

Lauren Okano, born and raised in Kamloops, BC, is a dancer who grew up training with The Dance Gallery Kamloops from the age of three. She is classically trained in ballet with the Royal Academy Dance and has successfully completed her Advanced II exam. She is also trained in numerous other dances styles including tap, jazz, lyrical, contemporary, modern and musical theatre. Throughout her training, Lauren has been instructed by top-instructors from Ballet Victoria, Ballet BC, The Canadian School of Ballet and Tri-City Dance Centre and has worked with popular commercial choreographers such as Stacey Tookey and Travis Wall. In 2016, Lauren was the winner of the BC Provincial Arts Festival for Intermediate Modern and was Runner-up for Senior Stage in 2017 and 2018. Currently, Lauren choreographs and assists teaching ballet at The Dance Gallery. She is also pursuing a Bachelor of Science Degree at Thompson Rivers University. Lauren is passionate about the performing arts and is thrilled to take on new projects that keep her connected to dance and the Kamloops Arts community.

