



SUMMER
2025

Dance By Jana

Individual Instruction / Group Lesson Guide & *Pricing*

DANCEBYJANA.COM

Hello & *Welcome*



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Welcome to Individual and Private Group Dance Instruction

This guide offers a clear, comprehensive overview of my individual and private group dance instruction services for dancers ages 10 through adult.

I believe that an informed dancer or parent is an empowered one, and I have created this guide with that philosophy in mind.

Whether you are considering private coaching for the first time or are returning for continued growth, this guide is designed to answer your questions, clarify what I offer, and make every step of the process as seamless, thoughtful, and inspiring as possible.

My goal is to ensure you feel fully supported in selecting the right individual or group lesson experience to help you or your dancer thrive.

My *Misión* And Vision

My Vision

I'm a lifelong dance nerd driven by an insatiable curiosity about movement, meaning, and how we learn best. With commitment, the right training, proper guidance, and a hunger to grow, I believe every dancer can reach a high level of artistry and technique, unlocking imagination, deepening understanding, and pushing past perceived limits.



My Mission

01.

Elite Dance Training for Aspiring and Working Professionals

I specialize in pre-professional and professional instruction for dancers who seek serious growth, whether preparing for a dance career, pursuing industry-leading training, or continuing development as a working artist — all within a supportive, inclusive, and creatively expansive space.



02.

Honoring the Whole Dancer

Every dancer is unique. I meet each artist where they are, offering customized guidance that nurtures technical excellence, artistic voice, personal well-being, and confidence in and beyond the studio.

03.

Foundational, Functional Dance Training Backed by Science

Drawing from my background as a personal trainer with expertise in strength and conditioning, anatomy, and physiology, I provide evidence-based instruction that helps dancers build smarter technique, prevent injury, and accelerate progress with greater confidence and longevity.

My *Servíces* Overview

04



Tailored Support for Every Stage of the Dance Journey

Each service I offer is designed with care, flexibility, and purpose — whether you are a committed concert dancer seeking next-level growth, a student preparing for competition season, or a professional artist looking to refine your craft. I combine master expertise in technique, choreography, and functional training to create an exceptional personalized experience.

Ways We Can Work Together

01. Individual Instruction

Private, one-on-one coaching designed to meet you exactly where you are, blending technical refinement, creative exploration, and tailored mentorship to help you grow with confidence.

03. Small Group Private Instruction

Intimate, focused sessions for 2–5 dancers who want personalized feedback, customized training, and the energy of collaborative learning in a private setting. Perfect for groups with shared goals.

05. Large Group Private Instruction

Customized private classes or workshops for groups of 6 or more. Ideal for teams, studios, or ensembles seeking high-level technique training, choreography, or cross-training support with a master teacher's guidance.

02. Personal/Group Training for Dancers

Evidence-based strength and conditioning, created specifically for dancers, combines functional movement, injury prevention, and performance enhancement to build stronger, smarter, and more resilient artists.

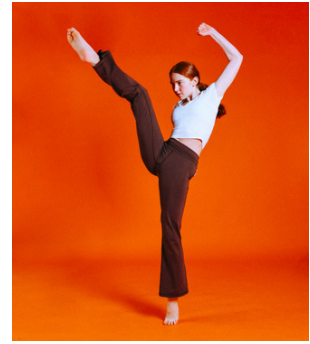
04. Choreography

Bespoke and professional choreography crafted with intention, whether for solos, duets, or group works, designed to celebrate each dancer's individuality, while remaining challenging and engaging.

06. College/Audition Consulting

Expert consulting to support dancers through college search, applications, audition preparation, and professional next steps — offering strategic coaching and insider advice to help you land your perfect school/program with confidence.

Directory of What is Offered



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Contemporary

- Exploration of Contemporary and Improvisation Technique
- Improvisation for Technique, Class, Performance, and Auditions
- Contemporary Choreography and Combination
- Individualized Contemporary Solo or Group Choreography
- Contemporary Solo/Group Work Feedback/Editing

Improvisation

- Learn from Jana's Signature and Revered "Neuroplastic Technique"
- Improvisation Development for Technique, Performance, and Auditions
- Improvisation for Choreography Integration
- Develop and Discover Your Unique Artistic Voice

Personal and Dance Cross-Training

- Optimum Performance Assessment
- Functional Training for Dancers
- Dance Goal-Specific Training
- Strength, Flexibility, Stability, and Mobility Training for Dancers
- Motor and Proprioceptive Training for Dancers
- Personal and Group Training for Dancers

Mid-Space/ High-Space Technique

- Turns and Pirouette Training
- Extensions and Tilt Training
- Jumps and Leap Training
- Turnout Training

Ballet

- Ballet Technique Lessons from Beginner - Advanced/Pro
- Contemporary Ballet Choreography and Combination
- Contemporary Ballet Individualized / Group Choreography
- Specific Ballet Step Goal Training
- Ballet Training for Figure Skaters, Gymnasts, and Sports

The *Styles* Contemporary

05

Available for Professionals, Ages 14+, Ages 10-13 and Adult Dancers

Contemporary dance is where my artistry lives. A fusion of technique, creativity, and fearless individuality. With eight years as a professional Contemporary dancer and a choreographic career spanning top companies and rising artists, I specialize in shaping dancers for the next level. My students have been accepted into **elite programs, including Juilliard, and joined companies such as Batsheva Dance Company, Gibney Dance, and Hubbard Street Dance Chicago.** My training is designed to push boundaries, ignite artistry, and prepare you for the professional world.

