

Elsa Limbach

Elsa Limbach began her dance studies in Pittsburgh, continuing her movement education in various locations across the U.S. and Canada. Her professional career began with Dance Alloy Theater. During her 15-year tenure with the company, Elsa performed in more than 100 works by dozens of contemporary choreographers. For six years she was artistic director, responsible for all aspects of artistic production, as well as overseeing the company's administration. Highlights of her career with the Alloy include: the company's first award from the National Endowment for the Arts, a robust schedule of regional touring, a multi-year residency in the Carnegie Museum, and the company's first major overseas tour of 7 cities in Eastern Europe.

Following her tenure with Dance Alloy, Elsa performed, taught, coached, and choreographed for a wide array of dance companies and theatrical groups in the U.S. and abroad, including in Bulgaria, where she lived for several years. Highlights of her work there included a Fulbright Lectureship at the Bulgarian National Academy of Theater and Film Arts, a year's appointment to the National School for Dance Art in the capital Sofia, and choreographic commissions from the Ballet Arabesque and the ballet of the State Musical Theater.

After returning to Pittsburgh, Elsa has continued work as a dance educator, most recently using the foundations of modern dance to create classes appropriate for adults of all ages. Of particular interest is the maintenance and expansion of the kinetic and expressive life of seniors. For more than ten years, Elsa has taught "Move It or Lose It," a popular course in the Osher Program at Carnegie-Mellon University.

Elsa has served as a board member for numerous small and mid-sized non-profits. Over the years, these activities have included Dance Alloy, Society for Contemporary Craft, Bulgarian Macedonian National Educational and Cultural Center, Winchester Thurston School, the Greater Pittsburgh Arts Council, and She Should Run, a national organization aiming to dramatically increase the number of women running for elected office.