

## Ballet @ SAIS

### THE ADVANTAGES OF LEARNING BALLET:

- Ballet improves fine-motor skills, concentration, deportment, balance, co-ordination, develops a pliable body, musicality and rhythm.
- Teaches discipline preparing youth for anything they might encounter in their lives.
- Teaches self-respect and how to best take care of and respect your body.
- Develops a strong physical body which may aid all other sports and physical activities as well as benefitting all other dance genres.

<b>LEVEL</b>	<b>TIME</b>	<b>FEES</b>
PRIMARY (6-7 yrs / P2)	Mondays: 16h15 – 17h00 Thursdays: 16h15 – 17h00	40€ p/month – 1x p/week 55€ p/month – 2x p/week
TEST 1 (8-10 yrs / P3 – P5)	Mondays: 17h00 - 17h45 Thursdays: 17h00 - 17h45	40€ p/month – 1x p/week 55€ p/month – 2x p/week
TEST 4 (11yrs & older)	Mondays: 17h45 - 18h45 Thursdays: 17h45 - 18h45	45€ p/month – 1x p/week 60€ p/month – 2x p/week

(Kindly note that these times are subject to change depending on applications, however days will stay as stated)

First ballet lesson will be on Monday 7 September.

Please contact Michele by

email: [momosmich@gmail.com](mailto:momosmich@gmail.com) or call

Mobile: 915 931 286

for further information and/or application form.

**THE TEACHER:** Michèle Gonçalves Momos, holds a Fellowship (highest teaching qualification) with the Imperial Society of Teacher's of Dance (ISTD), Cecchetti Faculty, London, is an accredited junior examiner with the Cecchetti Society of Southern Africa and has a ballet teaching diploma from the University of Cape Town, South Africa.

Michèle started dancing at the age of 9 in Johannesburg, South Africa and was accepted into the Johannesburg High school of the Arts where she completed her secondary school years.

Thereafter she was accepted into the Ballet School of the University of Cape Town where she completed her Diploma in the teaching of ballet.

In 1989, she qualified as a Cecchetti teacher and started her own ballet school at which she has taught for 27 years. Her students were trained for the annual National examinations always enjoying a high success rate. Over the years, many of her senior students qualified into the Annual Cecchetti Awards which were held in Johannesburg.

Michèle has choreographed and produced 2 – 3 act ballets with her students, which included; Mary Poppins, The ugly Duckling, Snow White & the 7 Dwarfs and Peter Pan. These were performed at local theatres and performances were open to the public.

Michèle was the recipient of the Pat Hardy Scholarship and attended the Cecchetti Teacher's Seminar in Chichester, London in 2008.

In 2009 she was invited onto the examining panel of the Cecchetti Society of Southern Africa. In 2015, she was invited to train as a senior examiner.

Throughout the years, she has also coached and prepared students to take their teacher's qualification in the Cecchetti ballet method, this being an internationally recognised qualification which is accredited by the ISTD.

Michèle moved with her family to Portugal in 2016.

## **WHAT THE CECCHETTI METHOD OF BALLET OFFERS STUDENTS:**

The Cecchetti method is an exact and meticulous system drawn up with careful regard for the laws of anatomy and is designed to furnish the body with all those qualities essential to the dancer:

Balance, Poise, Strength, Elevation, Elasticity, Ballon and so on.

The Cecchetti Method differs from other schools in that it tries to reduce the dancer's training to an exact science; to mould and shape the body to bear the strains and trials of public appearance and to make muscles, tendons and nerves respond readily to the steps and movements that might be required of them by the choreographer.

An essential part of the system is the set exercises according to each day of the week. This ensures that different types of steps are always practised in a planned order, stretching and contracting each set of muscles to a carefully calculated degree.

Another important feature of the Cecchetti Method is that the student is taught to think of the movement of the foot, leg, arm and head, not as something apart but in its relation to the whole body, which develops a definite feeling for line.

The Cecchetti Method endeavours to achieve purity and accuracy in its classical style; it is classic in its strenuous opposition to all extravagance and fussiness of movement; it stresses the importance of line.