

SA NAU DANSA is an Authorized School by the Government of Catalonia and Approved School by Barcelona City Council.

In addition to our regular classes, we offer:

DANCE TRAINING FOR STUDENTS WITH A PROFESSIONAL VOCATION

Preamble: it is worth reminding future dance students that private schools in our territory are not authorized to issue certificates that mislead with the official qualifications of Spanish dance conservatories. However, we can issue certificates in our own capacity that record the hours and subjects studied in our training. Under no circumstances we refer to an Spanish official qualification. If our students are interested in preparing their entrance exams to the corresponding Spanish conservatories, they will be duly informed and prepared.

1- INTRODUCTION

This is a **THREE YEARS DANCE PROGRAM**

This duration may be modified depending on the level and previous experience,

The program consists of **10 to 15 classes per week, between 17 and 23 hours per week**, generally, in the mornings.

Daily **ballet and contemporary dance classes**, plus complementary classes depending on the year of the training, including repertoire, improvisation, contemporary acrobatic, dance history, anatomy...

THIS TRAINING INCLUDES REGULAR EVALUATIONS, STAGE PRACTICES, AND PERSONALIZED TUTORING AND ORIENTATION ABOUT PROFESSIONAL DANCE OPTIONS

2- REQUIREMENTS

To apply for this program, students must be at least **16 years old and there is no upper age limit**, although it should be taken into account that the work is intense and it is important to be in good physical shape.

Interested students should email sanaudansa@gmail.com with a brief resume, their dance motivations, and one or more dancing videos.

You will then be proposed for an online or face-to-face meeting with the director of the program. The director of the program will decide according to the available places and the information collected if the student can start the program.

3- PRICE

Enrolment fee 50e

Subscription plan is €392 per month, during the 9 academic months from September to June both included.

4- FOREIGN STUDENTS

At SA NAU we are delighted to welcome students from outside our territory. Our dance training program, as it is an **educational center authorized by the Generalitat de Catalunya, is valid to apply for your foreign student visa in Spain**. If you are a student from a country outside the European Union, you must apply for your visa by attaching your enrolment certificate.

5- STUDY PROGRAM

FIRST YEAR

During this stage, priority is given to basic knowledge of core techniques (contemporary dance and ballet) and is complemented by TUTORING AND ORIENTATION and first subjects of free movement and composition. One ballet teacher and at least three contemporary dance teachers are included in this course. In addition, the school provides space to develop its own proposals in the studios and facilitates their public spaces.

BALLET I- II	6h week -	270h year
CONTEMPORARY DANCE I	1,5h week -	54h year
CONTEMPORARY DANCE II	4,5h week -	162h year
CONTEMPORARY DANCE II-III	3h week -	108h year
PRESENCIA TÉCNICA (3 months)	2h week -	24h year
COMPOSICIÓN E IMPROVISACIÓN (6 months)	2h week -	48h year
TUTORING AND ORIENTATION	2h week -	72h year
CREATION SPACE (voluntary dedication)		

TOTAL FIRST YEAR 738 hours

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SABADO	
1	2	1	2	1	2	1	2	1	2	1	2
	CLASICO I 10-11:30h Jaume Bonnin		CLASICO I-II 10-11:30h Jaume Bonnin		CONTEMPO I 10-11:30h Ignacio J. Cabello		CLASICO I-II 10-11:30h Jaume Bonnin		CLASICO II-III 10-11:30h Jaume Bonnin		CLASICO I-II 10-11:30h Alejandra Ubilla
	CONTEMPO II 11:30-13h Ignacio J. Cabello		CONTEMPO II-III 12:15-13:45h Anna Hierro		CONTEMPO II 11:30-13h Ignacio J. Cabello		CONTEMPO II-III 12:15-13:45h Anna Hierro		CONTEMPO II 11:30-13h Alejandro Ordóñez		ESPACIO DE CREACION 11:30-13h
			TUTORIA FORMACIÓN Repaso 13:30-15:30		ESPACIO DE CREACION 13:30-17h		TEC PRESENCIA impro guiada 14:00-16:00h Olga Álvarez		COMPO e IMPRO Formación 13:45-15:45h Amanda Rubio e invitados		ESPACIO DE CREACION 13:30-17h

SECOND YEAR

Once students have completed a basic review of dance technique, in this second year we will focus on developing more dance skills and more complex dance combinations, with different rhythms, patterns and dynamics to be able to develop a much higher level and knowledge of ballet and contemporary dance discipline.

BALLET II-III	9h week -	324h year
POINT WORK	1,5h week -	54h year
CONTEMPORARY DANCE II-III GUEST TEACHER	4,5h week -	162h year
CONTEMPORARY DANCE II-III	3h week -	108h year
CONTEMPORARY DANCE II	1,5h week -	54h year
COMPOSICIÓN E IMPROVISACIÓN (6 months)	2h week -	48h year
TUTORING AND ORIENTATION	2h week -	72h year
REPERTOIRE	2h week -	72h year
CREATION SPACE (voluntary dedication)		

