

Dance & Movement



SHARON DAWSON

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Yoga for Children

Grade Levels: K-12

Several basic yoga poses (such as Belly Breathing, Tree Pose, Lion Pose, Butterfly, Volcano, etc.) are introduced with animal and nature metaphors to capture the students' imagination. The history of yoga and traditional stories are told while students hold poses. The approach is lighthearted and fun. After the session, the kids will be ready to carry on their school activities with renewed concentration and energy.

Program: 1-hour workshops



DIANA LASSO LOMAX

Artistic Director, Napa Valley Ballet School

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Ballerina Class!

Grade Levels: K-3

This is an introduction to a Classical Ballet Class. If you have ever been interested in what a ballet class is like, this is your chance! You will learn from a former professional dancer all of the basics of Classical Ballet. You will learn grace, balance, coordination and a chance to dance like a real ballerina!

Program: Two (2) 1-hour classes



Ballet Class!

Grade Levels: 4-8

This is perfect for anyone who has never had the chance to experience a ballet class but always wondered what it was really like! You will have the chance to learn from a former professional dancer all of the basics of Classical Ballet. This is the perfect level for students with little to no Ballet Class experience. You will learn grace, balance, coordination and a chance to dance like a real ballerina!

Program: Two (2) 1-hour classes

SOL FLAMENCO, THE MUSIC, SONG AND DANCE OF SPAIN

Director: Joelle Gonçalves

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Flamenco Dance Performance and Workshops

Grade Level K-12

Transport your students to Spain! An experience for children that combines authentic Spanish culture, dancing, rhythmic hand clapping and a live dance show with singers, dancers and guitar. Teachers select the grade levels to receive dance workshops (ex. K-3, 4-6, Middle School, High School) that follow a 30 minute show. Workshops are taught by 3 dancers with live guitar accompaniment. A question and answer period is reserved for the last 5 minutes of class. Sol Flamenco provides the floor and sound system. A very popular workshop!

Program: 30 minute show with 30 minute workshops per grade level

Cost: One performance and dance workshop \$550
Each additional workshop \$150



MIGUEL ZAVALA

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Musical Theatre Dance Performance

Grade Levels: 6-12

Highly energized choreographed dances from Broadway musicals such as "West Side Story", "Wicked", and "Hairspray" are learned and practiced for the culmination of a final performance for a live audience. Repetition of dance steps enables students' to test their memory and motor skills while acting exercises assist in developing interesting musical theatre characters. What a healthy and fun way to express yourself!

Program: Classes are 1 1/2 to 2 hours for 10-16 sessions

Class size 12-20



