



October 2019

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Brain Dance by Anne Green Gilbert

The Nutcracker

Congratulations to all those cast in The Nutcracker! Whether or not your child is involved, please mark your calendars for December 6th, 7th, 13th, and 14th for this exciting event! Performances will be held in our "in-house" theatre, the historic Liberty Theatre housed inside the Bethel Downtown Centralia building. Tickets for all shows will soon be available at CBA.

A Night in Themyscira

We will kick off this year's program with "A Night in Themyscira" on October 12th at CBA. The evening will include a class in stage combat, a session with our in-house licensed massage therapist on techniques the girls can use on themselves or friends, snacks and a visit from "Amazon of Olympia" who will talk about her own charity work as well as her work with Costumed Characters for Causes. Cost will be \$15/girl. CBA girls ages 9 and up save the date and sign up at CBA (either location)!

Dress Code and Tuition Reminders:

Thank you all for being with us this year! As a reminder since we did not charge late fees last session be aware that this session we will be. So make sure you get your tuition in on time or talk with us ASAP about autopay! Everyone should now have their appropriate class attire. We will begin enforcing dress code this session as well. Please make your teacher aware if you have extenuating circumstances keeping you out of dress code (ie dance wear not in appropriate size etc.)

Developed by Creative Dance Center Founder, dance educator and author, Anne Green Gilbert, the BrainDance is a full body-brain exercise based on developmental movement patterns that healthy human beings naturally move through in the first year of life. These movements help to integrate reflexes that are the foundation for healthy brain development. The movements develop our whole brain (brain stem, mid-brain/limbic system, and cortex). As babies, we did these brain-developing movements on the floor. As children and adults, we continue to review these patterns in a variety of ways to keep our brains and bodies strong. Cycling through these patterns daily or weekly may also fill in missing gaps in our sensory-motor system due to birth trauma, lack of floor time as an infant, or illness or head injury as a child or adult. The BrainDance was developed and inspired by the work of somatic movement pioneers Irmgard Bartenieff, Bonnie Bainbridge Cohen, and many others. **Students in Moving Together, Explore Dance, and Explore Ballet at CBA all experience the renowned Anne Green Gilbert curriculum, including the "Brain Dance." Other classes, including Musical Theatre, also incorporate the BrainDance into their warm up.**

Dates to Remember

October 12th: A Night in Themyscira

October 14th: Session 2 begins

October 26th: Moonlight Madness

October 28th: Free Dress Week

October 31st: Halloween (No Classes)

Moonlight Madness Ballet Showcase

Centralia Ballet Academy is the home of Ballet Theatre of Washington, a non-profit student ballet company. Many of our students are involved and have been hard at work all summer to present this fun family event. This is a fantastic opportunity for our younger students to see what they are working toward. Please invite some friends and join us! Non-scary costumes encouraged. Shows are at 2PM and 7PM on October 26. Tickets go on sale soon; \$5 for children/students/seniors or \$8 for adults.

Facebook

If you haven't already, be sure to like Centralia Ballet Academy and Ballet Theatre of Washington on Facebook to be kept up to date on everything that is happening. Please note that it is the policy of our directors (Mick and Nancy) not to accept friend requests from students under 18.

Ballet Term of the Month:

Plié [plee-AY]- *Bent, bending.* A bending of the knee or knees. There are two principal plies: grand plié or full bending of the knees and demi plié or half-bending of the knees.