

## Rachel Doty

“I graduated from University of the Arts in 2005 with a BFA in dance. I've been living in LA 12 years and I'm Paula Morgan certified.

Paula Morgan has been in the industry a long time. She has trained many professional dancers in companies or on Broadway. She currently teaches on Adrenaline. About 10 years ago she started her own technique. Teachers pay to learn from her and get certified in the technique. It starts with the students alignment and breath. You move to the most basic of steps to the most difficult and the end result is a well rounded dancer using the correct muscles to prevent Injury and increase their performance. There are 4 levels. I am currently certified to level 3 and I'm about to take my level 4 test. I teach the Paula Morgan technique at many studios and the students themselves continue to do the work and see results!”

