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## Manon-Lee Saal | Performer & Dance Educator

Manon-Lee, a talented dancer from Vredendal, discovered her passion for contemporary dance through the Garage Dance Ensemble's (GDE) school outreach programs. Inspired to pursue dance professionally, she joined GDE as a trainee in 2022 and immersed herself in its demanding three-year training program. Her dedication and artistry culminated in 2025 when she earned a professional contract, establishing herself as a rising force in South African contemporary dance.

Throughout her training, Manon performed alongside both part-time students and seasoned professionals, refining her technique, interpretative skills, and stage presence. Despite financial hardships, her family's unwavering support enabled her to complete her training.

Beyond performance, Manon has excelled as a teacher, instructing children and teenagers at GDE with a focus on creative dance for toddlers. Her leadership, patience, and adaptability have made her a key figure in the ensemble's educational outreach efforts.

As a performer, she has held her own among veteran dancers in acclaimed productions like *STOF*, *Wonde*, and *GAT*, showcasing her technical prowess and emotional depth.

A testament to perseverance and talent, Manon-Lee embodies GDE's mission to develop young artists into future leaders in dance.