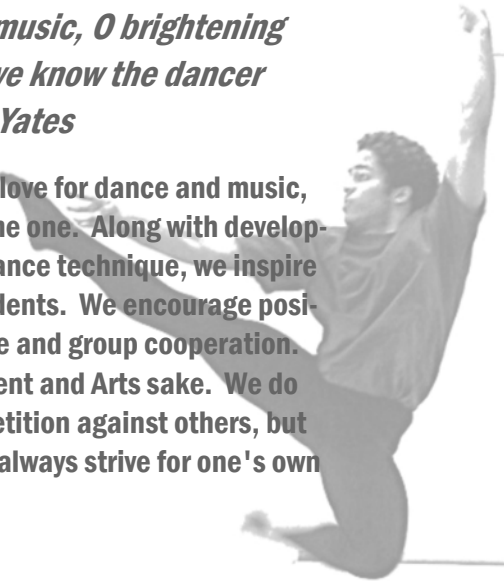


PHILOSOPHY

Caston's Ballet Academie Founded 2001

*O body swayed to music, O brightening
glance, How can we know the dancer
from the dance? Yates*

Through passion and love for dance and music, mind and body become one. Along with developing an outstanding dance technique, we inspire and motivate our students. We encourage positivity, self-confidence and group cooperation. We dance for enjoyment and Arts sake. We do not encourage competition against others, but nurture the desire to always strive for one's own personal best.



POSITIVE LEARNING ENVIRONMENT

CONVENIENT LOCATION

SMALL CLASSES

NEW FACILITY

TECHNIQUE

PASSIONATE

CREATIVE

CERTIFIED EDUCATORS

PERFORMANCE OPPORTUNITIES

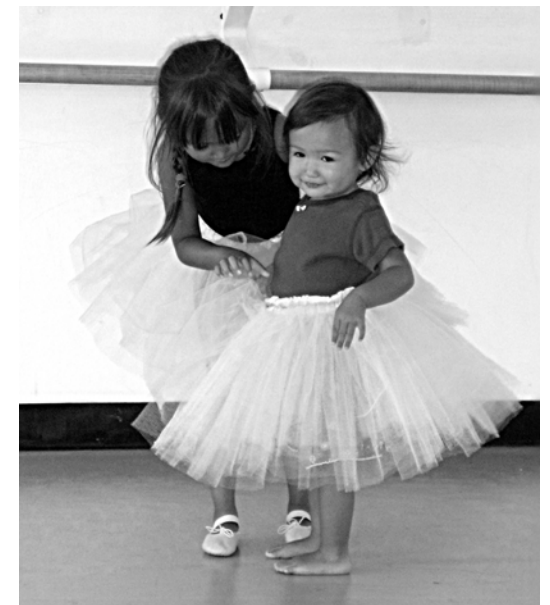


Caston's Ballet Academie
Suite 101 8175 Big Bend
Webster Groves MO 63119

DESIRE DISCIPLINE DEDICATION

Caston's Ballet Academie

Where Dreams Can Come True!



Castonballet.com 314-968-6850
8175 suite 101 Big Bend Webster Groves MO 63119

DANCE EDUCATORS



TORRIS CASTON

Artistic Director

A "Native" St. Louisan,, trained by St. Louis legends - Richard Martin, Doris Dieu, Ron Hansford, Stanley Herbert, Nathalie Levine and Mrs. Michael Simms.

Masters Degree from Long Island University in Anatomy & Physiology. Studied at the Joffrey Ballet School. Certified dance instructor Missouri Department of

Education and Cecchetti Council of America. Performance credits include Metropolitan Ballet of Saint Louis and St. Louis Ballet Theater to name a few.

McKinley Classical Leadership Academy- St. Louis magnet School for Gifted and Talented Children, several private schools in Missouri and Illinois, St. Louis Community College and Maryville University.

Mr. Caston's passion for ballet and scientific background has lead to the creation of a series of exercises aimed at developing beautiful strong feet.

