José Limón – Founder + Choreographer

José Limón (1908-1972) electrified the world with his dynamic masculine dancing and dramatic choreography. One of the 20th century’s most important and influential dance makers, he spent his entire career pioneering a new art form and fighting for the recognition and establishment of the American Modern Dance. Born in Culiacán, Mexico in 1908, he moved to California in 1915, and in 1928 Limón came to New York and saw his first dance program. Limón enrolled in the dance school of Doris Humphrey and Charles Weidman and, from 1930 to 1940, performed in works created by his teachers. In 1946, with Doris Humphrey as Artistic Director, Limón formed his own company. Over the following 25 years, he established himself and his company as one of the major forces of 20th century dance. Limón was a key faculty member in The Juilliard School's Dance Division beginning in 1953 and continued choreographing until his death in 1972. Limón choreographed a total of seventy-four works, including The Moor’s Pavane, Missa Brevis, There is a Time, The Traitor, and Psalm.

Doris Humphrey – Founder + Choreographer

Doris Humphrey (1895-1958) was one of the founders of American modern dance. She directed the Humphrey-Weidman Company between 1928 and 1944, which produced great dances as well as some outstanding performers, José Limón among them. In 1947 she became the Artistic Director for José Limón and his company, creating new works for him. Her legacy is a distinctive movement approach based on the body’s relationship to gravity and the use of weight, and her choreographic contribution includes many works considered modern dance classics.

Dante Puleio – Artistic Director

A widely respected former member of the Limón Dance Company for more than a decade, Puleio was appointed only the sixth Artistic Director in the Company’s 74-year history, a position that originated with Doris Humphrey. After a diverse performing career with the Limón Dance Company, touring national and international musical theatre productions, television and film, he received his MFA from University of California, Irvine. His research focuses on framing mid 20th century modern dance for the contemporary artist and audience. He is committed to implementing that research by celebrating José Limón’s historical legacy and reimagining his intention and vision to reflect the rapidly shifting 21st century landscape.
Meet the Dancers
Limón Dance Company

Joey Columbus  Terrence D.M.Diable  Mariah Gravelin

Ty Graynor  Eric Parra  Nicholas Ruscica
Meet the Dancers
Limón 2

Lihong Chang  Dani Frost  Taina Lyons

Madison Marshall  Tess McCharen  Ty Morrison

Sabrina Olivieri  Ellie Swainhart
Black Label Movement

Carl Flink - Artistic Director

Carl Flink is the artistic director of the dance company Black Label Movement (Minneapolis, MN) and the Director of Dance at the University of Minnesota - Twin Cities. Featured in Dance Magazine's January 2014 issue, Flink's dancemaking is noted for its intense athleticism and physical risk taking, compositional intelligence and humanistic themes for both contemporary dance and theater. He was a member of the Limón Dance Company during much of the 1990s.

His commissions and invited presentations include the American Dance Festival (Durham, NC), Bates Dance Festival (Lewiston, ME), The Minnesota Orchestra, MADCO (St. Louis, MO), University of Florida Performing Arts (Gainesville, FL), Same Planet Different World (Chicago, IL) and Urbanity Dance (Boston, MA), among many others.

Carl has received significant recognition for his innovative collaborations with scientific researchers through his Moving Cell Project with University of Minnesota biomedical engineer David Odde and the creation of multiple embodied TED talks, including Dance v. Powerpoint: A Modest Proposal. Their Bodystorming System, a rapid modeling technique using human bodies and choreographic strategies, has been highlighted by Science Magazine, Dance Magazine, Twin Cities Public Television’s Minnesota Original and TPT TV Takeover and TED Talks for TEDx Brussels and TEDMED 2013 (Washington D.C.).

Carl holds a J.D. from Stanford Law School JD and was a Farmers’ Legal Action Group, Inc. attorney (St. Paul, MN) from 2001-2004.
Meet the Dancers
Black Label Movement

Hannah Albers  Alexandra Bodnarchuk  Patrick Jeffery

Ryan-Olivia Lundy  Sarah McCullough  Rachel Miller

Joe Tennis  Paula Vasquez Alzate  Cheng Xiong
Meet the Dancers
Black Label Movement Apprentice Movers

Ashley Pyle
Elliana Vesely