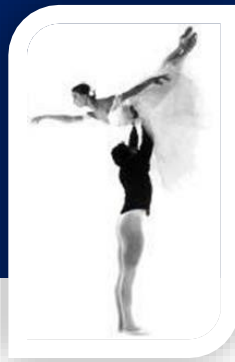


ENCINITAS BALLET

TEACHERS WORKSHOP 2020

AUGUST 10TH – 15TH



- **Pas De Deux**
- **Classical Ballet Level 1 and 2**
- **Jumps**

This Summer, we will offer a course designed specifically for teachers, apprentices, and professional dancers (both international, local, and residents of the United States) striving to deepen their understanding of partnering skills.

In a class taught by [Sayat Asatryan](#), Artistic Director of Encinitas Ballet and professional dancer of thirty years and over 20 years of teaching children different ages, dancers will have the opportunity to learn how to safely partner. Asatryan's students begin developing a foundation in partnering from a young age, giving him profound experience in reducing the risk of injury that comes alongside the art of ballet.

- ❖ Attendees will learn to partner with dancers of various heights, training in areas such as lifting, turning, and balancing efficiently. **At Encinitas Ballet, movements are not only taught – they are understood.** There is little use in teaching a movement if it will be done incorrectly and go on to injure the dancer. We understand that this risk can be avoided by carefully teaching every element of the step and ensuring all muscles are working in unison.
 - Stage presentation of both ballerina and partner
 - Finding the center of balance in partnering
 - Both posed and moving arm positions
 - Partnering with tall and short girls (common mistakes)
 - Turns with a partner (the difference between dancing in the studio and on stage, including common mistakes between male and female dancers)
 - Safety and partnering (avoiding broken ribs, sprained fingers, etc)
 - Partnering with different costumes (turns-promenade-presentation)
 - Promenades (common mistakes, the correct position of arms, etc)
 - Lifts (safe execution for both male and female dancers, including physical conditioning, timing, etc)
 - Jumps (timing of partners, safely executed jumps, etc)
 - Collaborating with female ballet teachers in partnering classes, etc

❖ Classical Ballet Level 1 and Level 2

Additionally, we will offer a second course providing foundation in teaching students (**levels one and two**) with emphasis on the foundation of each level, including rhythm, combinations, and safety. Curriculum of A.Y. Vaganova

❖ Jumps

Lastly, a course will be taught focusing on a variety of **jumps**, from small to large. This class will teach not only safety and proficiency in jumping, but will emphasize angles, coordination, beautiful transitions from floor to air, and graceful and risk-free landings. Technique taught will combine with the pas de deux aspect of our program.

Attendees of this course will learn:

- How to use their arms to fuel powerful jumps and jump higher
- Safe and pain-free landings
- To maximize momentum in leaving the ground
- A foundation in jumps applicable to all other subsets of dance
- How to transfer the upper body from one position to the next while in mid-air
- The correct and safest angle to carry bodyweight properly



Time: Monday to Friday from 9 am - 3:30 pm and Saturday from 9 am - 1 pm

Tuition: \$ 750.00

Location: We are located at the strikingly beautiful California Institute for Human Science Campus in Encinitas

Location: 701 Garden View Court / Encinitas, CA 92024 / www.EncintiasBallet.com/

12:00-12:45 Lunch Break. We are 2 minutes from Shopping Center

Enrollment Form 2020

Tuition: \$750.00



Name: _____ Last Name _____

Address: _____

Employment: _____

Phone: _____

Email: _____

Payment information: Please enclose a \$300 deposit (due March 31st, 2020) to reserve your place. All tuition is due May 31st, 2020. There are no refunds or credits for missed days or classes. **Please make check payable to Encinitas Ballet.**

Tuition due: \$_____ + \$300 non-refundable deposit

Tuition due: \$_____

PayPal Payments

Flat rate per transaction

4% will apply

Remaining balance due \$_____ Signature _____

NO REFUNDS by any circumstances

Date_____

For international students, we will offer transportation to and from the San Diego International airport with a notice in advance.