

PRESS RELEASE
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LES
GRANDS BALLETS



LES GRANDS BALLETS LAUNCHES

LES
STUDIOS

To Move the Word.
Differently.

Montreal, June 12, 2017 – Les Grands Ballets is pleased to unveil Les Studios, a new division of the company, offering dance, fitness and adapted dance classes, for everyone.

Ideally located in the Edifice Wilder – Espace Danse, at 1435, De Bleury Street (Place-des-Arts metro station)–Les Grands Ballets' new head office, located in the heart of downtown Montreal–Les Studios represents a space of over 1 700 square feet and will begin offering its various classes for all levels in September 2017.

Offered morning, noon and night on weekdays, as well as Saturdays and Sundays, most classes are accessible to all over the age of 16 and are taught by dancers or former dancers of Les Grands. Montrealers will have the opportunity to dance, move and let go in close proximity to our professional dancers, and truly step inside the universe of Les Grands Ballets.

From «first classes» for the curious to dance classes for the elders, barre workout, pointe classes, ballet for men, yoga, Essentrics™, couple's tango and dance around the world, you are invited to explore all the benefits of dance and to cultivate your repertoire in five movements: classical ballet, contemporary dance, jazz, variations and adapted dance.

“After the creation of the Dance Therapy Centre 3 years ago, I am pleased to announce the opening of our new leisure division. The general public will now be able to fully experience dance in an immersive way. This integrated vision of promoting all the benefits of dance reflects our values: openness, innovation and generosity. It is also a way to demonstrate that dance is relevant far beyond culture, and that it contributes actively to the well-being of individuals and the community. With the opening of Les Studios and our recent move in the Edifice Wilder - Espace Danse, Les Grands Ballets is more accessible than ever!”

– **Alain Dancyger**, Executive Director, Les Grands Ballets



LES STUDIOS IS, FIRST AND FOREMOST, EXCEPTIONAL DANCERS AND TEACHERS

Les Studios' classes will give everyone the chance to dance in Les Grands' studios and to rub shoulders with dancers or former dancers of the company. Many of them are, in fact, part of the teaching team:

SARAH GIBSON, FORMER DANCER AT LES GRANDS BALLETS



Sarah graduated from the École supérieure de ballet du Québec and joined the Alberta Ballet before dancing with Les Grands Ballets for over ten years. She has also taught classical ballet and contemporary dance to dance students and figure skaters. Sarah became a certified Essentrics™ instructor in 2012 and is now happy to share her experience and knowledge of movement with everyone.

ANDREW GIDAY, FORMER DANCER AT LES GRANDS BALLETS



It was the desire to jump, spin and run everywhere that led Andrew to his first ballet class. Forty-five years later, his passion for movement continues to be expressed through dance, choreography and teaching. Les Grands Ballets is, for him, a lifetime affair—a fulfilling space. As a child, he participated in The Nutcracker and later joined the company as a professional dancer, living more than 10 emotion-filled years with Les Grands Ballets.

ALISIA POPEGA, FORMER DANCER AT LES GRANDS BALLETS



Born in Hamilton, Ontario, Alisia completed her dance training at L'École Supérieure de Ballet du Québec. In 2000, Alisia joined Les Grands Ballets Canadiens and danced with the Company for over 12 years, rising to the soloist rank and performing in pieces by a wide range of international choreographers. She is currently dancing as an independent artist performing principal roles with Ballet Ouest, Skeels Danse Montréal and in Daniel Ezralow's touring production, PEARL. She is also a member of The Legacy Project, directed by Margie Gillis. Along with Louis-Martin Charest, she now shares the artistic directorship of the dance/film company, LIBERAMÆ performance & films. Their latest projects include a short dance film, To Build A Home and the development of a future dance film, Port Hope. Together, they have also developed and teach a workshop series: Presence and Interpretation Method For Dancers. Alisia also teaches contemporary and classical ballet.



ROBIN MATHES, FORMER DANCER AT LES GRANDS BALLETS



Robin has lived and breathed dance her whole life. Originally from Portland, Oregon, she danced her way to New York City to attend The Juilliard School, where she received a BFA in dance. After receiving her degree, she had a long dancing career with renowned companies such as Ballet Tech in New York City and Les Ballet Jazz de Montréal before dancing as a soloist with Les Grands Ballets for 10 years. Robin received her teaching certificate with honours from l'École supérieure de ballet du Québec, where she also teaches. She has taught ballet from the beginner to professional level all around the province of Quebec. She is very happy to be part of Les Grands Ballets' team once again and to have the opportunity to share her love and passion for dance.

MARISA PAULONI, FORMER DANCER AT LES GRANDS BALLETS



Marisa has a 34-year experience in the dance world, including 11 years as a dancer with Les Grands Ballets. Whether front and center, taking or giving classes or conducting a rehearsal, or behind the scenes as an assistant to the Artistic Director, she knows all the secrets of Les Grands. Naturally, at Les Studios, she's like a fish in water! Her philosophy? It is not your body that must adapt to the technique, but rather the technique that must adapt to your body.

JEREMY RAIA, FIRST SOLOIST AT LES GRANDS BALLETS



Jeremy started dancing in the aisles of the grocery store at the age of 5 and hasn't stopped since. He joined Les Grands Ballets in 1998 and is currently a First Soloist with the company. He loves to share his passion and everything he has learned in the dance world.



LES STUDIOS
**Dance, fitness and adapted dance classes
at Les Grands Ballets**

1435, De Bleury Street, Montreal

Pre-registration with no membership fee

and 30% off on the Fall session.
Until July 1st on lesstudios.com

Classes begin on September 11th, 2017

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