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Asayo Hisai was born in Hokkaido, Japan. She started her performing career in musical theatre at her early age. She studied dance, acting and singing, later on she shifted her concentration more into dance. Asayo trained modern dance with Yasuko Sato in Hokkaido before she went abroad for further studies. She had lived in Toronto, Canada where she had a various trainings such as an intensive course at School of Toronto Dance Theatre and Merce Cunningham Studio(New York). Then she moved to London in order to continue her training at Trinity LABAN Conservatoire of Music and Dance where she had a chance to expand her choreographic vocabulary. In September 2007, Asayo went back to Japan to join a contemporary dance project at Kyoto Art Centre(Kyoto) where she worked with Jun Takahashi the director and a choreographer of JunJun SCIENCE. Since then Asayo has been working with him as a dancer, direction/rehearsal assistant, and teaching assistant. In 2013, she was awarded for one year grant program for artists by POLA Art Foundation(Japan) and continued her artistic research at Theaterhaus Berlin Mitte.