

Simone L. Pollard
Founder, *The Stretch Room*

Ms. Pollard is a classically trained dancer who has studied many forms of dance from ballet to West African dance. She started dancing at age 3, when ballet slippers were placed on her feet, and then went on to wear tap, jazz, and pointe shoes, *and sometimes no shoes!* Ms. Pollard has been dancing ever since, with and without shoes, and has been diligent about incorporating her passion for dance into her life. A lifelong wellness enthusiast, Ms. Pollard created **The Stretch Room** to bring the stretching practice she developed during her dancing tenure to others. Right brained and left brained, Ms. Pollard is keenly focused on wellness and self-care and combines those perspectives to enrich her life, and the lives of others.

Ms. Pollard earned a B.S. in Chemical Engineering from the University of Virginia's School of Engineering and Applied Science, basing her undergraduate thesis on dance and its mechanics (*"An Analysis of Distributed Loads Experienced from Ballet and Gait"*). Ms. Pollard also earned an MBA from the University of Michigan's Ross School of Business where, among other leadership positions, she was the Director of Choreography for a major, annual school production. Prior to founding **The Stretch Room**, Ms. Pollard traveled the world and thrived as an engineer, management consultant, higher education administrative leader, and business development professional in a diverse set of industries.



The
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Room