

# Yoga w/ Mehmuna-Michelle Jackson

Mehmuna is a native Detroiter and has been dancing since the age of 12. She is a graduate of Murray-Wright high school where she was awarded the position of cheer captain, team choreographer, as well as president of the All City Dance Company. After graduating from Wayne County Community College, she continued her education at Marygrove College, where she received her B.A. in English and Dance and a Masters in Education.

Mehmuna has performed in and around Detroit with several dance companies over the years including Detroit City Dance Co., Efe and the Bambutis, Jazz in the Spirit, and Pemajuu. She has studied under the tutelage of some of the city's finest instructors including Denise McGee, Victoria Holley, the late Clifford Fears, Carol Morrissette, and Penny Godboldo. In addition, she has studied throughout the country with well-known dance professionals like Waverly Lucas of Balletnic in Atlanta, Gregory Robinson of Dayton Ballet in Cleveland, and Madame Katherine Dunham in East St. Louis, MO.

Mehmuna has been technically trained in ballet, modern, and jazz, but she has choreographed dance pieces in an array of dance genres including, tango, ballroom, Hawaiian, salsa and hip-hop. Moreover, she has traveled the globe and has studied the techniques and historical lineage of traditional West African dance in Benin, Senegal, and Ghana, as well as Middle Eastern dance in Egypt.

Mehmuna has displayed her talents of showmanship and choreography in several plays such as T. J. Hemphill's "Perilous Times," Dorothea Sharon's "Strong Women Keep Coming," and "Strong Men Keep Coming," Plowshare's, "In Living Color," O. Keith Jackson and Laterres R. Whitfield's "Tall, Dark and Handsome," and So Deep Productions' musical stage play entitled, "What Mama Don't Know Won't Hurt" where she is also the company manager. Alongside her extensive dance training, choreography and performances, Mehmuna has taught dance, yoga, and exercise classes to children and adults throughout the city in such arenas as Miller Middle School, Sherrod Middle School, Second Ebenezer church, Fellowship Chapel, Aisha Shule/W.E.B. DuBois Preparatory Academy, and Ms. Renee and Company dance studio.

Currently, Mehmuna is an English Professor at Wayne County Community College, the Executive/Artistic Director of Little Miss Princess of Pride Scholarships and Awards Pageant, the Founder and Executive Director of EXERDANCE, and the co-creator of Stage Presence; an 8 week summer theatre program for youths.

For more info email: [mehmuna369@gmail.com](mailto:mehmuna369@gmail.com)  
or call: **313 422 3755**



## Classes

**Wednesdays** & **Fridays**  
6:30-7:30pm & 10-11am

## Sankofa House

658 Golden Gate Detroit, MI 48203  
313 366 5250 800 366 5250  
[www.SanKofaLife.net](http://www.SanKofaLife.net)