

TANJOT PANESAR

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<https://tanjotpanesar.com/>

TRAINING

Acting	Bishop Reding Theatre Class	Stephen Ferraro
	Armstrong Acting Foundations	Armstrong Studios Toronto
Dancing	Stage/Tour Prep.	Kyle Lester
	Galen Hooks Improv. Method	Galen Hooks
	Movement Exploration	Peter D'Souza, Markus Pe Benito
	Popping	Andrew "Pyro" Chung
	Artful Balance of Business & Dance	Sorah Yang
	Illustrative Society	Joe Tuliao
	Origins Dance Crew	Neil Robles
	Commercial Choreography	Dom Lashawn
	Threading, Tracing (Online-Program)	Chris Martin & Larkin Poynton
	Storytelling Concepts: Ethos	Isidro Rafael, Selene Haro
	STUDIOS: StudioNorth, Millennium Dance	
	BASE Dance (UK)	
	R2D Copenhagen (DENMARK)	
	STYLES: Contemporary, Bhangra, Hip Hop, Afrobeats, JazzFunk	
Awards	R2D Camp Gold Scholarship	R2D, Reet Roy
	MVP Dancer	Final Stretch 2019
	Best Male Dancer	O.U.C.H. 2019

TEACHING EXPERIENCE

Studio North	Toronto, Vancouver	Scott Forsyth, Carmen Forsyth
Prestige Studios	Toronto	
Underground Dance Centre	Toronto	
A3 District	Vancouver	Roberta Bierman
Workshop Tour - "Blue Dream"	To, Van, Hamilton, Mississauga	
Mindful Movement Class - "Separate"	Toronto, Vancouver	
Flava Factory/ PNL Workshop	Ottawa, Montreal	Frank Amisi
6th Annual Charit-IE Workshop	Toronto	York University
Origins	Waterloo	2022 - 2018
City Centre Dance	Mississauga	
Star Performance Academy (Hip-Hop)	Waterloo, CA.	2021 - 2020
Evolve Dance Centre	Kitchener, CA.	
Kindred Culture	Mississauga, CA.	2019 - 2017
UW Hip Hop Club	Waterloo, CA.	2021 - 2017

LIVE/ STAGE PERFORMANCES

Bodies of Nature - Improv. Show	Dancer	KINAJ, Shameka Blake
6Fest - "Maybe"	Dancer w/ Tory Lanez, Rajan	6Fest Concert
Fever After Dark Showcase	Featured Choreographer	
Fever After Dark Showcase	Dancer	M. Messado, K9Toronto
Reignite Showcase - "ALI"	Principal Dancer	Alex Pollard
Final Stretch 19' Competition	Director/ Choreographer	

MUSIC/ CONCEPT VIDEOS

Ariana Grande Tribute "Positions"	Dancer	Christopher Nguyen
Drag Queen - Miss Opulence	Dancer	Chris Clarke
"Vibes" - Rajan	Principal Dancer	RZN World
"Violins" - Alexander Stewart	Choreographer/ Dancer	Little Ghost Productions
Bruno Mars Tribute	Dancer	Neil Robles, Origins

FILM/ TELEVISION

Run The Burbs S2	Principal Dancer	CBC Gem/Anoshinie
Student Film "Crossing"	Actor	Vann Ferderber/ TMU

PHYSICAL CHARACTERISTICS / MEASUREMENTS

Height: 5'11"	Weight: 140 lbs	Eyes: Brown
Hair Color: Black	Hair Length: Short	

Special Skills: Baking, Driving - Manual, Photography, Videography, , Football, Running - Long Distance, Skateboarding, Soccer, Swimming general, Track & Field, Volleyball, Yoga, Dance - Bhangara, Dance Hip Hop, Guitar, Improvisation, Fluent Hindi, Fluent Punjabi