

**Release Dance Project** is excited to offer the 3rd season of The Retreat! **The Retreat** is an overnight youth intensive that provides an opportunity for dancers to engage in a full dance retreat, in an intimate, secluded setting. This gives them a chance to be challenged as dancers, and explore new concepts within their training. We strive to push dancers to their fullest potential by taking them out of their comfort zone, and provide them with a solid and comfortable base to do so. Being a part of **The Retreat** allows dancers to fully emerge themselves in the intensive, and narrow in to discover who they are, what they want to accomplish, and how they can achieve it!



**Release Dance Project** is a professional dance company based out of Toronto. Directors, *Nicole Paggiossi* and *Jaclyn Patras* have been involved in dance for over 15 years. Having trained at competitive dance studios growing up, both *Nicole* and *Jaclyn* decided to continue their dance education at Ryerson University and graduated from the prestigious *Performance: Dance* Program. While continuing their education at Ryerson, both have been teaching for almost 10 years at competitive dance studios in the GTA. Alongside the experience of teaching,

they have received training from knowledgeable teachers, seminars, and conferences, to deepen their dedication of working with youth. Additionally they are both dancing/training in the professional industry, and choreographing across Ontario. Having such a passion for the dance industry, they want to share their knowledge and provide a strong platform for the upcoming generation of dancers. Confidently helping students to grow, strengthen and develop their artistic voice.

***The Retreat*** combines company-like dance training with classic summer camp activities. These evolving dancers get to enjoy their summer in the beautiful outdoors, while continuing their training and expanding their knowledge of dance.

**2020 UPDATE:** ***The Retreat*** will be hosted at **BARK LAKE LEADERSHIP AND CONFERENCE CENTRE**, in Irondale, ON. They are a waterfront facility providing everything **The Retreat** needs to have an outstanding week!



Participants at ***The Retreat*** will be sleeping in Bark Lakes Tamarack Dormitory

***Bark Lake's*** Dining Hall will be open for breakfast, lunch and dinner. For each meal there will be healthy food, cautious of all allergy and dietary needs. As well, all participants will have access to snacks throughout the day.





### Dance Classes Include:

- *Technique* - Ballet, Pilates & Modern
- *Contemporary and Explorative Movement* - Concert Contemporary, Improvisation Techniques, Task Oriented Exercises & Class Collaborative Work
- *Jazz* - Evolution of Jazz Era, Standard Jazz Technique & Combinations
- *Performance rehearsals*- students will be rehearsing daily for final performance at the end of the week

### **FINAL PERFORMANCE!**

At the end of the week, prior to pickup, there will be a short 30 - 45 minute show, that all participants will be performing in, to showcase a glimpse of what went on during the week.

There will be a small gathering after the show in celebration!

Unlike the past 2 seasons, this year *The Retreat* will be hosting our Final Performance at Orillia Opera House. *The Retreat* will be providing a shuttle for the participants, where they will spend the day rehearsing, staging and working as a professional touring company would.

*\*Parents are to arrive at the Theatre for final performance. Details will be sent out once registration is complete.*

## Outdoor Activities May Include

*\*\*Each participant must do a swim test at the beginning of the week!\*\**

WATER (ALL LEVELS)	LAND
Canoeing	Wide Games
Kayaking	Arts & Crafts
Swimming	Hiking & Wilderness skills
Water Sports	Mountain Biking
Beach Parties	Ball Sports (soccer, basketball, dodgeball etc)
	Archery

*Nighttime activities include - campfires, movie nights, improv jams and more!*

### **JULY 26th - August 1st**

\*Accepting ages 10-16, with advanced dance experience

***The Price for the camp is : \$1600 + HST***

*Price includes housing, three meals, snacks, guest teachers, photo/video shoot, welcome gift bag, access to all amenities and activities, final performance admission for family & friends. It also includes a lifeguard on deck, insurance and 24/7 supervision.*



***We look forward to your arrival, and cannot wait to work with you!!***