



Ashley Freeman

Ashley grew up dancing in Atlanta, Georgia where her love for dance and performing was born. She attended school at Brigham Young University as a Music/Dance/Theater major, where she was on a performing scholarship.

After college graduation, Ashley moved to New York City where she worked as a professional dancer and choreographer. Her work has been seen Off-Broadway and on touring groups around the world. She has taught master classes across the United States and around the world including Norway, Sweden, Finland, Denmark, and Cuba.

Ashley has studied, trained, and worked with some of the dance greats including Andy Blankenbuehler, Mia Michaels, Mandy Moore, Al Blackstone, Susan Stroman, Travis Wall, Mike Minery, Richard Hinds, JoAnn Hunter, and Josh Bergasse.

Ashley recently finished a 200 Hour yoga certification in Ashtanga Yoga. She hopes to always bring positivity, patience and light into each class and is excited to be joining the MindBodyArt team.