

An energetic contemporary ballet class that leads into a smooth and joyful choreography inspired by Forsythe repertoire. Be ready to discover the ballet dancer in you and use your technique to find freedom in challenging movements

**SARAH HARDY**  
**CONTEMPORARY BALLET - CHOREOGRAPHY & REPERTOIRE**

@sarah\_hardy\_ballet



**22.-24.08.**

**DANCEWORKS**  
berlin



A class dedicated to expressive and physical-compositional research combined with dynamic contemporary dance. Allow yourself to leave your comfort zone to reach a dynamic, highly physical flow and at the same time a meaningful, adventurous space.

**ALESSIO TREVISANI**  
**SOMATIC ANATOMICAL MOVEMENT RESEARCH INTO GROOVING EXPRESSION**

@alessiotrevisani

This training encourages you to find a sense of flow, playing with musicality. With the use of swing and suspension, you will move in and out of the floor, enjoy travelling and taking up space. Expect a juicy and fun class with good vibes and great tunes throughout.

**KATIE KELLY**  
**MODERN - RELEASE TECHNIQUE**

@katiekellyfitnessanddance



**10-3:30PM**