

ABIGAIL MYTYCH

Class Teacher



Abigail Rose Mytych has been dancing for the past 12 years, training in improv, release technique, Bartenieff Fundamentals, Jazz, Composition and more!

In 2015 she earned her BA in Theater Arts with a concentration in Dance from Sonoma State University, as well as her Master of Fine Arts in Dance and Choreography from Mills College in 2017.

Abigail has trained and worked with numerous artists while studying in the Bay Area such as Christine Cali, Scott Wells,

Kristin Daley, Amy O'Neil and Rogelio Lopez, who have shaped her into the teacher, scholar, choreographer and dancer she is today.

Abigail is currently on faculty at La Reina Middle & High School, where she teaches dance classes and also coaches the middle school dance team.

Abigail has a deep passion for choreography and modern technique and is excited to share all of her knowledge with the dancers at Aspire Dance Studio!