

# I A B F

INTERNATIONAL ADULT BALLET FESTIVAL

*EGT 2022*

2022

you're invited to the 6th Annual...

## International Adult Ballet Festival

*The retreat, showcase & competition for adult ballet dancers*

# WE WOULD LOVE TO WELCOME YOU TO IABF 2027

The International Adult Ballet Festival is a ballet retreat, showcase and competition for passionate adult ballet dancers.

At IABF, dancers live their ideal ballet lifestyle, waking up, dancing all day, and sharing their deep passion for ballet with like-minded adult dancers.

At the end of the week, dancers showcase their hard work on stage and leave with a heart full of inspiration for another year of ballet. Now in our 6<sup>th</sup> year, IABF has welcomed dancers from coast to coast and 7 different countries. I would love to meet you there!



Julie Leung  
IABF Founder



# THE IABF COMMUNITY

---

Join like-minded passionate adult ballet dancers. Sometimes we are in class with kids or the only adult dancer in the town, or worse, there may not even be ballet classes offered!



There is an incredible, growing community of passionate adult dancers just like you who:

- take ballet seriously
- want to reach high levels of technique
- live and breathe ballet
- want to take their love of ballet further

IABF is the one week a year this community is all in one room.



## KELSEY SAYS:

---

“I was most nervous about not fitting in. It turned out IABF was one of the most **welcoming** and **inclusive** environments I've ever been a part of. I made dance friends from across the world. I was celebrated, and I celebrated others! I felt it deep in my bones that I belonged.”



# A DAY IN THE LIFE AT IABF

*ballet all day, every day – and breakouts when you want variety\**

## Day 1

5-8pm Cocktail Hour & Welcome Dinner

## Day 2 & 3

Rehearsals for group pieces meet in the afternoon. Each piece rehearses for 1 hour. Dancers rehearse for their pieces and enjoy classes the rest of the day.

| Time  | Int/Adv Ballet  | Beginner Ballet       | Breakout Sessions      |
|-------|---|-----------------------|------------------------|
| 8:00  | Breakfast (included)  |                       |                        |
| 9:00  | Ballet Technique  | Ballet Technique      | --                     |
| 10:45 | Pointe  | Waltz & Turn Workshop | Contemporary           |
| 12:00 | Lunch (included)  |                       |                        |
| 1:00  | Waltz & Turn Workshop   | Turnout Deep Dive     | Flexibility            |
| 2:30  | Jumps   | Foot & Ankle Strength | Jazz                   |
| 4:00  | Variation   | Port de Bras          | Contemporary Floorwork |
| 5:00  | Technique Deep Dive   | Variation             | Meditation & Self-care |
| 6:30  | Dinner (included)   |                       |                        |
| 7:45  | Evening Activity (e.g. candlelight barre, casual performance, movie night!) |                       |                        |

Visit [www.iabf.dance/register](http://www.iabf.dance/register)

*\*exact itinerary varies each year*

# SHOWTIME

*dress rehearsal and show day*

## Day 4&5

| <b>Time</b> | <b>Int/Adv Ballet</b>                         | <b>Beginner Ballet</b> |
|-------------|---|------------------------|
| 8:00        | Breakfast (included)                          |                        |
| 9:00        | Ballet Technique                              | Ballet Technique       |
| 10:45       | Pas de Deux                                   | Variation              |
| 12:00       | Lunch (included)                              |                        |
| 1:00        | Madame Olga's Magical On-stage Experience     | Showcase Warmup        |
| 2:30        | Dress Rehearsal or Show                       |                        |
| 6:30        | Cocktails, Dinner & Awards Banquet (included) |                        |

*\*Dancers can choose their itinerary throughout the festival adjusting classes for their interests and energy levels.*

Day 6  
Breakfast 8-9am  
Goodbyes :(

Visit [www.iabf.dance/register](http://www.iabf.dance/register)



