

I Want the Whole Festival!

- THE DANCE PROFESSIONAL
Who wants to invigorate him/herself with new approaches to training and choreography by working with faculty to select a course combination that inspires you and suits your goals. Participants are welcome for single weeks if unavailable to attend the entire Festival.
- THE HIGH SCHOOL SENIOR
Who wants emersion in a college dance experience, Participants discuss college programs with faculty who teach in highly regarded programs, including those at The Juilliard School, NYU's Tisch School of the Arts, the Five College Dance Department in MA, Princeton University, and SUNY Purchase. (Limit: 6 participants)
- THE COLLEGE DANCER
In addition to technique and theory classes, participants can take a repertory and a composition class each day and have the opportunity to perform repertory in the weekend concert series. Consistent attendance, appropriate progress and completion of assignments may be applicable for credits on your campus.

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. Imgard 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

Repertory/ New Creation

Participants will either work with a faculty member who is creating a new work; learn a repertory work taught by the resident company members, or with selected students in the Choreography Focus. Works-in-progress and finished dances will be performed by participants in the weekly creative concerts.

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

Laban Movement Analysis/ Anatomy and Kinesiology Theory

LMA- Introduces participants to Rudolf Laban's work on movement analysis, including ways of exploring and organizing space, shape and effort. This class encourages the exploration of personal style and vocabulary to increase dramatic range in performance, rehearsal and class environments. The composition section of this class builds the LMA work as a tool for choreography.

AK- A class on the functional anatomy of the living, moving, dancing body. Students learn basic anatomy as it functions in their own bodies with anatomical diagrams and movement explorations.