

Cuizon *Ballet* Centre

Guiding Dancers to Excel

Every dancer has a unique story to tell through movement at Cuizon Ballet Centre, where the founder's philosophy emphasizes the importance of technique, artistry and personal growth in every student.

"We specialize in Balanchine technique—a method not easily found elsewhere," says Founder and Teacher Lisa Cuizon.

The Balanchine technique revolutionized ballet with its trademark blend of speed, athleticism and precise musicality. Developed by legendary Choreographer George Balanchine, this approach pushes dancers to move with intense velocity and cover expansive space in minimal time, often employing very deep pliés and extreme extensions.

Key elements include a uniquely open and dynamic port de bras, iconic arabesques with open hips angled toward the audience—giving the illusion of higher leg lines—and distinctive, sometimes dramatic, hand and wrist placements known as "Balanchine Arms."

The head placement is equally striking, with dancers spiraling from the waist up and presenting their cheekbones as if "asking for a kiss," creating a three-dimensional elegance designed to connect them directly to the audience. Balanchine's method demands

both extraordinary strength and flexibility, resulting in performances that are daringly athletic and effortlessly fluid—altering the landscape of American ballet and contemporary dance.

Lisa began her training in a Balanchine-based school in the 1960s, continued at The School of American Ballet at age 15, and was later mentored by Melissa Hayden, a prima ballerina assoluta of New York City Ballet under Balanchine himself. Lisa's knowledge and firsthand experience provide students with a rare and authentic lineage of training.

Serving ages 7 through adult, Cuizon Ballet Centre's class sizes allow for highly individualized instruction alongside comprehensive class work.

"We recognize that every body is unique, and we tailor our training to support each dancer's specific needs," says Lisa, adding that students receive more than just technical instruction.

They are mentored by Lisa, who guides them in both their dance and academic journeys.



ARTICLE BY ALICIA DOYLE

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