

ballet workshop

sun 22&29 aug



fundamentals of ballet technique workshop

ballet improves posture, strengthens and lengthens muscles & increase flexibility. whether you are new to ballet or have some previous experience & would like to refresh your techniques & further your knowledge, this is the workshop for you!! by the end of the workshop, you will have the foundations to attend your fusion ballet classes with confidence of knowing that you are getting the very most out of every class!

workshops run by helen guscott RAD RTS AISTD
helen trained in the royal academy of dance in london & has 13 years experience teaching ballet at all levels. she very much hopes that, by the end of the workshop, you will love dancing as much as she does!

week 1: posture, core strength & general technique
week 2: jumps, pirouettes & musicality

cost: \$65pp time: 10.00pm - 12.30pm
dates: sun 22 aug & sun 29 aug (2.5 hours per session)
location: fusion dance & lifestyle studios



melbourne's
freshest funky
dance studio!!

registration only accepted with payment. persons participating in any fusion dance & lifestyle studios classes/ courses do so at their own risk. fusion dance & lifestyle studios p/l takes no responsibility for injury or loss of participants.



name
fusion member
contact no
email
signature
amount paid

fusion the place to dance & be seen

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