

premiere  
dance academy  
*Presents*



**Sheri Drewitz-Kanten**

"BEYOND BALLET " INTENSIVE WORKSHOP MONDAY JULY 18<sup>TH</sup> - FRIDAY JULY 22<sup>ND</sup>. 2022

**THE AESTHETICS OF BALLET THROUGH ANATOMY AND DIVERSE TRAINING &  
DANCERS INJURY PREVENTION SUMMER DANCE WORKSHOP**

PDA is excited and thrilled to have Sheri Drewitz-Kanten come to our Dance Academy and share her passion, knowledge and techniques with dancers. Her experience and dedication to Ballet is unprecedented and we are so thrilled to be offering our First Ballet Intensive at PDA for the Summer of 2022.

SHERI DREWITZ-KANTEN Originally from Saskatchewan, Sheri Drewitz-Kanten is an award-winning dance teacher and choreographer who has been teaching all major dance disciplines for over 30 years throughout Western Canada. Known as an inspirational teacher, Sheri has helped create some of the most well-rounded and best technically trained dancers as recognized in several international competitions.

Her talents and eye for detail make her a sought-after adjudicator, choreographer, and faculty member for workshops and summer schools. Sheri is a Registered Teacher with the Royal Academy of Dance and certified in Progressing Ballet Technique (PBTS), ADAPT, CDTA and is an Apprentice for TKM Release Therapeutic Ball and Myofascial Strength Techniques. She has successfully put thousands of students through Graded and Vocational RAD Ballet exams and the Solo Seal Award; is a Mentor for the RAD (CBTS); and was thrilled to be part of the RAD pilot project, Discovering Repertoire. In addition, she has prepared and entered students for tap and jazz exams with CDTA and ADAPT. Sheri received the Best Teacher Award at the World Ballet Art Competition Grand Prix, Toronto 2016 and then was honoured to be appointed the Western Representative for the inaugural WBAC Grand Prix, Calgary 2016. Sheri now enjoys freelancing throughout Canada: teaching, choreographing, providing customized dance workshops called Beyond Ballet, and is the Director of "To The Pointe" summer dance intensive for over 10 years.

Sheri works very hard to prepare students to pursue professional dance careers and is very proud of her former students who have continued their passion for dance through many avenues including: the National Ballet School of Canada, Royal Winnipeg School of Ballet, Les Ballets Jazz de Montreal, AMDA, NYU, Savannah Ballet, Broadway productions, film, television, various cruise lines and as Registered Dance Teachers in all disciplines, to name a few. With the busy life she lives, Sheri happily resides in the Calgary area with her husband Ron and their three children.



**Dancers will be working on many different techniques and progressions. This will take your dancer to new levels of strength and technique in all of their dance NOT JUST FOR BALLET DANCERS - BEYOND BALLET IS EXACTLY THAT!!**

**Some of the Techniques and training methods are listed below.**

**Therapeutic Ball and Myofascial Strength Techniques** taught in this workshop can be used to free muscles and fascia, especially releasing in the feet - the key to the rest of the body!

How does ball rolling work?

- Deeply effective self-applied techniques to release chronically tight muscles.
- Combines the use of Small Therapeutic Balls and specific Myofascial Chain Stretches.
- Creates a powerful sensory and neuromuscular experience.
- Releases unproductive patterns in the body.
- Creates suppleness in tight areas and optimizes range of motion.
  - A profound muscular and Myofascial release - unlike any other self-applied method available today.

**Progressing Ballet Technique (PBT)** will also be another class offered to the students to work their muscles correctly ensuring they are working in a safe manner and enabling them to execute movements to their full potential. It aims to enhance the classical ballet technique of dancers through alternative methods, such as the use of a Pilates ball.