## JESSICA SAYS:

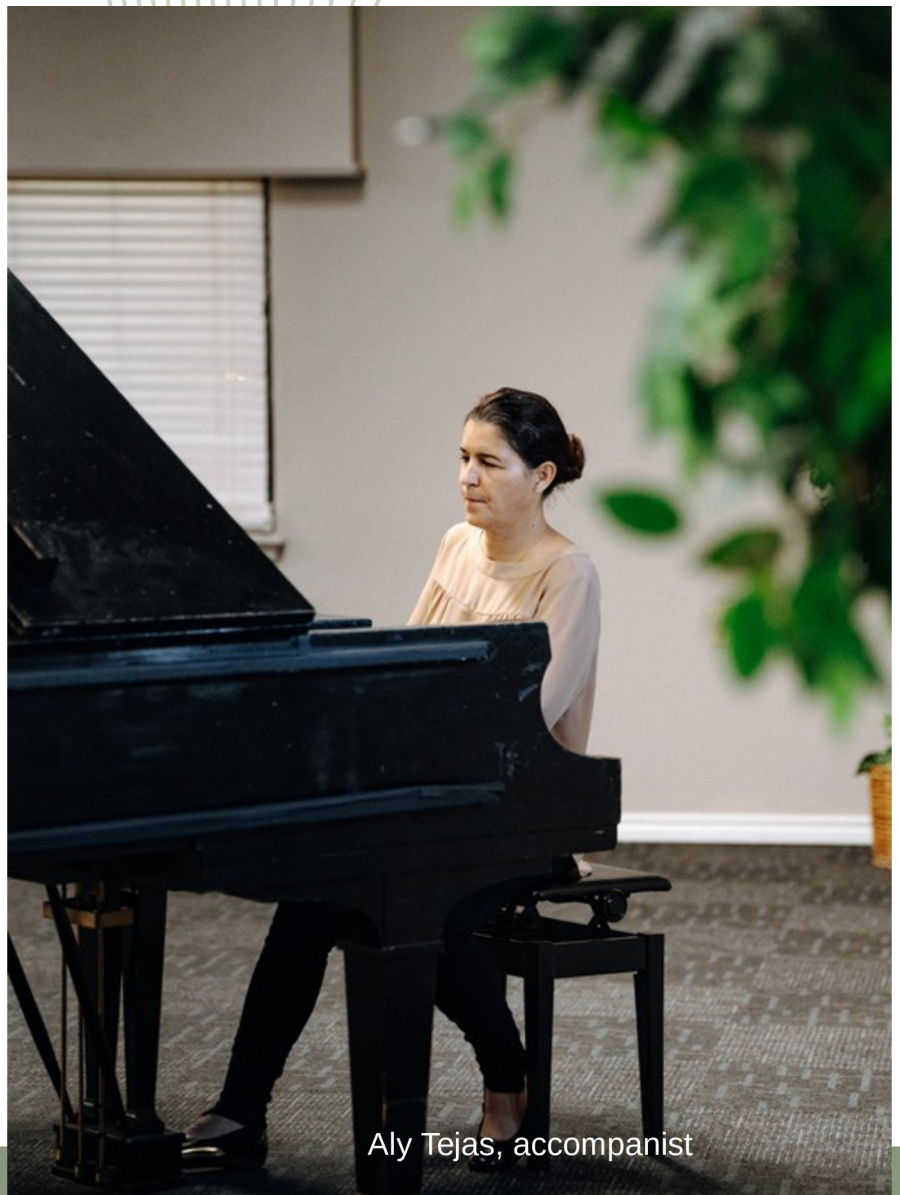
“I got to live out my ideal daily routine: roll out of bed, go eat breakfast and drink coffee with other dancers, take a wonderful array of classes, and rehearse! I went to bed each night with a huge smile on my face.”



# FACULTY

---

Each year, we gather an extraordinary team of faculty to bring you ballet classes, breakout sessions, and transformative education you won't find anywhere else. Each instructor is handpicked not just for their expertise, but for their dedication to creating an encouraging, adult-centered environment where you can grow, thrive, and fall even more in love with ballet. Previous IABF faculty has included Sean Kelly, Cindy Heen, Bianca Starr, Jena Kocsis, Allie Christensen, Dr. Nina Geromel, PT, and Mikey Cusumano.



Aly Tejas, accompanist

# TAKE THE STAGE

---



SOLOS



GROUP PIECES

We offer two types of performances: Group performances created by IABF staff & individual solo performances created by the dancers. Performing in either or both is optional and dancers can enjoy a full itinerary of classes without performing.

# SOLOS

---

Kids have YAGP, Adults have IABF. Bring your dream variation to life.

---

Every dancer gets their moment on a professional stage.

You can self-choreograph or work with your ballet teacher to create an original choreography or classical variation.

We accept Classical Variations, Original Ballet, Contemporary, Lyrical or Jazz Choreography. No tap dancing.

Each single piece must be less than 3 minutes and 15 seconds, maximum 3 pieces. Total stage time for solos and duets 5 1/2 minutes.

We accept one of each classical variation on a first-come, first-served basis. Pop or other music is subject to licensing availability.



# COMPETITION

---

You may choose to enter one of your pieces into the competition. The competition is woven quietly and seamlessly through the show.

Our panel of judges will score your piece and write feedback as you dance. You will be placed into a division for your level and your piece type. At the end of the show, we tally up all the scores and award prizes!

Each competitor receives a scorecard with written feedback from each of our esteemed judges.

Winners can choose from a selection of different prizes each year. Past prize highlights include: Private lessons, gift cards, Broche Magazine cover model, signed ballet shoes from Misty Copeland, James Whiteside, & Isabella Boylston, and ballet equipment.

ENTERING THE COMPETITION IS OPTIONAL.  
DANCERS MAY PERFORM WITHOUT COMPETING.



