

# Kristal "M2daE" Jones

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Kristal M2DaE Jones, a New Orleans native choreographer, performer, educator, movement healer, and architectural designer. She performs with KM Dance Project and Chakra Dance Theatre and teaches workshops for all ages under her original dance krewe and motivational brand, B.U.K.U. Dance (Be. U. Know U.). Kristal is also the Operations Manager and a founding hip hop instructor at Dancing Grounds.

## Residency Work

### Breaking Patterns

An exploration of patterns linked to our comfort zones and awaking of change through movement and relationships. This will also focus on cultivating feel good movement workshops which the intention of being movement therapy in connection with testimonials.

