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Karen Freeman has been dedicated to dance education and training for over three decades. She began her dance journey at age six, studying all styles of dance, and went on to complete all examinations in the Cecchetti method of Classical Ballet from Grade 1 through to Advanced 2. In 1991 she became a fully qualified and registered Cecchetti Ballet teacher, holding the Associate, Associate Diploma and Licentiate teaching certificates.

In 2010, Karen further expanded her teaching qualifications by becoming a registered teacher with Ballet Conservatoire, formerly known as the Australian Conservatoire of Classical Ballet. This program, founded by Christine Walsh and based on the Vaganova method, has enriched her teaching approach, offering students a strong technical foundation.

Karen has extensive experience preparing students for the Cecchetti Ballet and Ballet Conservatoire examinations, from pre-primary through to teaching qualifications. She has successfully trained dancers for local and interstate eisteddfods, achieving strong results in both solo and troupe performances across all genres of theatrical dance.

Many of Karen's students have competed in international competitions such as the Alana Haines Australasian Awards, Asian Grand Prix, Youth America Grand Prix, and Prix de Lausanne. Several have gone on to professional careers with Queensland Ballet, Royal Caribbean Cruises, Celebrity Cruises, Tokyo Disney, La Nouvelle Eve Paris, and various musical theatre productions. She has also mentored aspiring dance teachers who are now working in schools across Australia.

Since opening her own studio in 1991, Karen has been committed to fostering a love for dance in students of all ages, from as young as two years old through to pre-professional training. She believes in the importance of building confidence, resilience and discipline through dance, while ensuring a positive and inspiring learning environment.

Karen looks forward to continuing to share her knowledge and experience with the wider dance community through adjudicating opportunities and supporting the next generation of aspiring young dancers.