Contemporary Training for the Next Generation of Artists

Improvisation

Master improvisation and develop your unique artistic voice through my signature Neuroplastic Improvisation Technique, a pioneering approach beloved by pre-professional and professional dancers. Each session is crafted to the individual, building adaptability, creativity, and the technical breakthroughs that only this special approach to movement can unlock.

Contemporary Technique

Train with an industry leader in Contemporary technique, specializing in mid-space and high-space work. I combine original, evidence-based methods to help dancers achieve professional-level turns, leaps, and extensions, always crafted to your unique strengths, needs, and goals.

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Combination

Build world-class pick-up skills and dive into today's leading Contemporary dance styles through dynamic combinations. My choreography blends powerful, highly physical European Contemporary-inspired movement with deeply expressive works, designed to challenge and inspire.

Individualized Choreography

Whether you are preparing solos or group work for top BFA programs, summer intensives, competitions, or performances, I specialize in creating fully customized Contemporary works. Every piece is bespoke and highlights dancers' artistry, strengths, and individuality.

"Dance is where I meet the
world and where I meet
myself — over and over
again, with more honesty
each time."

Jana Bennett



The *Styles* Improvisation

05

Available for Professionals, Ages 14+, Ages 10-13 and Adult Dancers

Improvisation should not be left to chance or vague teaching approaches. **My signature Neuroplastic Improvisation Technique is a groundbreaking, evidence-driven method built on the science of neuroplasticity**, the brain's ability to adapt, rewire, and unlock new potential. Through this approach, I have created an intentional path for dancers to develop their artistic voice, deepen their creative instincts, and achieve technical breakthroughs once thought out of reach. With the proper framework, every dancer can transform their improvisation with confidence, purpose, and power.

The *Process* Behind Your Improvisation Transformation

01.

Establish Your Starting Point

We begin by identifying your "placebo," your personal starting point, through a free improvisation set. My proprietary Neuroplastic Improvisation Technique is designed to create fast, transformative shifts, but first, we honor your baseline so you can clearly see, feel, and celebrate your growth.

03.

Personalized Tasks and Prompts

Every improvisation session is fully customized to your goals, strengths, and areas for growth. Using my original Neuroplastic Technique, I design individualized prompts that accelerate your artistic development and build confidence in your own voice, movement quality, and adaptability.

02.

Conceptualization

At the end of each session, you will experience a "free" improvisation, with no tasks and no boundaries, allowing you to move purely and intuitively. This practice not only reveals the immediate shifts in your artistry and freedom but also reconnects you to the joy of dancing.

04.

Delivery

My Neuroplastic Improvisation Technique often leads to extraordinary technical achievements. By rewiring the brain for greater adaptability and new movement pathways, dancers frequently unlock skills that once felt out of reach, from effortless multiple pirouettes to soaring leaps and seamless acro transitions. It's not magic. It's the science of neuroplasticity applied to dance.

The *Styles* Cross Training

05

Available for Professionals, Ages 14+, Ages 10-13 and Adult Dancers

Ready to break through plateaus and achieve your dance goals faster? If you are feeling stuck or struggling with injuries despite hours of class, **it is time for a smarter training approach.** Traditional dance training focuses on artistry and aesthetics, but it often misses the science behind optimal performance. With my background as a professional dancer, teacher, and certified personal trainer, I bridge the gap, offering dance-specific cross-training that elevates your technique and confidence.

01. Optimum Performance Assessment

Uncover your strengths, weaknesses, and areas of concern through a professional-grade dancer assessment built on evidence-backed methods. I combine dance science, functional fitness testing, and injury prevention screening to set a clear foundation for your success. Please note: This is not a medical diagnosis.

02. Functional Training for Dancers

Learn the proper foundations of strength, flexibility, and safe movement that every dancer needs but few are ever taught. Breathwork, core control, hinge, and squat patterns build the lasting base for injury-free, high-performance dancing.

03. Personal and Group Cross-Training

Achieve the strength, balance, and flexibility you've been missing with science-driven training built specifically for dancers. I blend professional dance experience and personal training expertise to unlock your peak physical potential.