SHANNON CASTON

School Director

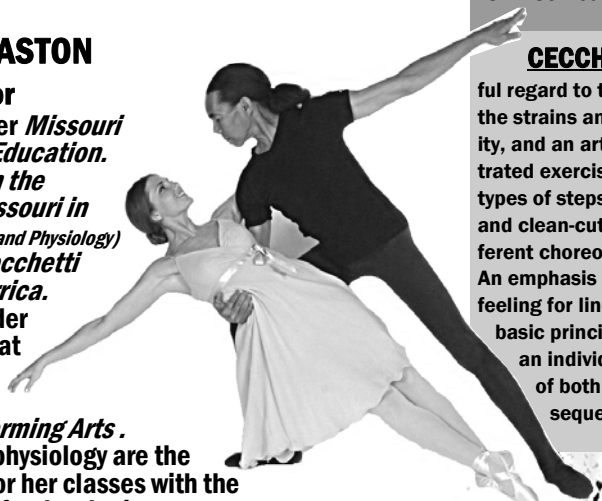
Certified teacher *Missouri Department of Education.*

B.S. & B.A. from the University of Missouri in Biology (Anatomy and Physiology) and Art., and Cecchetti Council of America.

She studied under Michael Simms at Stephen's College, and Columbia Performing Arts.

Anatomy and physiology are the building block for her classes with the utmost concern for developing young bodies. Teaching dance in St. Louis includes *Ballet Midwest, Girls Incorporated, Parkway, and Saint Louis Community School* to name a few.

High energy, creativity and love of dance are used in developing the young dancer's appreciation for Vocabulary, Musicality and the Magic of dance.



Lynnette Khoo-Summers, MSPT

Jazz & Modern Instructor

Lynnette is an instructor/clinician at Washington University Program in Physical Therapy. She received her undergraduate degree from Colorado State University in *Public Relations and Dance*. RAD Ballet training throughout childhood and performed professionally in Chicago for *Joseph Holmes* and others, she has *Masters of Science in Physical Therapy* Washington University School of Medicine. Her expertise is in the prevention and rehabilitation of all musculoskeletal conditions especially injured artists as well as performance day coverage. She is currently working on her doctorate in physical therapy at Washington University.

To find out more about our additional faculty, accompanists, guest teachers, class schedules & descriptions, company and performances please check us out at castonballet.com

BALLET TRAINING is the basis for success in most areas of dance. We are a member of Cecchetti Council of America. The Cecchetti (Italian) method is a series of graded classes designed to train the young ballet dancer for professional ballet work. Though not all students are presented for Cecchetti Exams, the curriculum approved by the CCA is a general guide for our ballet classes.

CECCHETTI Method

is a disciplined system designed with careful regard to the laws of anatomy, thus preparing dancers' bodies to bear the strains and trials of public performance, strength, elevation, elasticity, and an artistic sense of quality. An establishment of carefully orchestrated exercises unique to each day of the week to ensure that different types of steps are practiced in a planned sequence. Classic in its purity and clean-cut style, it enables dancers to respond to the demands of different choreographers.

An emphasis on the importance of using the entire body to establish a feeling for line. Focused on instruction by studying and absorbing the basic principles which govern the art, rather than by mere imitation of an individual's teaching style. A balance between the daily practice of both Cecchetti's set exercises and each teacher's new sequences.



CLASSES OFFERED

For All Ages & Abilities

Pre-Professional & Enrichment
Cecchetti Syllabus

Creative - Pre-Dance - Dance
Pre-Ballet

Ballet Technique

Pre-Pointe & Pointe

Pas De Deux

Boys/Mens

Flamenco - Variations - Character

Jazz - Tap - Modern - Hip-Hop

Children - Pre Teen - Teen/Adult

Beginner - Intermediate - Advanced

SUMMER CLASSES

CAMPS & WORKSHOPS

Caston Chamber Ballet

Students of Caston's Ballet Academie may become Ballet Club, Junior Associates, Junior Company, Trainees, Apprentices and Company Members.

PERFORMANCE OPPORTUNITIES

For Students of ALL AGES & ABILITIES