REDISCOVER THE JOYS OF BALLET & NATURE



BALLET RETREAT 2022

@ 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?

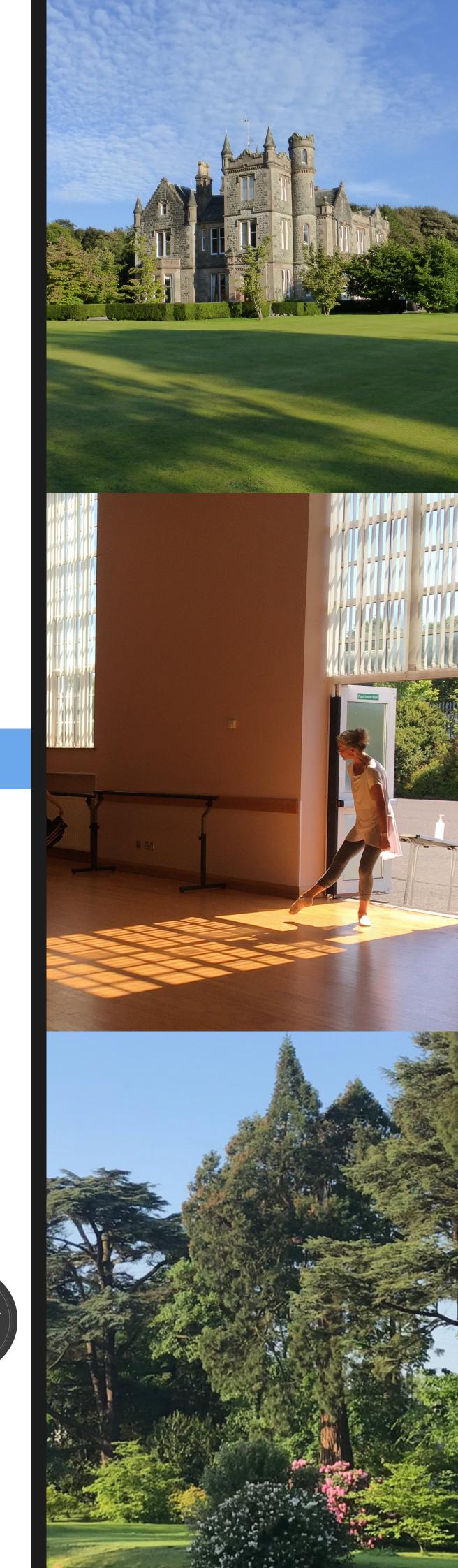
DO YOU WANT TO RETURN TO BALLET BUT AREN'T SURE WHERE TO START?

OUR NEXT BALLET RETREAT IS PERFECT FOR YOU!



BOOK BY 14TH MARCH FOR A 10% DISCOUNT

CONTACT | CLARE@NOVAESBALLETSCHOOL.COM



TAKINGTIME

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

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

