

Donna Bender – Dance



Donna Bender is the Founder and Director of two dance studios in the Kitchener–Waterloo area. With over 35 years of industry experience, she has worked with hundreds of young dancers, and many of her students have gone on to pursue professional careers in the arts.

Donna is an advanced member, master teacher and examiner for the Society of Classical Ballet, a full stage member of the Canadian Dance Teachers Association, a certified Pilates instructor in matwork and equipment, as well as a Health & Wellness coach through the Eben Pagan training program.

Over the years, Donna has adjudicated for numerous dance competitions across Ontario, and since 2004, she has worked closely with master teacher Paula Morgan in technique and foundations for dancers, completing her full teacher certification in 2017.

Out of her passion to empower dancers with a safe and solid technical foundation, Donna co-created GroundForce Technique in 2020, and she continues to guest teach across the country sharing this method in caring for and inspiring the next generation of dancers and teachers.