

Ballet Fundamentals with Mary Armentrout



Whether you are a first-time ballet student or a long-time student looking to get back into class, this series is a great opportunity to explore the fundamentals of ballet and get a great workout.

Join Mary to explore the ways your body is made for ballet!



Sundays, January 6 - February 24, 2019

12:00-1:30pm

8-week series: \$120

Ballet Fundamentals is offered periodically and is designed for true beginning ballet students.

This series explores the foundations of Ballet technique to prepare new students for Beginning Ballet classes and is an excellent class for more experienced dancers to review and explore the building blocks of Ballet technique.

To Register: Email info@danspace.com

Mary Armentrout is a teacher, choreographer, dancer, and Feldenkrais Practitioner, and the director of the Mary Armentrout Dance Theater (MADT). Starting to dance at age three, she graduated from Sarah Lawrence College in 1985. Over the years she has taught movement and dance of many varieties to people from ages 4 to 60+. Her understanding of movement and the human body is informed by her decades of study of Contemporary Modern Dance, Ballet, Butoh, Aikido, Authentic Movement, Alexander Technique, and of course the Feldenkrais Method. Her current teaching practice spans Feldenkrais, dance technique, and creative fusions of the two. She teaches on-going classes in the Bay Area, in festivals and intensives, and recently taught master classes at universities in Louisiana, England, and China. Mary has been studying ballet with Beth Hoge since 1987 and has been teaching at Danspace since 1996. Her eclectic background combined with a profound respect for the Corvino Approach and a creative integration of Feldenkrais principles make her classes inviting and accessible to adults who have never danced, as well as those returning after a long absence, and to dancers of all backgrounds looking to clarify the role of ballet in their practice.



Danspace was founded in 1976 offering classes for children, teens, and adults. Information about its programs can be found at www.danspace.com. The school has been residing at its location in the Rockridge neighborhood of Oakland, California since 1985.

473 Hudson St. Oakland, CA 94618 • 510.420.0920 info@danspace.com