Kyrie Kowalik grew up in NH where she began her training as a gymnast at the age of 2. In high school she switched to dance where she found her true passion. She continued to hone this passion during her time at Allegheny College where she performed and choreographed for Jazz Dance Ensemble, Orchesis Dance Company and the Allegheny Dance Team, while also teaching and choreographing for Studio 83. In 2013 she began teaching at Miss Kelsey's Dance Studio where her students have won various awards at competitions and conventions throughout New England, including musical theater achievement of excellence, best in artistry and most entertaining. She has also choreographed and prepared her students for performances with big names such as Recycled Percussion, Additionally, she shares her love of dance as a guest teacher and teaches and choreographs contemporary at the Palace Theater in Manchester, NH. She also maintains acrobatic arts adjudicator, contortion, module 1 and 2 certifications, is a member of the Danscend Advanced Council and is Mental Health First Aid certified. Her recent performance experiences include participating in Tracie Stanfield's Construction Company, Urbanity's Underground Company and Saving Grace Dance Ensemble.

Whether she is performing on stage, teaching a class, or creating innovative choreography, she brings passion and creativity to every aspect of her work. She strives to inspire and empower dancers of all levels through the art of dance.