



Company Residency Class Descriptions

Contemporary Dance Technique – Caroline Calouche

The class is based on finding fluidity of movement through basic coordination skills found in Bartenieff Fundamentals and Release Technique. After the base elements are established for safety and agility, more physical movements such as rolling and handstand variations advance the class into a more challenging level.

Afro-fusion - Nkonsinathi 'Natty' Mncube

Afro-fusion blends African dance and music with traditional western dance and music (i.e Ballet, modern dances). The technique varies in a way that with African, a dancer always bends their knees, compared to someone doing ballet where they are required to have straight legs, spine and head high to create long lines. This style of dance also varies according to different African countries. For example, the Namibians execute their dance standing up straight as they jump high into the air and with a quick bounce onto the ground to return into the air. For them, they strive to defy gravity the same way as a ballet dancer. Afro-fusion incorporates the body fully to create invigorating movements while mixing two cultures.

Ballet Technique – Caroline Calouche or Tai Dorn

The class begins with a barre warm-up that challenges the memory as well as the muscles with special attention to alignment. The center work utilizes the proper alignment from the barre and emphasizes the performance of the exercises. The class encourages students to interpret the combinations as choreography that they can place meaning or emotion behind.

Aerial Fabric Technique – Caroline Calouche or Cristina Catalani

****This class depends on the secure rigging of the aerial fabric.**

The class begins with a warm-up that activates the muscles necessary for the aerial fabric. The class builds in technical skill according to the students in the class. In the first classes, students will learn how to climb, foot locks and train safely on the fabric. This is one of the best upper body work-outs in the world!

Rope and Harness Aerial Technique – Caroline Calouche or Cristina Catalani

****This class depends on the secure rigging of the aerial fabric.**

Students will first learn how to safely strap into the harness and the rope. Depending on the rigging (static or at a wall), the students will learn basic movements for this aerial apparatus. This class is not recommended for those who get motion sickness quickly or do not like to be upside down.

Repertory/Choreography – Caroline Calouche and Co. members

Working through collaboration is the main focus of this class. Improvisation and composition assignments will be given that will require the students to work as a team to create a new dance work at the end.

Gyrokinesis® - Caroline Calouche (Certified through Gyrotonic®)

Description of the Method: **GYROKINESIS®** methodology is a movement system developed by Juliu Horvath. He combined the key principles from yoga, dance, gymnastics and tai-chi to create a methodology of working the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist and circular, as well as all other joint articulations.

With practice **GYROKINESIS®** shows positive results in the reduction of such medical conditions as asthma, osteoporosis, arthritis and scoliosis. Also, this method can develop a person's awareness to sensing and living their life with their entire being.

Description of the Class: The first level begins with an awakening of the body's senses connecting with simple breathing patterns. The class progresses into mobilization of the spine and pelvis while seated on a stool or chair. The spinal movement patterns mentioned above extend into the arms and legs as the class progresses through the mat and standing exercises.

Pilates – Caroline Calouche (Certified through Body Arts and Science International™)

The main focus of the Pilates method is the development of balance, breathing, concentration, control, coordination, efficiency, flow, harmony and precision. With these ideas in mind, each exercise is centered on working the whole body by using the mind to control every action of the body. Studio classes require the expertly designed machines (Reformer, Cadillac, Wunda Chair and Ladder Barrel) that Pilates created. The exercises on the equipment can aid in improving muscle awareness to further execute the Mat Work with more precision and quality.

Caroline's teaching style is hands-on with verbal guidance during the class. She focuses on finding and strengthening each client's inner strength instead of building bulky superficial muscles. Maintenance of a neutral pelvis during the exercises especially in Pilates and proper breathing are two important elements that she focuses on in every class.