Sheppard possesses a distinguished résumé of performance work and choreography. In addition to her stage work she is conducting a 9-month tele-immersion project with Computer Science Professor Klara Nahrstedt. Tele-immersion enables interaction between geographically separated participants through the transmission of multiple 3-D streams, creating a virtual stage. Tele-immersion technology would allow elementary students in Virginia to dance with a teacher in New York and a recovering hip replacement patient to have a physical therapy session without leaving home.