



# 2024 Adult Dance Intensive

## Program Day 1 Wednesday 3 January

Start Time	Duration	Reception / Foyer	Studio 1	Studio 2
9am	30 min	Registration		
9.30am	45 min		Vinyasa Yoga 2 (Tania)	Gentle Yoga 1 (Kristy)
10.15am	30 min		Contemporary (Jo)	Spanish Dance: arms, body, fan (Kristy)
10.45am	30 min			Spanish Dance: rhythm and footwork (Kristy)
11.15am	30 min	Break		
11.30am	90 min		Ballet 1 (Jo)	Ballet 2 (Mimi)
1pm	45 min	Lunch		
1.45pm	45 min		Dance, yoga, and somatic practices panel (Tania, Kirsty, Cinzia)	
2.30pm	15 min	Break		
2.45pm	60 min		Ballet Repertoire 1 (Mimi)	Jazz 2 (Jo)
3.45pm	15 min	Break		
4pm	60 min		Ballet Repertoire 2 (Mimi)	Jazz 1 (Jo)
5pm	30 min		Stretch / wind down (Jo)	



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## Program Day 2 Thursday 4 January

Start Time	Duration	Reception / Foyer	Studio 1	Studio 2
9.30am	45 min		Ashtanga Yoga 2 (Tania)	Gentle Yoga 1 (Kristy)
10.15am	30 min		Contemporary (Jo)	Spanish Dance: arms, body, fan (Kristy)
10.45am	30 min			Spanish Dance: rhythm and footwork (Kristy)
11.15am	30 min	Break		
11.30am	90 min		Ballet 1 (Jo)	Ballet 2 (Mimi)
1pm	45 min	Lunch		
1.45pm	45 min		Choreography and dance composition panel (Cinzi and Jo)	
2.30pm	15 min	Break		
2.45pm	60 min		Ballet Repertoire 1 (Mimi)	Jazz 2 (Jo)
3.45pm	15 min	Break		
4pm	60 min		Ballet Repertoire 2 (Mimi)	Jazz 1 (Jo)
5pm	30 min		Stretch / wind down (Jo)	



# 2024 Adult Dance Intensive

## Program Day 3

Friday 5 January

Start Time	Duration	Reception / Foyer	Studio 1	Studio 2
9.30am	45 min		Yin Yoga 2 (Tania)	Gentle Yoga 1 (Kristy)
10.15am	30 min		Intro to improv & somatic practices (Cinzia)	Spanish Dance: arms, body, fan (Kristy)
10.45am	30 min			Spanish Dance: rhythm and footwork (Kristy)
11.15am	30 min	Break		
11.30am	90 min		Ballet 1 (Jo)	Ballet 2 (Mimi)
1pm	45 min	Lunch		
1.45pm	45 min		Artistry and musicality panel (Jo and guests)	
2.30pm	15 min	Break		
2.45pm	60 min		Ballet Repertoire 1 (Mimi)	Jazz 2 (Jo)
3.45pm	15 min	Break		
4pm	60 min		Ballet Repertoire 2 (Mimi)	Jazz 1 (Jo)
5pm	30 min		Stretch / wind down (Jo)	
6.30pm		Drinks and Dinner		