

Performance and Technical Achievement

For participants of the Performance and Technical Achievement focus you will have the option to replace the daily composition class with an extra repertory for an expanded opportunity to perform in our weekend concert series.

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

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

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