



Intensive & Teacher Training

Spring 2014

Part I	SoulSweat™ Fundamentals and Dance Archetypes	April 3-4
Part II	Choreography and Expressive Movement	April 5
Part III	Demo Class and Integration/Wrap-Up	April 6

COST: \$590 per person

WHERE: Alchemy of Movement, 30th Street, Boulder, CO – www.alchemyofmovement.com

FACILITATORS: Chantal Pierrat and Lucy Wallace

Each of these sessions are designed for those who want to continue being students and SoulSweat™ dancers, as well as those interested in developing teaching and leading skills. Those who wish to become SoulSweat™ instructors are required to choreograph a full class and undergo 1-1 training in addition to this weekend intensive. Please see the back of this form for details.*

Part 1 – SoulSweat™ Fundamentals and Dance Archetypes

DATES AND TIMES: Thursday, April 3, 9:30am-5pm
Friday, April 4, 10:30-5pm

Throughout the first weekend, we will explore the fundamentals of SoulSweat™ (Breath and movement, contraction/expansion, layering, foundation and freedom, choreography, etc.) while expanding our self-expression through dance. Through creative exercises, we will learn new ways of moving our bodies beyond our habitual patterns, and we will explore how different dance "types" evoke various energetic states of being. Finally, we will experiment with leading and following, what it means to "hold space" through movement, and how to increase our presence through our dance.

(more on back.....)

SoulSweat™ Intensive - Registration Form

Name: _____ Phone: _____
Email: _____ Amt. Enclosed: _____

Deposit of 50% recommended by March 10th, 2014 to secure your placement. Full payment also accepted. Space is limited, so sign up early or let us know you are thinking about attending and we will keep you posted as we near capacity.

Make checks payable to Chantal Pierrat. Checks and registration forms may be dropped off at Alchemy of Movement, or mailed to: Chantal Pierrat, 1560 Redwood Avenue, Boulder, CO 80304. Checks or Cash only please.

Part 2 – Choreography and Expressive Movement

DATE AND TIME: Saturday, April 5, 1-6pm

This workshop will focus on choreography and techniques for leading a class or a group of dancers. We will run through specific choreography processes as well as categories of movements and how to sequence a series of movements within one song, and eventually, one whole routine. This is essential for those who want to teach SoulSweat™, but also for those who want to expand on their dance creativity and range of movement.

Part 3 - Demo Class & Integration/Wrap-Up

DATE AND TIME: Sunday, April 6, 1:30-7pm

See your name in lights! Hear your adoring fans praising your creativity! Feel the feeling of triumph as you face your fears and shake your booty in front of a class full of dancers following your every move! This is the grand finale of the workshop. You will pick a favorite song (or two if you are feeling brave), work up your own SoulSweat™ choreography, and show the world that you can move mountains!!!

This will be a fun, supportive environment for you to step into the spotlight. This will be a FREE “class” and open to the public.

After the class, we will give each other feedback and learn how to integrate the workshop into our dance and/or teaching moving forward.

Additional Information

* For those who wish to teach under the SoulSweat™ name, please understand that this process is by invitation only. After attending the workshop, prospective teachers can sign up for the last leg in the teacher training process. You will be asked to create a full-length routine of original choreography using SoulSweat™ principles (this is usually 10-15 songs). Then you will undergo 6-8 hours of 1-1 training where you will also receive feedback on your routine and teaching style. Once approved, you are free to start teaching SoulSweat™. **There is an additional \$200 fee for those who wish to take this final step toward becoming a SoulSweat™ teacher.**

** It is possible to attend the workshop and skip teaching a song for the demo class. However, I do recommend that you strive for the whole workshop as the demo class integrates the whole experience, while providing group feedback.

For more information: Lucy Wallace, lucy@alchemyofmovement.com, (720) 771-1993