

FLORA BARE

Curriculum Vitae

Personal

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Education

London International School of Performing Arts- MFA Lecoq based Actor/Creator, 2007-2009

Accademia dell'Arte, Italy- Commedia dell'arte/Roy Hart Voice training, 2005-2006

University of California, Santa Cruz - Certificate in Performance Studies, 2004-2005

University of California, Davis- BA, Theatre Arts, Minor in Sports Psychology, 1999-2003

Specialized Training

Stage Combat Academy of North Carolina- Rapier & Dagger, Sword & Shield, Certification Exam April 2024

Consent-Forward Artist Certificate- IDC, Virtual, 2023

Stage Combat- Hand to Hand, Rapier, Dagger, Private Coaching, Jess Pennachio (SAFD), Chicago, IL, 2023

The Invisible Clown- Misha Usov, Cirque du Soleil, Virtual, 2022

Bouffant Workshop- Eric Davis (Red Bastard), Virtual, 2022

Meisner Technique- The Artistic Home, Chicago, IL 2022

Gibberish Workshop- Carlos Gallegos, The Clown School, Virtual, 2022

Bringing Voice Together (Wolfsohn/Hart)- Kevin Crawford, Virtual, 2021

Clown Workshop- Joana Barbosa, Casa 11, Virtual, 2021

Corporeal Mime- Theatre de l'Ange Fou, Chicago, IL, 2020

RYS200 Hour Yoga Teaching Certification Program- Zen Yoga Garage, Chicago, IL, 2018

Odin Teatret, Cohabitation of Actor and Director- Eugenio Barba, Holstebro, Denmark, 2018

Old Town School of Folk Music- Guitar, Level 1-3, 2018-2022

Aerial Arts, Circus Summer Intensive- Actors Gymnasium, Evanston, IL, 2016-17

Dynamic Life Movement Intensive Workshop- Dance Alive, Los Angeles, CA, 2015

View Points and Suzuki, Summer Intensive- SITI Company, Saratoga Springs, NY, 2014

Private singing lessons, Musical Theatre- NYC, NY, 2013

Argentine Tango, 4 Month Intensive- Andrea Genta, Montevideo, UR, 2013

National Center For Circus Arts (Formerly Circus Space)- Flying Trapeze, London, UK, 2011-12

Blind Summit Workshop, Bunraku Puppets- Cambridge, UK, 2011

Punch Drunk, Immersive Theater Practitioners Workshop- London, UK, 2011

Ghecko Theater Devising Master Class Series- Amit Lahav, London, UK, 2010

Wired Aerial Week Intensive, Aerial Dance- Liverpool, UK, 2010

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Alexander Technique- Illan Reichel, London, UK, 2007-2009

Private Opera Lessons- Arezzo, Italy, 2006

Familie Flotz, Full Headed Masks- Hajo Shuler, Arezzo, Italy, 2006

Red Nose Clown- Paco Gonzalez, Arezzo, Italy, 2006

Commedia dell'arte- Teatro Punto, Carlos Garcia Estevez, Arezzo, Italy, 2006

Red Nose Clown- Patty Gallagher, Santa Cruz, CA, 2005

Indonesian Puppetry and Mask- Kathy Foley, Santa Cruz, CA, 2005

Acting On Camera- Ralph Peduto, Santa Cruz, CA, 2005

Teaching

North Carolina State University, Raleigh, NC- (Spring 2024)
Master Class- 'Embodied Acting'

Coastal Carolina University, Conway, SC- (Spring 2024)
Master Class- 'Acrobatics for the Actor'

Wake Tech Community College, Raleigh, NC- (2023/2024).
Adjunct Professor- Acting 1/Acting 2
Guest Artist Director- Devised Production

National Women's Theatre Festival, Raleigh, NC- (2023)
Master Class- 'Doors to Devising'

Cary Arts Center, Cary, NC- (2023)
Instructor of Physical Acting, Devising, Embodied Art
Director of Mainstage Production

The Theatre School, DePaul University, Chicago, IL – (2019-2023)
Adjunct Professor- MFA, BFA Acting and BFA Comedy Arts Programs
Lecoq Movement, Clown, Acrobatics and Physical Comedy
Guest Professor- 'Acting for Non-Majors' and 'Theatre for Social Justice'
Choreographer/ Movement Director- Squirrel Girl Goes to College (Merle Reskin).
Goosebumps, The Musical (Merle Reskin)
'Clown Cabaret' (MessFest, Watts Theatre)

Columbia College, Chicago, IL - (2019-2022).
Adjunct Professor- MFA Program 'Acting and Performance Making'.
Voice and Movement
Advisor for Thesis Projects

The Actors Gymnasium, Evanston IL – (2016-2022)
Instructor for Professional Training Circus/Theatre Program
Acrobatics, Physical Theatre, Strength and Flexibility

Moraine Valley Community College, Palos Heights, IL – (2019)
Master Class- Embodied Voice & Movement/Ensemble Devising/Audition Techniques

Actors Training Center, Wilmette IL- (2021)
Master class- Physical Theater/Clown

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Theater Unspeakable, Chicago, IL - (2013-2022)

Instructor/Company Member
Red Nose Clown, Physical Comedy, Greek Chorus, Solo Storytelling, Movement
Director for Touring Shows

Uptown Fitness, Chicago, IL- (2018)

Instructor Yoga/Pilates

IK Gymnastics, Chicago, IL- (2015-2018)

Gymnastics Instructor/Program Developer

National Center for Circus Arts, London, UK - (2010-2012)

Head Instructor for Youth and Adult Acrobatic Program
Tumbling, Partner Conditioning, Functional Fitness and Hand Balancing

Richmond Gymnastics Association, London, UK – (2007-2010)

Program Director
Coach and Choreographer

University of California, Santa Cruz, CA - (2005/2010)

Teachers Assistant for Acting and Theatre Appreciation (2005)
Master Class- Commedia dell'arte (2010)

Freelance Choreographer/Acrobatic Private Coach for over 25 years.