TOTAL SECOND YEAR 900 hours

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SABADO	
1	2	1	2	1	2	1	2	1	2	1	2
CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Jaume Bonnin		CLASICO I-II 10-11:30h Alejandra Ubilla	
CONTEMPO II-III 11:30-13h Prof invitado*		PUNTAS F-II 11:40-12:10 CONTEMPO II-III 12:15-13:45h Anna Hierro		CONTEMPO II-III 11:30-13h Prof invitado*		PUNTAS F-II 11:40-12:10 CONTEMPO II-III 12:15-13:45h Anna Hierro		CONTEMPO II 11:30-13h Alejandro Ordóñez		CONTEMPO II-III 11:30-13h Prof invitado*	ESPACIO DE CREACION 11:30-13h
	REPERTOIRE Formación 13:45-15:45h Amanda Rubio e invitados		TUTORIA FORMACIÓN Repaso 13:30-15:30		ESPACIO DE CREACION 13:30-17h		COMPO e IMPRO Formación 13:45-15:45h Amanda Rubio e invitados		ESPACIO DE CREACION 13:30-17h		

THIRD YEAR

In the third year of the program, we try to increase the technical difficulties, perfectionate our movements and expression skills and try to experiment a little bit more to get a higher level of dance qualities. Connections with European dance schools and professional world are also a priority on this period.

BALLET II-III	4,5h week -	162h year
POINT WORK	1h week -	36h year
CONTEMPORARY DANCE II-III GUEST TEACHER	4,5h week -	162h year
CONTEMPORARY DANCE II-III	3h week -	108h year
CONTEMPORARY DANCE II	1,5h week -	54h year
CONTEMPORARY DANCE ACROBATICA	12 week -	108h year
COMPOSICIÓN E IMPROVISACIÓN (6 months)	2h week -	48h year
TUTORING AND ORIENTATION	2h week -	72h year
REPERTOIRE	2h week -	72h year
CREATION SPACE (voluntary dedication)		

TOTAL THIRD YEAR 846 hours

LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO	
1	2	1	2	1	2	1	2	1	2	1	2
CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Eugenia Morales		CLASICO II-III 10-11:30h Jaume Bonnin			ESPACIO DE CREACION 11:30-13h
CONTEMPO II-III 11:30-13h Prof invitado*		PUNTAS F-II 11:40-12:10 CONTEMPO II-III 12:15-13:45h Anna Hierro		CONTEMPO II-III 11:30-13h Prof invitado*		PUNTAS F-II 11:40-12:10 CONTEMPO II-III 12:15-13:45h Anna Hierro			CONTEMPO II-III 11:30-13h Prof invitado*		
	REPERTORIO Formación 13:45-15:45h Amanda Rubio Invitados		TUTORIA FORMACIÓN Repaso 13:30-15:30		CONTEMPO ACRO 13:00-14:30h Melisa Maturano		COMPO e IMPRO Formación 13:45-15:45h Amanda Rubio e invitados		CONTEMPO ACRO 13:00-14:30h Melisa Maturano		ESPACIO DE CREACION 15-17H

SUBJECTS ON THE PROGRAM

BALLET

This class provides classical dance technique and principles for a versatile student and dancer. It is a fundamental training for any of our students and nowadays is a requirement for any professional dancer. It is a ballet class adapted to contemporary dance students.

CONTEMPORANY DANCE

Contemporary Dance II
Contemporary Dance II-III
Contemporary Dance II-III with guest teacher

These classes are focused on the development of the contemporary dance technique from combinations of warm up, combinations in the floor, combinations and choreographic phrases standing. Based on different techniques like Release, Graham or Limon, also as other mixt actual techniques like Body Weather, Flying low... We develop and expand the combinations and they can become more complex or a little more acrobatic. There is also time to create some small choreographic pieces.

The teachers of these classes are active in the professional dance world in different projects and companies.

ACROBATIC CONTEMPORANY DANCE

In our program students and that have a certain level of dance are offered this class. In this class we will work making different combinations of contemporary dance with some light acrobatic movements. In this class they can lose their fear of making this type of combination and will work on figures both individually and in groups.

PRESENCE TECHNIQUE

This technique is designed to work on body mobility, as well as the free movement of the individual. It is a great improvisation class guided all the time by the teacher, in which the students will feel fully accompanied in this process of discovering themselves and their own movement, as well as their body blocks.

POINT WORK

For some students is interesting to add this class. In this class we introduce or reinforce the point work oriented to classical and contemporary ballet. It improves strength, musicality and general body posture.

COMPOSITION AND IMPROVISATION

In this class we will work on the basics to be able to improvise and compose a choreographic piece. Through different games, patterns and proposed dynamics we can create different choreographic pieces with different purposes and themes.

REPERTOIRE

This class is dedicated to the study and practice of a choreographic piece that is part of the international contemporary dance repertoire. We have worked on pieces by different choreographers and contemporary dance companies on the national and international scene such as: Jiri Kylián, Mats Ek, Ohad Naharin, Crystal Pite, Pina Baush...

CREATION SPACE

This space is reserved for students to practice and review the pieces proposed in class. This time and space is also reserved for students that would like to create their own pieces with each other or even alone. All these pieces can be worked on and presented in the different performances of the school.

TUTORING

This time is dedicated to inform students about how their development is going through the training, as well as to be able to set short, medium and long-term objectives: propose to make some pieces for our performances, comment on the next actions of the school, etc.

We also find time to introduce and develop some dance anatomy and dance history knowledge.

This time is as well dedicated to comment news about the nowadays professional dance world, investigate about professional companies, as well as being able to visit or get to know them. Critical spirit and knowledge in dance world is worked in this class with our students.