

## **Choreography and Creativity**

Participants will explore new creative territory. Create a work to be performed by participants at the Festival and receive support and mentoring from Festival faculty. Participants will have a free creative period in place of participating in a faculty repertory. (Limit: 4 participants. Participants interested in this Focus must submit a sample of their work with their registration).

### **Sample Schedule**

6:40-7:30

#### **Pranayama (Yoga)**

Facilitates deep relaxation, full energy and an experience of harmony and unity through breath.

7:30-8:10

#### **Breakfast**

8:15-9:00

#### **Pre-Technique**

Promotes strength and stamina. Prepares the joints, muscles, heart, and circulatory system for the rigorous demands of technique classes, rehearsals, and performances.

9:00-12:00

#### **Ballet and Modern**

Ballet and Modern technique classes are offered everyday. Participants may either take the upper level or the lower level of both technique classes. These classes provide vital training for integrating alignment, movement skills, and spatial clarity. They emphasize ease, efficiency, musicality, and expression. The ballet class supplies serious ballet and modern students with intensive classical training.

12:00-1:00

#### **Lunch**

1:00-2:30

#### **Composition/ Bartenieff Fundamentals**

Participants will create and develop dance compositions that they will have the opportunity to perform at the weekly creative concerts. This is a Laban-based composition class that builds on the theoretical material presented in the evening Laban Movement Analysis class. Irgard Bartenieff's developmental movement Fundamentals™ are intended to help students find new approaches to movement efficiency and whole body integration through attention to breath support, weight shift and locomotion patterns.

2:30-4:00

#### **Free Creative Period**

Choreography and Creativity participants will have the opportunity for a free creative period to continue to develop their ideas, processes, and movement phrases.

\*\* This is a solo creative period; you will not have dancers until the evening rehearsal.

4:15-5:45

### **Yoga**

A yoga class taught by Lauren Magarelli, a mixture of Hatha and Sivananda styles with emphasis on breath, release and proper placement.

5:45-6:45

### **Dinner**

6:45-9:00

### **Repertory/ Participant Choreography**

Participants will learn original and repertory works taught by festival faculty, choreography participants, and resident dance company members. Works-in-progress and finished dances will be performed in weekly creative concerts