

Morijah
Thomas



Morijah Thomas is a mover and creator currently based in South Jersey. She attended University of the Arts and graduated Summa Cum Laude in 2020 with a BFA in Dance and minors in Art Therapy and Music. While at UArts she had the honor to perform in works by Doug Varone, Robert Battle, Jesse Zaritt, Andrea Miller, Katie Swords Thurman, Annie Rigney and Sidra Bell. She was accepted to the UArts School of Dance winter trip to Europe in 2018 and had the opportunity to take class in Paris at Centre National de la Danse with Gala Moody and Daniel Condamine. Thomas also had the opportunity to work with Clinton Stringer and Dominique Duszynsky in Brussels at the Compagnie Thor. Morijah also had the honor to judge at Dancers Inc for their 2021-2022 season. She uses her multidisciplinary training and knowledge of music, art therapy and dance combined and brings into her classrooms. Morijah is now a Franklin Method Level One Educator and carries the joy of healthy function into her classes. Morijah's teaching involves a student centered base by offering the tools the dancers need to improve and better themselves not only technically, but mentally as well. By changing instruction to a personal experience it switches telling orders to a self-realization and the dancers get to fully embody themselves. She likes to work with efficiency, imagery, weight shifting, anatomical cues, and cardiovascular limits. Her pedagogy of teaching started to build up with a lot of the principles and techniques of the Franklin Method, Limon, GAGA, and Balanchine while also mixing together all her practices and experiences of the past and previous teachers creating a space for her students to improve in and research in new ways.