

Katie Lake grew up in Massachusetts and received her primary dance training at the Dance Studio of Wakefield & Northeast School of Ballet with additional training at Boston Ballet, the Joffrey School of Ballet, Miami City Ballet, & Kaatsbaan. She earned her BFA in Dance from Alonzo King LINES Ballet with Dominican University in San Francisco, CA.

After university, Katie moved to Saarbrücken, Germany to join the Ballet of Saarland State Theater as a Soloist. In her four years with the company she performed in 50+ performances a year of contemporary repertoire including works by world-renowned artists such as Ohad Naharin, Johan Inger, Alexander Ekman, Stijn Celis, Marguerite Donlon, & Kenneth MacMillan, among others. Since returning to the states, Katie has danced with Gibney Company in NYC, SFdanceworks, Alejandro Cerrudo, ISHIDA Dance, and little house dance, and has performed in creations by Bryan Arias, Emilie Leriche, Olivier Wevers, & Andi Schermoly.

In addition to performing and teaching dance, Katie is a 500HR Registered Yoga teacher. She is passionate about the restorative power of movement and uses the practices of both dance and yoga as tools to help others discover a sense of awareness, freedom, and joy.