

“Breaking Barriers” Contemporary **WRK** Shop

DATE: June 10th-13th 2019

WHERE: WRK. PLC. 557 East Main St. Suite B

PRICE: \$150

Includes: *Improvisation, WRK. Out & Flexibility, Contemporary Flow, “On The Edge” Contemporary, Partner Contemporary, Contemporary Ballet, Yoga, & Student Choreography.*

MONDAY:

- ★ Warm Up
- ★ WRK. Out & Flexibility -*Breaking through your limits.*
- ★ “On The Edge” Contemporary -*Breaking through your comfort zone.*
- ★ Partner Contemporary -*Breaking through fear, and learning to trust.*

TUESDAY:

- ★ Warm Up
- ★ Contemporary Ballet -*Breaking through to new levels.*
- ★ Contemporary Flow -*Breaking through emotions and structure.*
- ★ Student Choreography -*Breaking through self-doubt.*

WEDNESDAY:

- ★ Warm Up
- ★ Yoga -*Breaking through outside distractions.*
- ★ “On The Edge” Contemporary *on camera -Breaking through your comfort zone and self-doubt.*
- ★ Partner Contemporary *on camera -Breaking through fear, self-doubt and learning to trust.*

THURSDAY:

- ★ Warm Up
- ★ Contemporary Ballet -*Breaking through space.*
- ★ *Contemporary Flow on camera -Breaking through emotions, structure and self-doubt.*
- ★ Improvisation -*Breaking through inner thoughts.*

MONDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Warm Up	11:00-11:30	Jessi Peralta Thompson
WRK. Out/Flexibility	11:30-12:30	Jessi Peralta Thompson
BREAK	12:30-12:35	-----
“On The Edge” Contemporary	12:35-1:35	MMchoreography
LUNCH	1:35-2:25	-----

Partner Contemporary	2:25-3:25	DJ Guthrie
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TUESDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Warm Up	11:00-11:30	DJ Guthrie
Contemporary Ballet	11:30-12:30	DJ Guthrie
BREAK	12:30-12:35	-----
Contemporary Flow	12:35-1:35	MMchoreography
LUNCH	1:35-2:25	-----
Student Choreography	2:25-3:25	MMchoreography

WEDNESDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Warm Up	11:00-11:30	Liz Copley
Yoga	11:30-12:30	Liz Copley
BREAK	12:30-12:35	-----
"On The Edge" contemporary <i>on camera</i>	12:35-1:35	MMchoreography
LUNCH	1:35-2:25	-----
Partner Contemporary <i>on camera</i>	2:25-3:25	MMchoreography

THURSDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Warm Up	11:00-11:30	Bethany Ward
Contemporary Ballet	11:30-12:30	Bethany Ward
BREAK	12:30-12:35	-----
Contemporary Flow <i>on camera</i>	12:35-1:35	MMchoreography
LUNCH	1:35-2:25	-----
Improvisation	2:25-3:25	MMchoreography