Ballet Beyond Barriers Specialty Workshops:

**Disney’s Encanto Inspired Adaptive Dance Workshop:**

This workshop is an inclusion class geared towards children 6–13 years old. It is ideal for both boys and girls who are interested in exploring a new way of movement through dance, and will focus on rhythm, musicality, and gross motor skills while pushing the barriers of the child’s everyday capabilities. This workshop will use Disney’s “Encanto” themed music.

**Age Range:** 6-13 years old (limited class size)
**Workshop Date/Time:** Saturday, August 13, 10:00am-11:00am
**Time Investment:** 1 hour workshop
**Cost:** $30, Includes: An Encanto themed Goodie Bag.

**Le Petit Nut An Adaptive Dance Workshop:**

This workshop is inspired by the famed ballet, “The Nutcracker”, and the themed class explores the characters and music of this holiday favorite. Le Petit Nut will bring out the Sugar Plum Fairy and Toy Soldier in every child. This workshop will use classic music from “The Nutcracker.” There will be a mini-performance at the end of the workshop.

**Age Range:** 6-13 years old (limited class size)
**Workshop Date/Time:** Saturday, November 26, 1:00-2:00pm
**Time Investment:** 1 hour workshop
**Cost:** $30, Includes: A complimentary ticket to Twin Cities Ballet’s Sensory-Relaxed Performance of *A Minnesota Nutcracker* at the Ames Center.