

Special Saturday Session

9 Weeks (September 15 – November 10)

Ages 8+ (all levels) | Open to ALL dancers



PEMBO CIEUTAT
ACADEMY OF DANCE

**INJURY
PREVENTION**

Guest Teacher
EMILY RANDON

9:00a-10:15a
Ballet Mechanics

- Understanding ballet through kinesiology
- Training dancers to understand & apply correct body placement
- Taking care of your body for longevity

10:15a-11:30a
Conditioning

- Proper stretch placement & technique
- Using breath to maximize stretch & performance
- Building muscle tone to support the demands of dance

985-778-2999 * 4240 Hwy 22, Mandeville * info@pembocieutat.com