Mynda grew up in Michigan where she danced with Lansing Ballet Company and Ann Arbor Civic Ballet. She studied under Lee Ann King (Former president of Cecchetti Council of America) and became certified in Cecchetti method. Mynda also trained in Vaganova method under Susan Vaughn and Stan Godfrey. Her jazz training led to working with Gus Giordano (God-Father of Jazz Dance) and performing his choreography. Mynda danced with Chicago City Ballet under the tutelage Maria Tallchief, Marjorie Tallchief, Hans Homer Byant, Allegra Kent, Joel Hall, and Dan Duell. After starting a family, she became a member of a professional dinner theater troupe and then opened her own dance studio Variations in Dance. Along with teaching ballet, tap, jazz, hip hop, and Pilates, Mynda has choreographed floor routines for gymnastics trained gymnasts in ballet and jazz techniques. She is a licensed and certified in Progressing Ballet Technique (PBT) instructor. Mynda is a certified Reiki Master and Level Two Healing Touch Practitioner offering Healing Touch sessions. She has volunteered for Hospice care for over 17 years. Currently, Mynda is a choreographer for Children's Theater of Madison's (CTM) Summer Stage programs, a ballet instructor at Tutu School in Sun Prairie, and is a leader in Praise Dance ministry at Christ The Solid Rock, where she is a member.

Mynda's passions for dance, community, and service led her to create Variations Dance in Madison. Her mission is to create a space where all students are welcome, supported, and developed to their greatest potential.