- Correct execution of every aspect of a ballet class: barre, porta bras, adage, turns, jumps, etc.
- Strengthens core muscles and correct pelvis placement.
- Helps students grasp the concepts of correct posture, weight placement and controlled turnout.
- Promotes the correct muscle usage in the execution of specific movements enhancing technique & the prevention of injury.
- Incorporates the use of the upper body which enhances their performance quality.
- Adding music compliments the exercises as well as giving the dancers a challenge musically.



**Discovering Repertoire** was created with the aim of preserving the heritage of classical ballet as an art form and keeping the history of the discipline alive. The students will have the opportunity of working on development exercises (on demi-pointe or pointe) leading to a variation from different well-known classical ballets.

- Coppelia - Giselle - The Sleeping Beauty - Paquita - Swan Lake - The Nutcracker

Classes have been designed for your dancers age & level and will be similar to the following listings below for the 5 day Intensive.

**1. JUNIOR/PRE-INT - 2 HOURS/DAY - LEVEL**  
**RAD BALLE 2 + OR AGES 9+ & 3+ YEARS OF BALLE TRAINING OR EQUIVILANT**

BALLE TECHNIQUE AND PROGRESSIONS  
CHARACTER  
TURNS  
MYOFASCIAL RELEASE

**2. INTERMEDIATE - 3 HOURS/DAY**  
**RAD BALLE 5/6 OR VAGANOVA TECH/ VAGANOVA I LEVEL OR EQUIVILANT**

PRE-POINTE/POINTE & FOOT CARE  
OPEN BALLE  
PROGRESSING BALLE TECHNIQUE  
DISCOVERING REPERTOIRE  
MYOFASCIAL RELEASE

**3. INTERMEDIATE/PRE-SENIOR - 3.5 HOURS/DAY**  
**VAGANOVA LEVEL II/III MINIMUM OR EQUIVILANT**

POINTE & FOOT CARE  
OPEN BALLE  
PROGRESSING BALLE TECHNIQUE  
DISCOVERING REPERTOIRE  
MYOFASCIAL RELEASE  
PARTNER STRETCHING  
FLOOR BARRE

**4. PRE-SENIOR/SENIOR - 3.5 HOURS/DAY**  
**VAGANOVA LEVEL IV + OR EQUIVILANT**

POINTE & FOOT CARE  
OPEN BALLE  
PROGRESSING BALLE TECHNIQUE  
DISCOVERING REPERTOIRE  
MYOFASCIAL RELEASE  
PARTNER STRETCHING  
FLOOR BARRE



## **PRICING:**

This is an amazing opportunity for your dancer to get more summer training with direct focus on strength and technique.

**JUNIOR LEVEL - 2 HOURS PER DAY X 5 DAYS = 10 HOURS - \$360.00 + GST**

**INTERMEDIATE LEVEL - 3 HOURS PER DAY X 5 DAYS = 15 HOURS - \$435.00 + GST**

**INT./PRE-SR LEVEL - 3.5 HOURS PER DAY X 5 DAYS = 17.5 HOURS - \$480.00 + GST**

**PRE-SR/SENIOR. LEVEL - 3.5 HOURS PER DAY X 5 DAYS = 17.5 HOURS - \$480.00 +GST**

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## **MYOFASCIAL RELEASE PACKAGE:**

These are used as the "release methods" in the Myofascial classes.

**JUNIOR LEVEL - PINKIE BALL \$5.00 (INCLUDES GST)**

**INTERMEDIATE LEVEL**

**PINKIE BALL, 2 YELLOW BALLS & 1 BLUE BALL - \$40.00 (INCLUDES GST)**

**INT./PRE-SR LEVEL**

**PINKIE BALL, 2 YELLOW BALLS, 1 BLUE BALL & SPIKEY BALLS \$50.00 (INCLUDES GST)**

**PRE-SR/SENIOR. LEVEL**

**PINKIE BALL, 2 YELLOW BALLS, 1 BLUE BALL & SPIKEY BALLS (INCLUDES GST)**

**PLEASE USE THIS LINK TO REGISTER:**

**<https://fs11.formsite.com/UZVWcD/xdb0aqub7z/index.html>**