04. Dance Goal-Specific Training

Stuck on a technical goal? Together, we will build a targeted cross-training plan that bridges dance artistry with premier athletic training, giving you the clarity, strength, and tools to break through plateaus.

05. Strength and Stability Training

Strength is your fastest route to better balance, control, and flexibility. Through strength work backed by research, we will build the resilience and power needed for a confident, dynamic performance career.

06. Flexibility and Mobility Training

Train your flexibility smarter — not just harder. I help dancers safely achieve advanced range of motion standards, maximizing turnout, extensions, and overall mobility with targeted, fact-based methods.

07. Motor and Proprioceptive Training

Master control, precision, and performance consistency through targeted drills that sharpen body awareness and coordination.

The *Styles* Technique

05

Available for Professionals, Ages 14+, Ages 10-13 and Adult Dancers

Exceptional dance happens where strength, artistry, and precision meet. In today's world of Contemporary, Ballet, and Jazz, mastering mid-space and high-space movement, turns, leaps, extensions, and turnout, is essential to standing out. Through innovative, research-backed methods and deeply personalized coaching, I help dancers **unlock the height, power, and freedom they need to move boldly** and perform with true expressive command.

Elevate Your Technique: Turns, Leaps, Extensions, and More

Turns and Pirouette Training

Mastering turns requires more than repetition, it demands an individualized understanding of anatomy, alignment, spotting, balance, and controlled power. I combine strengthening, biomechanics, and research-backed turning drills to help you achieve consistent, effortless turns across all styles.

Extensions and Tilt Training

Unlock higher, stronger extensions and tilts with innovative drills rarely taught in traditional dance training. Whether you are working toward greater height or stability in extreme ranges, I will help you build the control and strength needed to maximize your natural flexibility safely and effectively.

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Jumps and Leap Training

Impressive and dynamic jumps come from more than just taking class. They require targeted, science-driven training. I will help you achieve greater height, virtuosity, and control in all your leaps through individualized methods rooted in strength, mechanics, and power.

Turnout Training

Maximizing external hip rotation ("turnout") is critical for today's dance aesthetic. Using specialized conditioning techniques drawn from professional dance and personal training, I will help you safely expand and sustain your full turnout range for lasting strength and performance excellence.

"Every dancer carries a story. My work is helping them uncover it, shape it, and set it free."

Jana Bennett



The *Styles* Ballet

05

Available for Professionals, Ages 14+, Ages 10-13 and Adult Dancers

Ballet shaped my earliest dreams and grounded me in the discipline, artistry, and strength that still define my work today. It was my first dance language, and for many years, I believed it would be my professional path. College introduced me to the world of Contemporary dance, but my love and respect for Ballet never faded. Today, I bring an exclusive lens to Ballet training, combining years of Ballet study, professional experience, and evidence-based strength and conditioning expertise. My approach honors tradition while empowering each dancer to move smarter and fearlessly.

Redefining Ballet Training with Purpose and Precision

01.

Master the "Why" Behind Ballet

One of the biggest barriers to confidence in Ballet is a lack of true understanding of the technique and vocabulary. I blend my expertise in functional anatomy, physiology, personal training, and extensive Ballet background to help dancers fully understand their bodies, maximize Ballet aesthetics, and feel empowered through personalized, body-specific teaching.

03.

Conquer Challenging Ballet Steps

Ballet demands mastery of precise, codified steps, and even experienced dancers get stuck. I design individualized programs to help you break through technical barriers and achieve the clarity, control, strength, and flexibility every step requires.

02.

Contemporary Ballet Choreography

For dancers seeking innovative, bespoke, and cutting-edge Contemporary Ballet choreography, I specialize in creating standout solos and group works for BFA auditions, competitions like YAGP, and performances. With my background bridging Ballet and Contemporary professional work, I craft works that showcase your strengths while challenging you artistically and technically.

04.

Beginner to Advanced Training

Whether you are beginning Ballet for the first time or fine-tuning technical details as a working professional, I offer expert training for every stage of the dancer's journey. Each session is tailored to your current level, goals, and learning style to ensure meaningful, measurable growth.

The Styles *Choreography & Consulting*

05

Available for Professionals, Ages 14+, Ages 10-12

If you are ready to stand out, on stage or in the college application process, I am here to help you make it happen. With years of excellence choreographing professional solos and group works, and guiding dancers into their dream college programs, I'm dedicated to creating highly individualized, innovative paths to success. Whether preparing for collegiate auditions, competitions, or performances, or navigating the world of dance degrees and minors, I bring the expertise to help you move forward with clarity and confidence. From top BFA programs like Juilliard to finding the perfect campus dance community, your journey starts here.

01. Solo and Group Choreography

Choreography has always been my great love. I specialize in creating highly individualized, physically rich, and emotionally resonant works for auditions, competitions, and performances. Art you will carry with you for a lifetime.

