

BALLET FOR THE CONTEMPORARY DANCER WITH AUGUSTA MOORE



May 24 - 28
1 - 4pm

\$250
\$220 if registered
by May 1

Learn ballet through an internal sense of the body rather than simply imitating the teacher. This workshop will be geared to modern dancers who are tired of faking their way through ballet. Learn the correct muscles for turnout, use of the arms, and moving across the floor. Terminology and connecting steps will be addressed in a supportive and caring atmosphere. Instead of simply 'trying harder,' this workshop will utilize the Feldenkrais® method to address habits that interfere with ease and higher performance. Become more comfortable in class and learn how to make ballet fit your body. Bring your questions!

Augusta Moore, Ballet Director of the ODC Dance Commons, is dedicated to teaching compassionate, interesting and self-evolving material in her classes. She has danced a large a varied repertoire with the San Francisco Ballet, The Pennsylvania Ballet and the Chicago City Ballet. Augusta has taught, directed and choreographer for a number of organizations including; Ballet Frankfort, UC Berkeley, Stanford University, Naropa University, San Francisco School of the Performing Arts and Lines Ballet. She mentors teachers, and individually, she has coached people from all walks of life. Miss Moore is a Guild Certified Feldenkrais® practitioner and teaches Awareness Through Movement Classes at the ODC Dance Commons. Augusta has been teaching adult beginners for 30 years.

REGISTER TODAY!
Call 415-863-9830 x100
Or visit ODC Dance Commons Front Desk.

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