

All Times Are EST	SUNDAY DECEMBER 27	MONDAY DECEMBER 28	TUESDAY DECEMBER 29	WEDNESDAY DECEMBER 30
11:30 11:50 AM	PRIMAL MOVEMENT Jonathan Angelilli Alexandra Damiani	PRIMAL MOVEMENT Jonathan Angelilli Alexandra Damiani	PRIMAL MOVEMENT Jonathan Angelilli Alexandra Damiani	PRIMAL MOVEMENT Jonathan Angelilli Alexandra Damiani
12:00 1:10 PM	BALLET Ashley Tuttle	BALLET Ashley Tuttle	BALLET Ashley Tuttle	BALLET Ashley Tuttle
1:15 2:30 PM	CONTEMPORARY Andrew Mikhaeil	CONTEMPORARY Bruno Guillore	CONTEMPORARY Bruno Guillore	CONTEMPORARY Bobbi Jene Smith Or Schraiber
2:30 3:15 PM	NUTRITION Rachel Fine	INJURY PREVENTION Alison Deleget	BREAK	BREAK
3:15 5:15 PM	REPERTORY/CHOREO Jon Bond (Nederlands Dans Theater) Alexandra Damiani (Crystal Pite)	REPERTORY/CHOREO Jon Bond (Nederlands Dans Theater) Alexandra Damiani (Crystal Pite)	REPERTORY/CHOREO Jon Bond (Nederlands Dans Theater) Alexandra Damiani (Crystal Pite)	REPERTORY/CHOREO Jon Bond (Nederlands Dans Theater) Alexandra Damiani (Crystal Pite)
5:20 6:30 PM	QIGONG Alexandra Damiani	QIGONG Alexandra Damiani	QIGONG Alexandra Damiani	QIGONG Sat Hon

DECEMBER 31 – Final Day

11:30 AM-12:30 PM	Warm Up	Alexandra
12:30-1:00 PM	Closing Ritual	Alexandra
1:00-1:30	Review	
1:45	Zoom Showcase	Livestreamed for Friends & Family

FACULTY

Alexandra Damiani, *Artistic Director*
Jonathan Angelilli, *Train Deep*
Jon Bond, *Nederlands Dans Theater*
Bruno Guillore, *Hofesh Shechter*
Andrew Mikhaeil, *Les Ballets Jazz de Montréal*
Or Schraiber, *formerly Batsheva*
Bobbi Jene Smith, *formerly Batsheva*
Ashley Tuttle, *formerly American Ballet Theatre*

GUESTS

Alison Deleget
Rachel Fine
Sat Hon

BONUS OPPORTUNITY for NYCDA Contemporary Intensive Students:

Injury Prevention Assessment with Harkness Center for Dance Injuries, NYU Langone Health

Meet **virtually or in-person** with an expert athletic trainer for a one-hour, individualized educational session. Discuss strength, flexibility, home exercises, discomfort, workplace concerns, nutrition and diet, and more; plus receive a tailored home exercise program.