

## **Friday Night Demonstrations and Workshops**

Great Bay Academy of Dance is excited to offer Friday night workshops/demonstrations to our students, families and community members. These workshops/demonstrations are wonderful opportunities for students to expand their dance education experience while exploring and learning about areas that may not be readily offered in a typical dance class setting. Attendance is strongly encouraged as the benefits from these sessions are immeasurable. All workshops will take place at the GBAD studios on Friday evenings, 6-7 pm. Some sessions are free of charge and others may have a minimal fee so that we may cover the costs associated with the presentation of the session. Also, please be advised that some require advance registration as there will be a minimum number required to offer the session.

### **Friday, September 18**

#### **Argentine Tango Demonstration Class**

**Ages: 10-adult**

**Fee: \$5 per person**

#### **Class description:**

Different from ballroom tango, Argentine tango has no learned figures and instead is an improvisational social dance using basic elements. Together, we will explore these basic elements and uncover the endless possibilities offered by this dance. There will be live demonstrations to both traditional tango music and popular non-tango music (pop, rock, etc) providing examples of how tango has something to offer everyone. It does take two to tango, but you do not need to come with a partner, since students will rotate partners throughout the class. Dress comfortably in clothes giving you full range of motion and in shoes with slippery soles that stay on your feet.

#### **Instructors:**

**Kirill Shklovsky** started dancing tango in 2001 in Portland Oregon with Alex Krebs. He has danced in over a dozen cities in eight different countries, and over the years has studied with many different teachers whose styles range from milonguero to nuevo, including many world-renowned masters in Buenos Aires. For Kirill, the essence of tango is in music and connection and that is what he tries to communicate to the students. Kirill has been teaching in Portland, Boston, and Mexico for over three years, and his ability to break down and explain technique ensures students master the dance in a fun and relaxed atmosphere. He is currently the president of the MIT Argentine Tango Club while working on his linguistics PhD.

**Alisha Durant** started tango with an extensive dance background and studied primarily under Carlos and Tova Moreno in Boston. Before long, she developed strong technique and became one of Boston's most sought-after

dancers for her ability to connect deeply with her partner and the music. Previous work as a choreographer provides her with experience teaching body movement and musicality to many age groups and skill levels. Alisha has taught with some of Boston's leading instructors in workshops hosted by the MIT Tango Club and the Harvard School of Public Health Tango Club. She favors mastering basics, connection and musicality before turning to complex figures. Outside of tango, Alisha is a stay-at-home mother, hospice volunteer, birth doula, and Reiki practitioner.

## **Friday, September 25**

### **African Dance Workshop**

**Ages: 8-adult**

**Fee: \$5 per person, advance registration required by September 23**

#### **Workshop description:**

West African movement is blended with modern and Latin steps, and paired with Latin, African, and Cuban rhythms to create a truly unique movement experience. This workshop is a unique grounding experience that allows participants to get in tune with their bodies, explore improvisation, and focus on coordination and musicality. It is fun for those who have been dancing for years as well as those who are just starting out.

#### **Instructor:**

Lorelei Marquis is a multi-talented dancer/singer/actress/choreographer/seamstress with a BA in Dance from DeSales University in Center Valley, PA. She has been in numerous classical ballet productions, including "Viva Vivaldi!"- a staple of the Joffrey Ballet that was restaged by Trinette Singleton (a former principle at Joffrey), "Sleeping Beauty"- performed by Repertory Dance Theatre in Emmaus, PA, and "The Nutcracker"- in which she has held numerous roles over the years. Aside from her 19 years of classical ballet experience, Lorelei fell in love with modern dance, tap, jazz and West African dance, which helped her realize her passion for ethnic cultural dance forms.

## **Friday, October 2**

### **Argentine Tango Demonstration Class**

**Ages: 10-adult**

**Fee: \$5 per person**

#### **Class description:**

Different from ballroom tango, Argentine tango has no learned figures and instead is an improvisational social dance using basic elements. Together, we will explore these basic elements and uncover the endless possibilities offered by this dance. There will be live demonstrations to both traditional

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**Friday, October 9**

**Giselle Lecture**

**Ages: 7-adult**

**Fee: Free**

**Lecture Description:**

Dance history and performance are another component of a complete dance education. Learning about the ballet classics enhance students' interest and understanding of this beautiful art form. Over the course of the year, students will be introduced to several of the classic ballet stories that have become a staple in the ballet world. This lecture, presented by GBAD staff members, will focus on the ballet, *Giselle*. Participants will learn about the story through video, pictures, and history. A must attend for the ballet enthusiast!

## **Friday, October 16**

### **Yoga Workshop**

**Ages: 7-adult**

**Fee: \$5 per person, advance registration required by October 14**

#### **Workshop Description:**

Hatha Yoga practice is designed for both beginners and more experienced students alike. It has the heart and understanding of a Kripalu yoga class while enjoying a deeper understanding of where breath and mediation can take us when the emphasis is placed on going deeper into the healing physical postures. As we travel through the interplay of mind, body and energy each student will find their own level or practice on any given day. A perfect practice for all ages we will find the connection of strength and tone in our bodies, create more flexibility and length while opening our hearts and calming our minds.

#### **Instructor:**

Amberlee Timm received her BFA in Modern Dance from the Conservatory of Dance at SUNY Purchase in New York. Through dance she traveled across the US and all over the world including Hong Kong, Spain, and London. She's had the privilege to work with many amazing choreographers such as Mark Morris, Kevin Winn and Megan Williams. Amberlee was introduced to yoga at an early age through different dance endeavors and has been practicing ever since. Yoga began as a way to maintain flexibility and stamina as a dancer but she soon found that it had much more to offer than just a wonderful work out. Yoga was the start of a spiritual practice that came from within. This inspired her to pursue her teacher training and in 2007, she became a certified Kripalu Yoga Teacher and then a Rasamaya Yoga Teacher in 2009. Amberlee has studied many forms of yoga including Ashtanga, Vinyasa Flow and Jivamukti.

## **Friday, October 23**

### **African Dance Workshop**

**Ages: 8-adult**

**Fee: \$5 per person, advance registration required by October 21**

#### **Workshop description:**

West African movement is blended with modern and Latin steps, and paired with Latin, African, and Cuban rhythms to create a truly unique movement experience. This workshop is a unique grounding experience that allows participants to get in tune with their bodies, explore improvisation, and focus on coordination and musicality. It is fun for those who have been dancing for years as well as those who are just starting out.

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**Friday, October 30**

**No session scheduled. Trick or Treat in many towns. Happy Halloween!**

**Friday, November 6**

**College Financial Planning Workshop  
Details TBA**

**Friday, November 13 and 20**

**Nutcracker Rehearsals  
Details TBA**