

# SEAD

## **MoveMentors Summer Intensive**

**August 20th to September 1st 2012**

**Two-week dance intensive in Salzburg, Austria**

MoveMentors Summer Intensive workshop offers daily morning classes in yoga, contemporary and ballet taught by SEAD faculty. Afternoon workshops with the Mentors will include composition, improvisation, and partnering. The mentors will give you individualized coaching and mentoring in small groups – a rare opportunity to receive individual feedback and help in bringing out your best dancing.

Our aim for the MoveMentors workshop series is to provide a format that will be inspiring, supportive and informative, giving students very practical skills and sound advice so that they can continue on their way in dance, surefooted and clear about what they need to focus on in order to progress as dancers. We also aim to offer an affordable workshop in a small group setting, where you can be in close communication with the teachers and other participants.

Our 2012 MoveMentors Summer Intensive is open to preprofessional and professional dancers. We think it will be especially useful for:

- Those students who are beginning or continuing a professional training program that will be starting in September and need to get back in shape before the fall term starts. With personal feedback and coaching, the MoveMentors Summer Intensive is here for you as a support tool before school begins.
- Students who want to experience what it is like to focus all day on their passion of dance and who want to find out if dance is something they would like to concentrate on in the future. MoveMentors gives you a taste of the SEAD curriculum, allowing you to try out professional dance education for two weeks.

Most of all, MoveMentors is a workshop about lots of dancing, getting feedback, and having fun with an international group of dancers in beautiful Salzburg. We'll be meeting dancers from around Europe and the world, sharing ideas and information, and building a warm community together for two summer weeks.

The MoveMentors teachers and mentors are SEAD faculty members who will share with you a glimpse into daily life here at SEAD. One hot vegetarian meal will be provided daily. There are refrigerators and a cafeteria sink for you to prepare light meals. We offer the option to sleep in one of our coziest studios with your own sleeping bag during the workshop; showers are available in the locker rooms. You will need to bring a sleeping bag, towels, your own yoga mat if you have one, ballet shoes, athletic shoes, and a bathing suit if you want to swim at one of the nearby lakes.

## Daily Schedule:

Monday-Friday, 20.8.-24.8. and 27.8.-31.8.2012	Saturdays, 25.8. and 1.9.2012	Sunday, 26.8.2012
Yoga Ballet Contemporary	Yoga Ballet Contemporary	Free Day/Rest Day
-Lunch Break-	-Lunch Break-	
Improvisation  Coaching in Composition/Improvisation/P artnering/Performance	Coaching and Rehearsals  Showings and presentations  Feedback and individual talks	Summer is a great time for hiking and swimming in Salzburg!
Evenings: Video showings, feedback, studios available for your use.	Events in Salzburg or free time.	

## Accommodations

Sleeping at SEAD with your own sleeping is included in the workshop fee. We will provide sleeping mats and pillows; you should bring a sleeping bag or sheets and your own towel. Showers are available in the locker rooms. If you are sleeping at SEAD you should plan to check in during the evening of Sunday, 19.8.2012 and check out by noon on Sunday, 2.9.2012.

Alternatively, you could use one of the hostels or hotels in Salzburg, however this will be an additional expense for you to cover.

## Meals

One hot vegetarian meal will be provided daily, included in the workshop fee. On Saturday, 1.9. we will have a closing dinner together. Other meals will be your responsibility. There are lots of markets nearby and many restaurants in town. There are refrigerators in school for your use. There is a hot water maker, but no hot plates.

## Costs

One MoveMentors week: 350 Euros (includes 7 meals)  
Two MoveMentors weeks: 650 Euros (includes 14 meals)

## Registration

Register online at [www.sead.at](http://www.sead.at). Registration will open in mid-May.

For more information: [www.sead.at](http://www.sead.at)