

Ballet / Contemporary / Modern Dance

Master Class Week July 20th - 24th

Intermediate/Advanced

Monday

10:00-11:30 Classical Ballet (Dylan Keane)

11:45-1:15 Pilates (Leah Bueno)

Tuesday

10:00-11:30 Contemporary Ballet (Dylan Keane)

11:45-1:15 Classical Ballet (Heather Wysong)

Wednesday

10:00-11:30 Contemporary Ballet (Heather Wysong)

11:45-1:15 Classical Ballet (Bernard Gaddis)

Thursday

10:00-11:30 Contemporary Ballet (Bernard Gaddis)

11:45-1:15 Injury Prevention (Leah Bueno)

Friday

10:00-11:30 Classical Ballet (Dylan Keane)

11:45-1:15 Horton Technique (Bernard Gaddis)

Advanced

Monday

10:00-11:30 Pilates (Leah Bueno)

11:45-1:15 Classical Ballet (Dylan Keane)

Tuesday

10:00-11:30 Classical ballet (Heather Wysong)

11:45-1:15 Contemporary Ballet (Dylan Keane)

Wednesday

10:00-11:30 Classical Ballet (Bernard Gaddis)

11:45-1:15 Contemporary Ballet (Heather Wysong)

Thursday

10:00-11:30 Injury Prevention (Leah Bueno)

11:45-1:15 Contemporary Ballet (Bernard Gaddis)

Friday

10:00-11:30 Horton Technique (Bernard Gaddis)

11:45-1:15 Classical Ballet (Dylan Keane)



Bernard Gaddis

*Founder/Director
Contemporary West Dance Theatre*

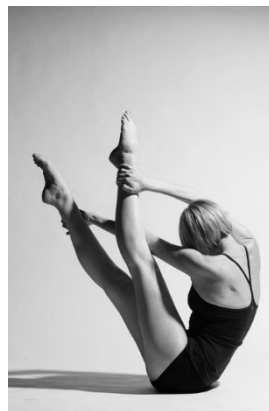
Having started dancing professionally at the age of fifteen, Bernard Gaddis has left an indelible mark in the dance world having performed, contributed and founded multiple dance companies across Philadelphia, New York and Los Angeles. Mr. Gaddis has also been published for his photography for his photo dancers “Bodies in Motion”, and is a Master Teacher in Horton, Ballet, Dunham, & African, and has given Lectures at various Universities and Colleges around the United States. Full bio & company overview: <http://lvdance.org/the-company/founder/>



Heather Wysong

*Founder/ Co-Artistic Director
North State Ballet Company*

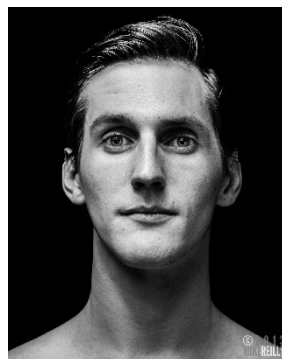
Heather has been teaching for 14 years and in 2015 created and co-founded the North State Ballet school in Chico, CA. The program is designed to build technical excellence while cultivating individual expression and artistry. Heather hopes that, regardless of her students' professional aspirations, her instruction will instill in them a love of movement, an appreciation for the art form, a dedication to discipline, and a commitment to excellence in all they do. Heather's full bio and company overview: <http://www.northstateballet.com/faculty-and-guest-instructors.html>



Leah Beuno

Instructor, Trainer & Author

Leah Marie Bueno is a former professional dancer who is now a STOTT PILATES® certified instructor and dance injury prevention specialist. She has worked with professional dancers from the Sacramento Ballet, Los Angeles Ballet, and Suzanne Farrell Ballet, Pre-Professional Dancers, Young Athletes and active adults at DFX Pilates in East Sacramento. Leah was first introduced to Pilates at an early age as a way to cross train for dance. After chronic injuries ended her career she decided to focus helping to heal peoples bodies through movement. Visit her website at thepilatesdancer.com.



Dylan Keane

*Performing Artist
Sacramento Ballet,
Capital Dance Project*

Dylan Keane is a founding member, dancer, and choreographer of Capital Dance Project and is a current Artist of the Sacramento Ballet. Throughout his dance career he has been a member of Richmond Ballet and Suzanne Farrell Ballet, as well as a featured dancer in the works of popular choreographers Ma Cong, Gabrielle Lamb & Val Caniparoli. Mr. Keane has also had the opportunity to perform all over the world in different galas including Japan, Uruguay, and Oman. Full bio & featured work: <https://www.sacballet.org/performers/dylan-keane/>