

MIEL APOSTOL

Instructor



Originally from the Philippines, Miel Lei (She/They) is proud to be an immigrant. At the age of 11, Miel Lei began her athletic training then later pursued both medicine and dance at Moorpark College. After receiving four Associate Degrees in Dance, Chemistry, Biological Science, and Natural Science, Miel Lei transferred with honors to the World Arts and Cultures/Dance department at her dream school, University of California, Los Angeles.

After three years at UCLA, she recently graduated and received her B.A. in Dance and double minored in Theater and in Visual and Performing Arts Education. Versed in multiple styles of dance and performance, Miel Lei is always open to learning other artistic techniques and practices. She has experience in contemporary, lyrical, ballet, jazz, West African, commercial, heels, musical theater, modern/post modern, and street style dance. Given their self-driven personality, their passion resides in cultivating their overall skills in dance/performance vocabulary, production/film, and their improvisation/freestyle movement.

With their previous knowledge in Music and Biology, Miel Lei likes to experiment with concepts that integrate a multi-perspective lens within their choreographic, teaching, and movement practices. As someone who highly values empathy and is involved in multiple studio, professional and academic communities from Newbury Park to Los Angeles, she advocates for the arts and interdisciplinary ways of teaching and learning.

She plans to attend a graduate program to achieve her Master's in Fine Arts, then later pursue her PhD in Dance Studies to become a dance professor at the university level. Miel Lei is looking forward to exploring her life outside of academia for the time being and is extremely excited to focus on teaching, dancing, and choreographing again!