

THE MOVEMENT ARTS WORKSHOP 2025

THURSDAY 8/7	FRIDAY 8/8	SATURDAY 8/9
10:00-11:00 Morning Alignment* <i>[Muscle Memory Training for Ballet]</i> Okie	10:00-11:00 Morning Alignment* <i>[Fluid Alignment]</i> Okie	10:00-11:00 Morning Alignment* <i>[Posture and Mobility Training]</i> Okie
11:15-12:15 Ballet Technique* Okie	11:15-12:15 Ballet Technique** Okie	11:05-12:20 Ballet Technique*** Okie
LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
1:15-2:15 Modern** Umpenhour	1:15-2:15 Vintage Jazz* Okie	1:15-2:15 HipHop* Casanova
2:30-3:30 Musical Theater Dance* Casanova	2:30-3:30 Contemporary* Casanova	2:30-3:30 Dance Around the World* Okie
3:45-4:45 Restorative/Stretching* <i>[Flexibility Training]</i> Okie	3:45-4:45 Restorative/Stretching* <i>[Stretch & Relax]</i> Okie	3:45-4:45 Restorative/Stretching* <i>[Myofascial Release]</i> Okie

*All ages and experience levels are welcome!

**Some prior dance experience is encouraged

***Geared towards experienced dancers (contact the studio if you have any questions)

FEES \$20 per class per family for 1-4 classes \$15 per class per family for 5-8 classes \$130 per family for unlimited classes Morning Alignment class is complimentary if also attending the subsequent Ballet Technique class. Restorative/Stretching class is complimentary if also attending another class that day.	ATTIRE Any modest comfortable clothing that is easy to move in. <u>Shoe Requirements:</u> Morning Alignment – socks Ballet – ballet shoes or socks HipHop – sneakers Vintage Jazz – shoes with minimal tread (slippery is good!) All other classes - bare feet or socks
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