



ADULT BALLET

VAGANOVA METHOD
SATURDAY WITH DIANE
1000 - 1130
Level: Elementary

Precision. Quiet power. Regal carriage. Controlled strength. This class has a more formal approach to

the study of classical ballet.

The Vaganova method is designed to involve the whole body moving with control, strength and grace and features expressive movement of the hands and a powerful torso.

The technique is deeply internalized and bodies naturally breathe classical movement; the result of a highly structured class.

COURSE START DATES:

There are frequent courses throughout the year.

Please ask for your next available course date.





fiestadancecentre

We have just the thing to put a smile on your face and a spring in your step.

Great Choice. Great Teachers. Great Atmosphere.

New Beginners to Advanced; All Ages and Abilities Welcome.

WATCH



Want to see the classes in action.

Check out the videos on our web site and Facebook page.

£

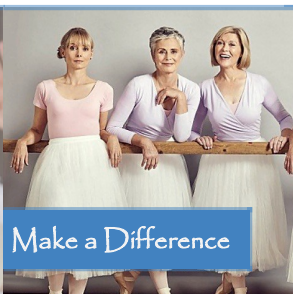
Classes from just £8 per person, per class

ENROL

Enrolling now at Fiesta Flamenco Dance Centre



Make Friends



Make a Difference



Get Fit. Have Fun.



Be Inspired

FIESTA DANCE CENTRE

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