

v a g a
b o n d
a n c e

the intensive

(week one)

times:	monday	tuesday	wednesday	thursday	friday	saturday
10:15-10:30 am	arrive/warm-up	arrive/warm-up	arrive/warm-up	arrive/warm-up	arrive/warm-up	
10:30-12:00 pm	contemporary	ballet	contemporary	ballet	contemporary	
12:00-1:00 pm	feldenkrais method (ATM)	conditioning	feldenkrais method (ATM)	conditioning	feldenkrais method (ATM)	day trip
1:00-1:45 pm	lunch	lunch	lunch	lunch	lunch	
1:45-3:45 pm	movement research / choreography	movement research / choreography	movement research / choreography	movement research / choreography	movement research / choreography	
3:45-4:00 pm	reflection	reflection	reflection	reflection	reflection	

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the intensive

(week two)

times:	monday	tuesday	wednesday	thursday	friday	saturday
10:15-10:30 am	arrive/warm-up	arrive/warm-up	arrive/warm-up	arrive/warm-up	arrive/warm-up	
10:30-12:00 pm	contemporary	ballet	contemporary	ballet	contemporary	
12:00-1:00 pm	cross training for dancers	yoga / pilates	cross training for dancers	yoga / pilates	dress rehearsal	
1:00-1:45 pm	lunch	lunch	lunch	lunch	in-studio performance	
1:45-3:45 pm	movement research / choreography	movement research / choreography	movement research / choreography	movement research / choreography	goodbye party!	
3:45-4:00 pm	reflection	reflection	reflection	reflection		