

Isodale Alexis was born from a multicultural family of professional artists and was raised in theaters, concert halls, recording and dance studios.

She started her ballet training at the age of five. At the age of 13, she started training pre-professionally with her mother, Carole Alexis. Isodale was accepted and offered merit scholarships to numerous programs such as the Manhattan Youth Ballet, Studio Maestro, Joffrey Ballet, and Dance Theater of Harlem.

Isodale decided to train full-time at the conservatory of Ballet des Amériques with her mother in order to obtain the clean lines and impeccable technique that are the hallmark of her mother's students. She graduated with honors from the conservatory and joined the professional company of Ballet des Amériques where she became a driving force and a leading dancer adored by audience members. Isodale studied music at the Bloomingdale School of Music and the Harbor Conservatory.

Isodale attended summer intensives, programs and course such as The Bolshoi, "ART of" a Ballet Summer Course supported by William Forsythe in France. She studied with Charles Jude, Étoile of the Paris Opera; Elizabeth Platel, Étoile and Director of the Paris Opéra School; Cyril Atanassoff, Etoile of the Paris Opéra at the "Stage International d'Arcachon France."

Isodale also attended intensives with legendary Ballet Master Nikoloz Makhateli, former principal dancer of the Kirov, Director of the Vaganova School in Tbilisi.

Isodale takes additional classes with Elena Kunikova and Karyn Averty, première danseuse de L'Opéra National de Paris and principal dancer of the San Francisco Ballet when she is in New York and study under Ballet Master Jean-Marie Didiere when she is in Paris.