

## Payton Sage Caldwell Murphy (she/her)

Payton is a proud 14-year-old Métis citizen who was born and raised in Lheidli T'enneh territory. She is a grade 8 student at Prince George Secondary School. She sits on the Indigenous Youth Leadership committee with School District 57.

Payton comes from a long line of performers, actors, dancers, and singers. She has been dancing since before she could walk. She has been a competitive dancer for 10 years. She trains at Judy Russell's Enchainement Dance Centre. She dances all genres; ballet, modern, contemporary, jazz, lyrical, hip hop and musical theatre. She has attended many festivals and competed at the provincial level.

She took up jigging in 2020 and learned the basic steps from Métis Bev and took online workshops with Madelaine McCallum. She is grateful for the teachings she received from these resilient women. Jigging is so fun!

Payton considers dance as medicine. She has struggled with anxiety but when she dances, she feels balanced and connected to her Indigenous culture and spirit.

She loves her local Indigenous community. She dances, drums, sings, makes medicines, smudges, goes to ceremonies and spends a lot of her time on the land. She has been lucky to have so much love and support from her home community.

Payton is excited to share her love of dance with you and is humbled and honored to be part of this event.