Theater Performance/Direction

2023/24

Ricochet, Nouveau Sud Circus Project, Charlotte, NC - Director of Contemporary Circus Show
Kennedy Center American College Theater Festival Region IV, Albany, GA (2024)
Blumenthal Performing Arts Center, Charlotte, NC
Butterfly Wings, Burning Coal Theatre Company, Raleigh, NC- Actor/Musician
James and the Giant Peach, Cary Arts Center, Cary, NC- Director
Table For Two, National Women's Theatre Festival, Raleigh, NC- Producer, Performer, Deviser
The Girl Who Swallowed a Cactus, Vault Theatre, Durham, NC- Director

2022

Goosebumps, The Musical, DePaul University, Reskin Theatre, Chicago, IL- Movement Director
Skylark Inn, Facility Theatre, Chicago, IL- Director
Squirrel Girl Goes to College, DePaul University, Reskin Theatre, Chicago, IL- Movement Director
Clown Cabaret, MessFest, DePaul University, Watts Theatre, Chicago, IL- Director
Eurydice, The Artistic Home, Chicago, IL - Movement Director

2020

Incomplete Conversations, Silent Theater, Chicago, IL- Actor
The Shakespeare Project, Theatre Unspeakable, Chicago, IL- Director
The Yellow Wallpaper, The Den Theatre, Chicago IL- Producer, Actor, Deviser

2019

Table For Two, Borderlight Fringe Festival, Cleveland, OH- Producer, Performer, Deviser
Jumble of Bones, Pivot Arts, Chicago, IL- Musician, Movement Director
Hitting On The Break (Staged Reading) Dandelion Theatre, Chicago, IL- Actor

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2018

Pit91- New Play Reading, Pivot Arts, Chicago, IL- Movement Director
Documentary Play Festival, Waltzing Mechanics, Chicago, IL- Actor
Moving Stories, The Living Room Playmakers, Chicago, IL- Actor

2015-17

Table For Two, Prop Theatre, Chicago, IL- Producer, Performer, Deviser
Havana Nights (Large-scale circus event), Carnivale, Chicago, IL- Emcee/Performer
Quest (Winter Circus show), The Actors Gymnasium, Evanston, IL- Actor, Musician, Acrobat
Lulu, Silent Theatre, Chicago, IL- Actor
Theater UnSpeakable, National Tour, Lincoln Center, Kennedy Center- Company Member, Actor

2013-14

Borrowed from the Sea, La MaMa E.T.C. Puppet Slam, NYC, NY- Puppeteer
The Seagull, Columbia University, NYC, NY- Polina
Symphony of the Fourth Dimension, Centrifuge Arts Collaborative, NYC, NY-
Founding Member/Movement Director
The Shadow War, We Theater, Minneapolis, MN- Actor
Homage, Venus Theater Festival, NYC, NY- Actor, Musician

2010-12

One Extraordinary Day, STREB, 2012 London Olympics, London, UK- Aerialist, Dance Captain
Die Meistersinger, Royal Opera House, London, UK- Actor, Dancer, Fighter
Swifter, Higher, Stronger, Roundhouse Theatre, London- Actor, Acrobat, Deviser
Relax Your Face, UK and European Tour- Founding Company Member, Performer

Music/Film Performance

Locke Management, Greensboro, NC- Commercial Talent
Nick Dufloth Band, Chicago, IL- 2018-19, Singer/Guitarist
Master Play, Chicago, IL- 2018, Cabaret Jazz Singer
Blacksite: The Musical!, Soft Cage Films, Chicago, IL- 2018, Dancer
Lulu, Silent Theatre, Chicago, IL- 2016, Actor/Dancer/Deviser
Brooklyn Blues, Instant Film, NYC, NY- 2014, Lead Actor, Writer
A Pick and a Hoe, London, UK- 2012, Singer/Guitarist

Awards/Nominations/Residencies

Broadway World Raleigh Awards, NC- 2023, Best Director (Nomination, The Girl Who Swallowed a Cactus)
Wake Tech Community College, NC- 2023, Guest Artist/Director
The National Women's Theatre Festival, NC- 2023, Best Direction, Best of Fringe (Nomination, Table For Two)
University of California, Davis- 2023, Athletic Hall of Fame Inductee, Gymnastics
Facility Theatre, Chicago, IL- 2022, Directing Residency
Links Hall, Chicago, IL- 2019, Co-Mission Artist Residency
Northern California Gymnastics Choreographer of the Year- 2016