

# Sonia Woods

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## Teacher

Sonia Woods embarked on her dance journey at the age of 4 with Canterbury Ballet, training in Ballet, Jazz, Contemporary, and Lyrical. Sonia joined Canterbury Ballet's Pre-Professional Trainee Program at age 10, and graduated in 2022.

At 13, she earned a scholarship to the American Ballet Theatre New York Summer Intensive, later becoming one of only 10 worldwide American Ballet Theatre National Training Scholars. Three years later, Sonia was accepted into the final year of the renowned American Ballet Theatre JKO School, graduating in 2023.

Sonia has excelled in the competitive dance scene, both nationally and internationally, achieving accolades such as YAGP Top 50 in the NYC Finals, AHA Finalist, SIBA place getter in both the Junior & Senior Divisions, and multiple National Titles in Contemporary, Jazz and Lyrical. During her dance journey, Sonia also been awarded scholarships to train at leading dance schools worldwide, including Princess Grace Academy, Berlin State Ballet and Palucca Academy Dresden. Sonia has also participated in the Royal New Zealand Ballet Mentorship Program.

Passionate about passing on her expertise, Sonia aims to cultivate a deep love and appreciation for dance in the next generation of dancers through her teaching.