

Safer Stronger Dancers & Instructors™

Summer Intensive
July 11-13th, 2025
In-Person & Online Access

» Featured Educators

The Veronica K Platform™ Summer Intensive will feature leading professionals in multiple dance disciplines, physical therapy, and makeup artistry. Specially designed classes for Teens, Adults, Seniors, & Instructors will include dance corrective exercise, injury prevention training, recovery techniques, and professional stage makeup methodology.



» About Veronica K

As a professional dancer, Certified Personal Trainer, and Physical Therapist Assistant, Veronica K's passion is to educate and elevate the science of dance training and performance through evidence-based remedial methods.

Veronica believes strongly in providing safer, sustainable conditioning techniques for dancers of all ages and stages of life. Her mission inspired the creation the "Safer Stronger Dancers & Instructors™" Intensive to elevate a better awareness and implementation of safe dance practices.



» In-Person Tickets

Single Day Pass

\$140

The pass includes **in-person attendance to over 10 classes held in one single day for a single dancer or instructor**. Your ticket will be valid for access on Friday, Saturday, or Sunday.

Weekend Pass

\$375

This pass includes **over 22 hours of in-person classes** in dance technique, injury prevention, recovery and professional stage makeup methodology. Classes are held Friday through Sunday. **Admission includes 1 dancer or instructor**.

Studio Pass

\$2,800

This pass includes **admission for 10 dancers + 1 studio instructor**. Dancers & instructor may attend all classes held July 11-13th.

» Can't Make it in Person?

Online Access

\$185

One time payment gives lifetime access to all class recordings held at the Safer Stronger Dancers & Instructors™ Intensive.

Recordings will be posted and accessible on the Veronica K Platform™ with desktop and in-app access.

www.veronicaksummerintensive.com

» Classes Specifically Designed For:

- **Teens 13+**
 - Focusing on pre-professional dance techniques and endurance. From the recreational to the serious career minded dancer, this intensive will help progress your performance with safe practices.
- **Adults 19+**
 - Dancers will learn corrective exercises for better practice and performance results, muscle recovery techniques, myofascial mobility, therapeutic massage, and injury prevention.
- **Seniors 55+**
 - Senior Dancers will improve balance, mobility, strength, posture, and performance while protecting movement limitations through safe techniques.
- **Instructors**
 - Learn safe instructional strategies and therapeutic teaching techniques for your dancers of all ages. Understand the importance of integrating anatomy and science based training methods into your lesson plans for student progression.



» Classes Offered

Adult Ballet & Technique Classes- Julie Broche Ballet

- Adult Technique Deep Dive
- Slow-Motion Barre
- Port de Bras Flows
- Performance Artistry & Épaulement
- Center Technique
- Barre for Your Feet
- Center Coordination

Teen & Adult Ballet- Brenda Stygar

- Pointe Barre for Teens
- Teen Classical Ballet Technique
- Senior Ballet Technique
- Pointe Barre for Adults

Lecture & Demonstration- Maria The Dance Scientist

- Pirouettes for Teens/Adults
- Motor Learning for Teachers: Avoiding Cognitive Overload
- Blending Anatomy with Technique for Teachers

Broadway Jazz- Kathie Nejman

- Teen Jazz Techniques
- Senior/Adult Jazz Techniques

Pre-Pointe Readiness- Ron Kleinman, PT

- Student Demonstration: Pre-Pointe Readiness
- Instructor Lecture: Pre-Pointe Readiness Training

Restorative & Contemporary Dance- Leah Anthony

- Restorative Yoga for Adults/Seniors
- Restorative Yoga for Teens/Adults
- Improvisational Explorative Movement (Open to All)
- Contemporary Ballet for Teens
- Contemporary Ballet for Adults/Seniors

Veronica K Method™ Training- Veronica K

- Myofascial Mobility Work for Adults/Seniors
- Turnout Mobility for Teens/Adults
- Extensions Training for Teens/Adults
- Extensions Training for Adults/Seniors
- Beginner Classical Jazz for Adults/Seniors
- Balance & Turning for Adults/Seniors
- Turnout Training for Adults/Seniors
- Foot & Ankle Strength & Mobility for Teens
- Instructor Lecture Mobility, Muscle Techniques, and Balance
- Manual Recovery for Students & Instructors

Stage Makeup- Suzanne Patterson, multiple Emmy® Award Winning Makeup Artist

- Stage Makeup Principles and Techniques Seminar

» Location

1 Eagle Valley Ct, Broadview Heights, OH 44147



» Hours

Friday July 11th, 9am through 5pm

Saturday July 12th, 9am through 5pm

Sunday July 13th, 9am through 3:15pm

» Contact Us:

www.veronicaksummerintensive.com

Instagram: @veronicakplatform

Youtube: www.youtube.com/veronicakballet/

info@veronicakballet.com

