

Alyssa Frost studied the Vaganova Method under Hanna Karacic in Southern California. In 2005, she debuted with the Joffrey Ballet in *The Nutcracker* at the Hollywood Bowl. Alyssa found dance education to be her truest passion in 2010. She attended Holly Johnston's Ledges and Bones Co. Intensive in 2012, and completed her Bachelor of Science in Dance degree in 2015, graduating with performance honors from the University of Oregon. While earning her degree, she taught creative movement, tap, and ballet classes at Northwest Ballet Academy.

Following University, Alyssa was given a character lead in Disney's *Beauty and the Beast* in Las Vegas which ran through Spring and Summer of 2016. During her time in Nevada, she served as an assistant teacher at The Rock Center for Dance. Alyssa returned to Los Angeles to earn certification in Dance Fitness and relocated to Phoenix, AZ to teach Cardio Barre and Ballet Technique at David King's The Ballet Clinic. In 2017, Frost began her San Francisco journey as a lead ballet instructor at Presidio Dance Theatre. She served on faculty at San Francisco Ballet School from 2019-2022. She has since moved to San Diego and continues to perform and teach classical ballet in the North and Southwest regions.