

LET THE ART OF MOVEMENT
& NATURE BRING YOU BACK
TO YOURSELF



BALLET RETREAT 2021

@ ELMFIELD ESTATE, GILFORD

THE NEW TO BALLET EDITION

FRIDAY 26 NOVEMBER 2021
10AM - 6PM
ELMFIELD ESTATE, GILFORD, NI

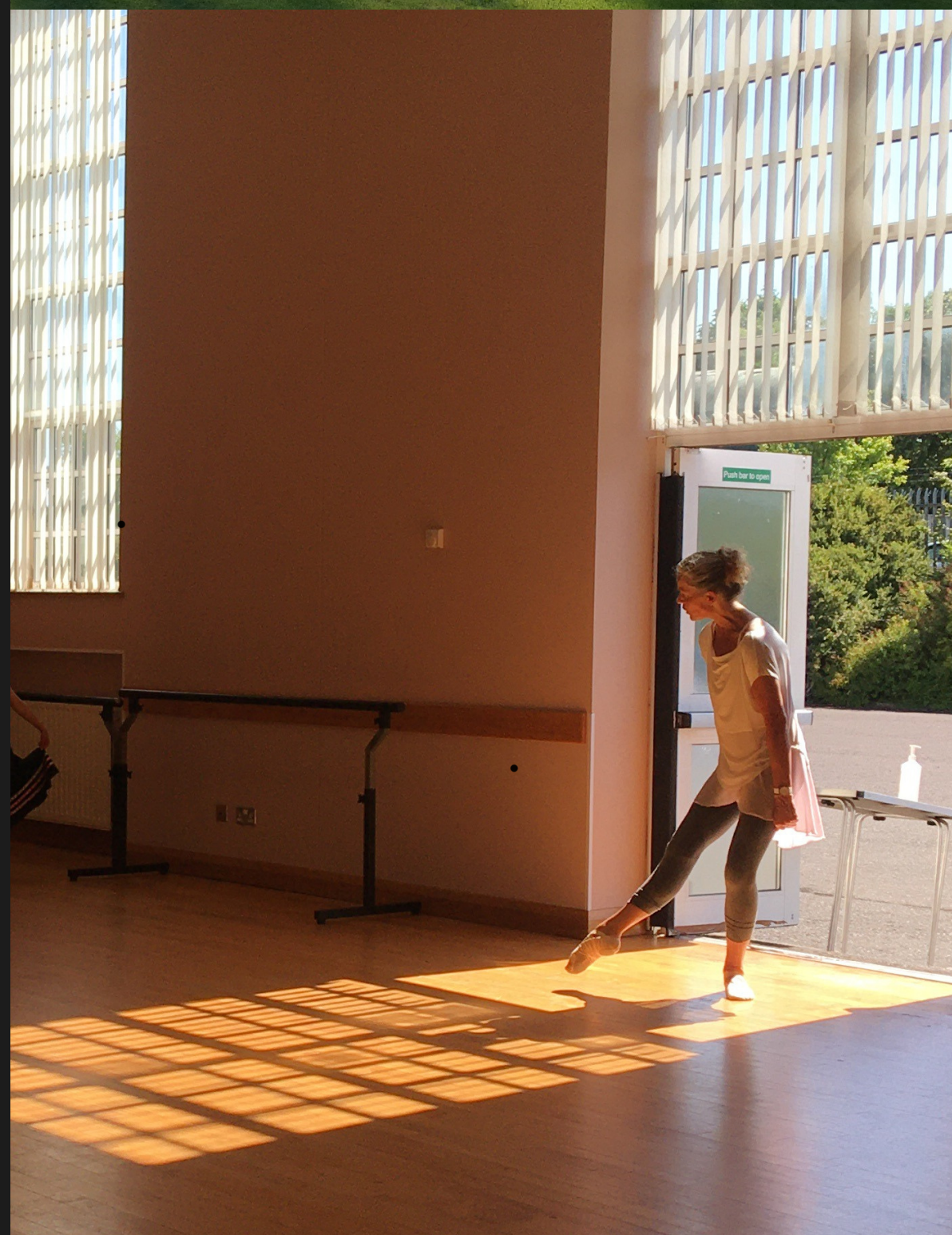
INCLUDES:

- MORNING AND AFTERNOON BALLET WORKSHOPS
- EXPLORE THE LUXURIOUS SURROUNDINGS OF THE ESTATE
- LOCAL SEASONAL LUNCH PROVIDED BY BALLYLAGAN ORGANIC FARM



£135 PP LIMITED SPACES AVAILABLE

BOOK BY 18TH OCTOBER FOR A 10% DISCOUNT
CONTACT | CLARE@NOVAESBALLETSCHOOL.COM



TAKING TIME

BALLET RETREAT 2021

TO REPLENISH & RESTORE

Join us in the luxurious setting of Elmfield estate as we delve deeper into the art of classical ballet. Discover the restorative properties of art and movement through workshops, walks and discussion over organic wholefood.

ARRIVE | 10:00

WORKSHOPS INCLUDE: BODY CONDITIONING WARM UP, BALLET, PROGRESSING BALLET TECHNIQUE AND REPERTOIRE

LOCAL, SEASONAL FRESH LUNCH PROVIDED BY BALLYLAGAN ORGANIC KITCHEN. WARMING TEA AND SWEET CAKES TO ACCOMPANY IN THE MORNING AND AFTERNOON

NATURE WALK THROUGH OAK FORESTS AND GARDENS OF ELMFIELD ESTATE

END OF DAY | 18:00

PARKING AVAILABLE ON SITE. FULL PAYMENT SECURES PLACE

 [@elmfield_estate](#) | [@ballylagan.kitchen](#) | [@novaesballetschool](#)

COVID-19 PRECAUTIONS ADHERED TO