Les Fenêtres Qui Parlent, 375th festivities of Montreal.	May & August 2017
THE GREATS	Art Lounge MTL Gallery, Montreal.	2016
DRAWING A BLANK	Created in collaboration with Sébastien Provencher	2015
-	Dance Matters, Scotia Bank Theatre, Pia Bowman School, Toronto.	
-	Passerelle 840, Piscine-théâtre UQÀM, Montreal.	2014
TRACKING TIME	Created in collaboration with Parts+Labour_Danse	
-	Studio 303, Montréal, Québec. Avril 2014.	
-	Passerelle 840, Piscine-théâtre de l'UQÀM, Montréal.	2013
ENTRE-TEMPS	Created in collaboration with Parts+Labour_Danse	2012
-	Recherche-création à la maîtrise. Piscine-théâtre de l'UQÀM, Montréal.	
HOUSE OF CARDS	Danses Buissonnières, Tangente.	2011
-	Studio Hydro-Québec, Monument National, Montreal.	
DANS(E) L'EAU	Dance Matters, Scotiabank Theatre, Toronto.	2011
-	Passerelle 840, Piscine-théâtre de l'UQÀM, Montreal. Mars, 2011.	
RUTH	Centre de Développement Chorégraphique (CDC), Grenoble, France.	2010
-	Les Lundis de la Danse Théâtre Darius Milhaud, Paris, France.	2009
-	Benjamin Franklin Theatre, Norwalk, Connecticut.	
MA REFLEXION SUR L'EAU	Montgeron, France. Yerres Conservatory, France	2006
DEVANT MOI	Massy-Palaiseau Conservatory, Massy, France.	2005
WHEN YOU SURFACE	Concordia Independent Study Studio 303, Montréal.	2004

INTERPRETATION

2025	TOUT S'ÉFONDRE Choreographer: Helen Simard- We All Fall Down Créations Interdisciplinaires. Choreographic research from January 2022 to May 2025. At Agora de la danse, Spring 2025.
2024	PANICLE Choreographer: Cai Glover & Director Mathieu Murphy-Perron. Research Nov. 2024
2023	ALL FLESH REDUX Director: Stacey Christodoulou- The Other Theatre. Jean Valcourt Theatre Music Conservatory. October 2023.
	HOW WE LOST CONTROL OF OUR FACES Director: Stacey Christodoulou- The Other Theatre. Jean Valcourt Theatre Music Conservatory. April 2023.
2022	CLUBBY Choreographer and dramaturg : Mathieu Leroux. Research October-November 2022.
2021	LA VIE EN PINK Choreographer: Cai Glover & Director Mathieu Murphy-Perron.
2020	REQUIEM POP Choreographer: Helen Simard Accès Danse. March, 2020 & 2021 (canceled)
2019	INNERVISION Choreographer: Martin Messier. FTA, Montréal. May and June, 2019.
	REQUIEM POP Choreographer: Helen Simard. Agora de la Danse, Montreal. April, 2019.
2018	IDIOT Choreographer: Helen Simard. Festival Wildside. Centaur Theatre, Montréal. Jan 2018.
2017	CASUALLY, INCONSPICUOUSLY, AS IF NOTHING HAPPENED Choreographer: Helen Simard. Festival Quartiers Danses. August and September 2017
	LORE Choreographer: Anne-Flore de Rochambeau. Les Fenêtres Qui Parlent, 375th festivities of Montréal, Festival Quartiers Danses. August 2017
	WILD/WALLED Choreographer: Alison Daley Toronto Fringe Festival.

INTERPRETATION...

