

REDISCOVER THE JOYS OF  
BALLET & NATURE

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# BALLET RETREAT 2022

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@ ELMFIELD ESTATE, GILFORD

RETURNING TO BALLET EDITION

THURSDAY 14TH APRIL 2022  
10AM - 5 PM  
ELMFIELD ESTATE, GILFORD, NI

DID YOU TAKE PART IN BALLET OR DANCE  
CLASSES WHEN YOU WERE YOUNGER?

DO YOU WANT TO RETURN TO BALLET BUT  
AREN'T SURE WHERE TO START?

OUR NEXT BALLET RETREAT IS PERFECT FOR  
YOU!

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£115 PP LIMITED SPACES AVAILABLE

BOOK BY 14TH MARCH FOR A 10% DISCOUNT  
CONTACT | [CLARE@NOVAESBALLETSCHOOL.COM](mailto:CLARE@NOVAESBALLETSCHOOL.COM)





TAKING TIME

# BALLET RETREAT 2022

TO RESTORE & REDISCOVER

*Join us in the luxurious setting of Elmfield estate as we delve back into the art of classical ballet with nourishing food provided by Ballylagan Organic Kitchen. Adults of all ages welcome.*

**ARRIVE | 10:00**

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

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

**NATURE WALK THROUGH OAK FORESTS AND GARDENS OF ELMFIELD ESTATE**

**END OF DAY | 17:00**

**PARKING AVAILABLE ON SITE. FULL PAYMENT SECURES PLACE**

 [@elmfield\\_estate](#) | [@ballylagan.kitchen](#) | [@novaesballetschool](#)