

Weena Pauly-Tarr

SEP, C-IAYT, BFA

SUMMARY

Seasoned somatic therapist, movement educator, and dancer with over 26 years of experience in New York City. Specializes in embodied liberation and repatterning towards more aliveness through SE+AM—a unique integration of Somatic Experiencing® (SE) and Authentic Movement (AM). Deeply committed to both personal and collective liberation, offering body-based, relational, and science-informed practices rooted in physiological awareness and the intelligence of the body.

WORK EXPERIENCE

Somatic Therapist & Movement Educator

SE+AM Founder and Facilitator

2000–Present

- Developed SE+AM: a synergistic blend of Somatic Education (SE) and Authentic Movement (AM)
- Designed curriculum and led group courses, individual, and couples sessions
- Created content focused on embodied liberation and communal healing

Somatic Experiencing® Training Assistant

2024–Present

- Assisting SEI faculty member Maureen Gallagher in SE® practitioner training for all three Beginning levels, and soon to begin Intermediate I

ReConnect - Somatic Therapy

2016–2021

- Founder and Director
- Offers individual and group sessions for adults and children
- Integrates SE+AM with movement and body awareness education

Rooted Global Village - Group facilitator and Co-dreamer

2020–Present

- Group facilitator for white-bodied people engaging in embodied liberatory work
- Creative team member and event co-conspirator

Movement Trainer & Educator

1999–Present

- Specializes in trauma-informed strength and mobility training

Katie & Weena Dance Theater

2011–Present

- Co-creator, performer, and choreographer of contemporary dance theater work

Phoenix Rising Yoga Therapy NYC

2009–Present

- Certified Yoga Therapist (C-IAYT) current through 2027
- Facilitates connection to body, psyche and spirit through body-centered therapeutic modalities

Additional Roles (Various Dates)

- Guest Professor (Pratt Institute)
- Curriculum Director & Senior Teacher (everyday athlete ®)
- Yoga Teacher & Movement Specialist in throughout studios and schools in NYC

DANCE PERFORMANCE EXPERIENCE

- Choreographer and performer in Katie & Weena Dance Theater (2023- present)
- Freelance Dancer with Katie Workum, STREB, Brian Brooks Moving Company, David Neumann/Advanced Beginner Group, Young Jean Lee's Theater Company (2000–2022)
- Co-founder and performer with Duvet (2013–2023)

EDUCATION & CERTIFICATIONS

- SEP, Somatic Experiencing® Trauma Institute (2018–2021)
- C-IAYT, Yoga Therapy Training (2014–2016)
- Phoenix Rising Yoga Therapy Practitioner & Group Facilitator (2008–2013)
- Little Flower Yoga & Mindfulness for Children, Levels 1–3 (2013)
- ISHTA Yoga Teacher Training, 200 Hour (2005)
- Advanced Yoga Anatomy, Leslie Kaminoff (2006-2007)
- PhysicalMind Pilates Certification (2003)
- NASM Certified Trainer (2005, recertification)
- Shambhala Meditation Training, Level One (2007)
- BFA in Dance, University of North Carolina at Greensboro (1998)
- Lycée Bois D'Amour, Poitiers, France (1996–1997)

- Dekalb Center for Performing Arts High School, Atlanta, GA (1990–1994)

ONGOING LEARNING

- Healing Race Portal Live with Rev. angel Kyodo williams & Resmaa Menakem (Montgomery, AL, 2025)
- Edge Play with Kai Cheng Thom (Rooted, 2024)
- Money and The Nervous System with Kimberly Ann Johnson (2024)
- My Grandmother's Hands year-long book study with Resmaa Menakem (2020-2021)

SKILLS

- Somatic Therapy (SE+AM, ReConnect)
- Yoga Therapy (Phoenix Rising)
- Authentic Movement facilitation
- Trauma-informed strength and mobility training
- Movement education
- Group facilitation
- Dance performance and choreography
- Curriculum development
- Team leadership

PUBLICATIONS & MEDIA

- "Reverence For Impulse" (article) [Reverence For Impulse](#)
- "Tending the Roots" Podcast: Composting Conversations (podcast guest) [link](#)
- "SE+AM: The Value of Aliveness" (article) [link](#)
- "SE+AM : Reverence for Impulse" (article) [link](#)
- "SE+AM: In Her Words" (article) [link](#)
- "Developing Core Strength In A City..."(article) [article](#)
- "Body and Culture Convos" (podcast guest) [link](#)

WEBSITE & SOCIAL

- www.weenapaully.com
- IG: [@weenapaultarr](#)

CHOREOGRAPHY

- "One Door Closes and Another Door Closes" in collaboration with Katie Workum and Annie Hart (premiere 2025 at Kestrels NYC)
- "Monster Mourning" in collaboration with Katie Workum and Annie Hart (premiered 2023 and remounted 2024 at Kestrels in NYC) in collaboration with Katie Workum
- "The Rapture of the Athlete Assumed Into Heaven" (2005, Galapagos Art Space, Brooklyn) collaboration with Will Eno and Don DeLillo
- "Ta" (2004, PS122, NYC) collaboration with musician Jacob Ter Veldhuis

COMMERCIAL WORK

- Fitness Magazine, June Issue (2007)
- TUMS TV Commercial (2006)
- RYKA Internet Campaign (2006)
- Parkour DVD Tutorial (2005)
- Cuervo Tequila Print Campaign (2004)

FULL PERFORMANCE CREDITS AVAILABLE UPON REQUEST