



## Professional Development - Classes

### Daily Professional classes NOVEMBER

#### DUBLIN

##### 5th November - 9th November

##### Rex Levitates – Open company class – Grant McLay (Ballet)

Grant was a principal dancer with Queensland Ballet and has worked with **Meryl Tankard**, **Carol Brown** and **Emilyn Claid**. In recent years he has worked extensively with Rex Levitates Dance Company. His class adopts an anatomically aligned approach to ballet, with emphasis on fluidity, rhythm and enjoyment of movement. He works towards a sequence at the end of class that develops musicality, dynamic and expression.

DI Members: €5 per class/€20 for week

Non-members: €8 per class

**Time:** 10.00am to 11.30am

**Venue:** DanceHouse, Liberty Corner, Foley St, Dublin 1

##### 12th November – 16th November

##### Rex Levitates – Open company class – Jenny Roche (Contemporary)

Jenny has worked extensively as an independent dancer in Ireland and abroad, working in recent years with **Liz Roche**, **Rosemary Butcher** and **Jodi Melnick**. She co-founded Rex Levitates Dance Company and has worked extensively with the company. She is currently doing a practice based PhD in dance, through which she is exploring and writing about choreographic process from the dancer's perspective. Class starts with a warm-up through anatomical alignment with attention on expanding movement options. This extends into a movement phrase that develops complexity and attention to detail while focusing on finding movement flow.

DI Members: €5 per class/€20 for week

Non-members: €8 per class

**Time:** 10.00am to 11.30am

**Venue:** DanceHouse, Liberty Corner, Foley St, Dublin 1

##### 19th November – 23rd November

##### Ríonach Ní Néill (Contemporary)

The class will utilise the principles of GYROKINESIS®, a methodology created by Juliu Horvath as a means of opening and strengthening the body similarly to yoga, but in a way that is especially suited to dancers. Class begins seated for gentle rocking motions that ease the spine into mobility. The motion is continuous and moves through all possible articulations of the spine and, along with the coordinated use of breath, aims to fully open the center body. The arms and legs are added to the mix until most blockages have been worked through. Then, kneeling and standing, various active stretches are done to prepare the body for

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deeper strengthening and stretching. on the floor. The class works through a variety of positions that use internal opposition to create connection and length which ultimately lead to a more efficient, calmer and stronger body. To finish the Gyrokinesis warm-up, there is an opening/centering exercise that allows the body to integrate the work and focus the mind. From this basis we will develop travelling exercises in and out of the floor, culminating in a choreographic phrase which will be built on during the week.

DI Members: €5 per class/€20 for week

Non-members: €8 per class

**Time:** 10.00am to 11.30am

**Venue:** DanceHouse, Liberty Corner, Foley St, Dublin

### 26th November – 30th November

#### Ester O'Brolchain (Ballet)

Born in Dublin, Ester O'Brolchain studied ballet with both Valentina Dutko and Patricia Ryan of the Dublin National Ballet. Awarded a scholarship to study with Nadine Nicolaeva-Legat at the Legat School in the UK, she achieved honours in both the intermediate and advanced exams, ultimately earning the Teacher's Diploma of Russian Ballet. Following this she was a soloist with Dublin National Ballet, choreographing several original works, as well as studying with the Royal Ballet Company in London at the invitation of Dame Ninette de Valois. She also spent many years in Rome, where amongst other activities she worked as ballet assistant and interpreter to Erik Bruhn.

Returning to Ireland, Ester became a member of faculty with the College of Dance, where she teaches classical ballet, dance history and dance studies. In recent years she has worked with both Finola Cronin (The Murder Ballads) and David Bolger (Chamber Made), these productions being well received in the Kilkenny Arts Festival, the Dublin Fringe Festival and the Edinburgh Fringe.

DI Members: €5 per class/€20 for week

Non-members: €8 per class

**Time:** 10.00am to 11.30am

**Venue:** DanceHouse, Liberty Corner, Foley St, Dublin

## CORK

### The Firkin Crane Professional Class in association with Dance Ireland

#### Laura Murphy

Laura began her dance training in 2003 at the Irish World Music Centre with an MA Hon in Contemporary Dance Performance. On completion she was supported by the Arts Council to undertake a postgraduate professional diploma at the Laban centre, London. Since then, Laura has co-founded There Now Productions and works as a freelance dancer.

#### Andrea Pastorella

Andrea Pastorella has taught contemporary dance to people of all ages and levels for over 20 years. She is a performer, choreographer, producer of modern dance and artistic director for her own company Movita Dance Theatre, whose work has been presented through out the USA and Canada. The class consists of a symbiotic relationship between technique and self-expression.

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### **Ursula Chapman**

Ursula has been principal dancer with Crux Dance Theatre for the last five years. Her class is a mixture of release technique, contact improvisation and yoga, combined with all that she has experienced in the last number of years.

### **Inma Moya**

Inma began her training in classical ballet (RAD, London) then moved to contemporary dance. She has worked as a dancer with CruX Dance Theatre for the last five years. Her classes are a mix of yoga warm-up, floor-work technique, released-dance technique and contact dance improvisation.

**Date and Time:** Every Wednesday, 12pm to 1.30pm

**Venue:** Firkin Crane, Shandon, Cork

For more details, please contact The Firkin Crane T: 021 4507487

## **BELFAST**

### **Maiden Voyage Professional Morning Class in association with Dance Ireland**

Teachers this term include Romina Pedroli, Jennifer Rooney and Susannah McCreight

**Date and Time:** Every Thursday, 10-11.30am

**Venue:** Crescent Arts Centre, 2-4 University Road, Belfast

**Fee:** £5 per class or £4 for Dance Ireland or Dance Resource Base members

For more information, please contact Maiden Voyage T 0044 2890 330925

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