



BRECON FESTIVAL BALLET

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NATASHA TRIGG

Natasha started her ballet training at the age of three at Ribbons ballet school in Brecon and continued at the Royal Academy of Dance in London. At the age of ten she received weekly private tuition with Karen Paisley, ex Principal at the Royal Ballet, then at thirteen she was accepted into the Royal Ballet Associates programme and invited to full time education at White Lodge, The Royal Ballet's lower school. Natasha decided to carry on with the RBS Associates and train privately with Karen, Mary Goodhew and Katy Sinnadurai.

Choosing not to go down the traditional ballet training route by joining a ballet school at sixteen, she went to open professional classes in London taught by Roland Price and trained hard to join a ballet school for the graduation year. Natasha joined the London Studio Centre and danced with "Images", touring the UK coached by Jackie Barrett and Emma Northmore.

Upon graduating at the age of eighteen, she went onto dance with The Sarasota Ballet Company in Florida, Murley Dance Company, The New English Ballet Theatre, London Contemporary Ballet Theatre and The English National Ballet. She has most recently worked with Akram Khan company.

Natasha is also an actress, recently working on Lena Dunham's new film, Catherine Called Birdy, and Disney's Snow White. She works as a freelance artist in London dancing with companies, photographers such as Rankin and film directors like Baz Luhrman. Natasha enjoys a versatile career in the arts.