# CORPS DE BALLET GROUP PIECES

Dancers may optionally join corps de ballet group pieces. The choreography is learned on Zoom leading up to the festival, and then staged in-person.

## Rehearsals:

Dancers learn the choreography over Zoom and recorded videos. The choreography can be learned entirely asynchronously with practice videos provided for each part, or you're welcome to join live Zoom rehearsals to ask questions and receive guidance.

Then we practice on stage during the festival to learn the spacing for the show.

## Levels:

All dancers are welcome. We offer group pieces for beginner & advanced levels, both in soft shoes & pointe shoes.

## Costumes

We offer the option to buy or borrow tutus and re-usable costume pieces from IABF. Dancers purchase their own pieces like leotards or leggings when used. Headpieces & accessories provided by IABF.

## Past Corps de Ballet Pieces

\*2027 pieces announced late 2026

### Entrance of the Swans



### Waltz of the Flowers



### Don Quixote Dream Scene





## ERICA SAYS:

---

“Performing was amazing! All the dancers were so supportive. Each time someone would come back in the dressing room after performing their piece there would be cheers from the others, high fives, hugs, words of encouragement etc. It was the most supportive and uplifting experience.”



# PHOTOGRAPHY

---



At IABF we believe in capturing the unique beauty in every dancer, both on stage and behind the camera. Professional photoshoot includes posing guidance, direction, and collaboration on the perfect pose, facial expression. Wear your solo or corps costume, or simple ballet class wear.



# THE VENUE\*

ATLANTIC CENTER FOR THE ARTS, NEW SMYRNA BEACH

---

This beautiful Artists' retreat at the Atlantic Center for the Arts boasts a ballet studio amongst the trees, a professional blackbox theater, and spaces like the sculpture room, library, painting room, and music room, designed to inspire the artist within.



*\*VENUE SUBJECT TO CHANGE PRIOR TO OFFICIAL IABF 2027 ANNOUNCEMENT*

Visit [www.iabf.dance/register](http://www.iabf.dance/register)

# ACCOMMODATIONS\*

ATLANTIC CENTER FOR THE ARTS, NEW SMYRNA BEACH

## Onsite Artist Dorms

Enjoy a charming stay in th Artists' dorms. Each cozy room is each equipped with a full-sized bed, work desk, radio alarm clock, small refrigerator, and private bath with shower. Bed and bath linens are provided. Housekeeping services are not provided during the stay. Wireless internet is provided, but the rooms do not have a television or phone.



## Onsite Cottages

Upgrade to a one-bedroom cottage, tucked away from the studios. These 800 square foot deluxe tri-level cottages boast an open living area with 20-foot ceilings, an elevated kitchen with all amenities including laundry facilities, loft style bedroom and private outdoor deck. Set apart from the main dormitory housing, enjoy privacy and expansive views of nature.



*\*VENUE SUBJECT TO CHANGE PRIOR TO OFFICIAL IABF 2027 ANNOUNCEMENT*

Visit [www.iabf.dance/register](http://www.iabf.dance/register)

# ACCOMMODATIONS\*

ATLANTIC CENTER FOR THE ARTS, NEW SMYRNA BEACH

---

## Offsite Housing

Prefer to stay offsite? You are welcome to book your own accommodations. We offer a free shuttle service to the beach hotels that runs twice daily: before breakfast and after dinner.

## Included Meals:

Dining together is an important part of the shared experience at IABF and creating the bonds that last a lifetime. We include the following meals:

- Day 1: Welcome dinner & wine
- Day 2-4: Breakfast, Lunch, Dinner & Snacks
- Day 5: Breakfast, Lunch, Awards banquet & cocktail party
- Day 6: Breakfast

The chef can prepare vegetarian, vegan, and gluten free. If you have a severe allergy, please get in touch to ensure proper labeling and preparation.

## Airport Carpools

We coordinate carpools to and from the airport. Share a ride, save money, and meet your fellow dancers!

\*VENUE SUBJECT TO CHANGE PRIOR TO OFFICIAL IABF 2027 ANNOUNCEMENT

# TESTIMONIALS

---



## Joyce

“The planning that went into designing IABF was excellent. The event exceeded my expectations. We were treated like royalty. The ballet classes were top notch and the classroom sessions were appropriate and helpful.”



## Anne

“I was so fulfilled by the friendships, support, conversations, laughter, shenanigans and more. It was truly inspiring to see everyone perform and to “feel” their love for ballet. It radiated out from each and every dancer and touched us in the audience. Tears were flowing everywhere I looked.”



## Kimmie

“I still can’t believe how amazing IABF was! You are truly an amazingly talented lady who brings such joy to so many. I am grateful to have found you.”



JOIN US  
AT IABF 2027



Scan to Register  
or visit [iabf.dance/register](https://iabf.dance/register)