- 2017 NO FUN** *Choreographer: Helen Simard.*
Dancing on the Edge Festival, Firehall Arts Centre. Vancouver, BC. July, 2017.
BLANK PLACARD DANCE, REPLAY *Choreographer: Anne Collod.*
FTA, Festival TransAmériques. Montréal, Québec. May, 2017.
IDIOT *Choreographer: Helen Simard.* Théâtre Lachapelle, Montreal. February, 2017.
Monument National, OFFTA. Montréal, Québec. June, 2017.
- 2016 NO FUN** *Choreographer: Helen Simard.*
World Fringe Congress / Cinars. Mainline Theatre, Montreal. November, 2016.
SummerWorks Festival. Factory Theatre, Toronto. August, 2016.
- 2015 NO FUN** *Choreographer: Helen Simard.*
Tangente, Studio Hydro-Québec, Monument National, Montreal. September, 2015.
POUR (The Menstruation Project) *Choreographer: Daina Ashbee.*
MEG- Musée d'ethnographie à Genève. Geneva, Switzerland. February, 2015.
- 2014 21 ANGUS YOUNG** *Choreographer: Helen Simard.*
Festival Phénoména, Sala Rossa, Montreal, Québec. October, 2014.
NO FUN *Choreographer: Helen Simard.*
Montreal Festival Fringe, Théâtre La Chapelle, Montreal, Quebec. June, 2014.
TRACKING TIME REMIX *Remixer and Choreographer: Adam Kinner.*
Studio 303, Montreal, Quebec. April, 2014.
21 ANGUS YOUNG *Choreographer: Helen Simard.*
Festival Vue sur la Relève, Cabaret Mile End, Montreal, Quebec. April, 2014.
Passerelle 840, Piscine-théâtre de l'UQÀM, Montreal, Quebec. January, 2014.
- 2013 NO FUN** *Choreographer: Helen Simard.*
Passerelle 840, Piscine-théâtre de l'UQÀM, Montreal, Quebec. November, 2013.
- 2008 JE TO BORCUS** *Choreographer: Martin Kravitz*
Micadanses, Studio May B. Paris, France. June, 2008.
MOVING TOWARDS TRANCELATION *Choreographer: Johanne Bro, Compagnie Kalijo.*
June Events, Fête de la danse. Paris, June, 2008. Espace Château Landon, Paris, May, 2008.
- 2004 PEANUTS** *Choreographer: Sasha Kleinplatz.*
ME AND US *Choreographers: Andrew Tay et Sasha Kleinplatz.*
Tangente, Double bill. Montreal, Quebec. October, 2004.
IT CAN'T HAPPEN HERE *Choreographer: Valerie Buddle*
Toronto Fringe, Studio 808, August, 2004. Montreal Fringe, at the MAI June, 2004.
- 2003 4 SPINS** *Choreographers: Andrew Tay and Sasha Kleinplatz.* Studio 303, Montreal, 2003.
ANOTHER WASTED MOMENT *Choreographer: Andrew Tay*
National Theatre School of Canada. Montreal, Quebec. March, 2003.
- 2002 CAREFULLY TRADING FLOOR FOR FLIGHT** *Choreographer: Sasha Kleinplatz*
Studio 303, Montreal, Quebec. June, 2002.
National Theatre School of Canada. Montreal, Quebec. March, 2002.
-

PRESS QUOTES

« I'm really excited about the panel discussion, says Stephanie Fromentin, a Bouge d'ici committee member who has been involved in planning the festival. Fromentin will also be participating with the inclusion of a Bouge Short she filmed over the summer. » Savannah Stewart, *Cult MTL (SAFE, Montréal, 2021)* cultmtl.com/CultMTLMarch2021

« Each of the dancers, despite looking completely different from one another, also have something very deeply Iggy to them that makes them a consistent unit. Stéphanie Fromentin has his indigo-child intensity. » Tara McGowan-Ross, *Broadway World (REQUIEM POP de Helen Simard Montréal, 2019)*. BWW-Review-I-Forgot-Your-Name-REQUIEM-POP

« A highlight for me is a segment in which dancer Stéphanie Fromentin whirls and twists across the wide Factory Theatre stage. » Ted Fox, *Evidance Radio (NO FUN de Helen Simard, Toronto, 2016)*. evidanceradio.com/home/470

« Stéphanie Fromentin is so graceful in the midst of the madness that you start to wonder where she ever got the energy. » Angela Potvin, *Montreal Rampage (NO FUN de Helen Simard, Montréal, 2015)*. montrealrampage.com/no-fun