02. Student Choreography Coaching

Choreographing is about so much more than stringing steps together. I guide dancers through prompts, storylines, movement structures, and editing techniques, helping you develop authentic, professional-level choreography skills from the ground up.

03. Feedback and Editing

Need another set of eyes on your solo or group work? I offer clear, constructive feedback to enhance your choreography, strengthen your performance, and help polish your vision, ensuring your artistry shines at its fullest.

04. Initial College Dance Exploration

Curious about dancing in college but unsure where to start? Whether you dream of a BFA, BA, Minor, or club, I will help you explore all your options and begin navigating the exciting world of college dance with clarity and confidence.

05. College Analysis and Selection

Once you know the kind of program you want, I will help you research and compare different college dance options, their styles, philosophies, strengths, and fit, so you can choose the one that truly supports your goals and dreams.

06. College Applications and Auditions

College dance applications often require solos, technique videos, essays, and more, and the process can feel overwhelming. I help you choreograph, film, and craft your full application materials with precision, ensuring your submissions stand out and align with each program's expectations.

Individual Instruction⁰⁶

Next Steps

Special Summer Rate for a Single Student Begins at: **\$175/hr \$125/hr**

What You Will Get

- ✓ Personalized, dancer-specific coaching
- ✓ Evidence-based training methods
- ✓ Pro insight from a dancer & trainer
- ✓ Targeted feedback for faster growth
- ✓ Support for the individual artistic voice
- ✓ A safe, inclusive, and empowering space



Jana is an incredible teacher who truly connects with her students in an amazing way. It is clear to see that she really cares about each and every student she teaches. She has a perfect balance of positive reinforcement and the ability to teach in areas where students need help. She teaches them a variety of dance styles from head to toe, meaning not just the physicality of the dance, but also the mental aspects of what it takes to reach their best potential.

Perry Myers

For inquiries, email
JANA@DANCEBYJANA.COM

Here's What The Next Steps Looks Like

01. Reach Out to Jana

Email **jana@dancebyjana.com** or call **(847) 787-7200** to start the conversation directly with me. Share what you are looking for, whether individual instruction or a group session, and I will guide you from there.

02. Schedule Your Free Introductory Call

This no-pressure call is the perfect way for me to learn about you or your dancer, style interests, learning preferences, past experiences, and goals. It is also a space to ask questions and shape a custom plan that fits your needs.

03. Receive Your Custom Proposal

If we are a good fit, I will send you a personalized proposal outlining your lesson plan, pricing, recommended number of sessions, and available dates/times. You will also receive the Registration Contract to reserve your spot. If I believe a different studio might better serve your needs, I will happily refer you with care.

04. Complete Registration

To officially book your lessons, you must submit both the Registration Form and full payment. These must be completed at least 72 hours before your first session to confirm your time and begin your journey.

Are We A *Good* Fit?



We Are A Good Fit If

- ✓ You are excited to grow through thoughtful, personalized training
- ✓ You value both artistry and technique, and want to explore both deeply
- ✓ You are looking for individualized attention, not a one-size-fits-all program
- ✓ You are open to evidence-based coaching grounded in science and experience
- ✓ You believe in respectful communication, collaboration, and showing up prepared
- ✓ You can commit to a process prioritizing confidence, clarity, and lasting progress

We Are Not A Good Fit If

- ✗ You want quick results without investing time, effort, or consistency
- ✗ You are only interested in chasing trends, tricks, or shortcuts
- ✗ You are not open to coaching, feedback, correction, or new ways of learning
- ✗ You are unable to commit to timelines or provide timely feedback.
- ✗ You are seeking the lowest possible price over value and expertise.
- ✗ You expect instant availability or last-minute scheduling accommodations

Client Reviews



"Jana cares so deeply for every individual student. Rehearsals are all about challenging the outdated norms of the dance world and welcoming in new ideas that remain rooted in traditional technique. No class is taught without a conversation on the roots and authenticity of the style/combination, and students are encouraged to constantly share their own voice and opinions constantly. Dance is such a huge part of my life, and I am so beyond grateful that I found Jana at the time I did. Truly my home away from home. :)"

Sam Gregerman



"My daughter has had a great experience with Jana - personalized and supportive instruction, and I am so impressed by the talent, creativity, and the level of choreography."

Janie Trish



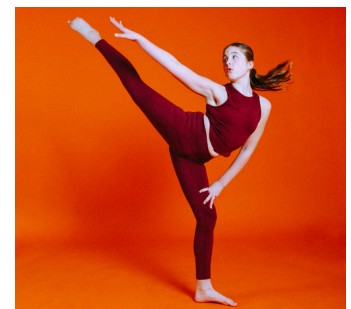
"Jana, is so talented and is an outstanding teacher with a great style and approach that the kids love!"

Victor Palumbo



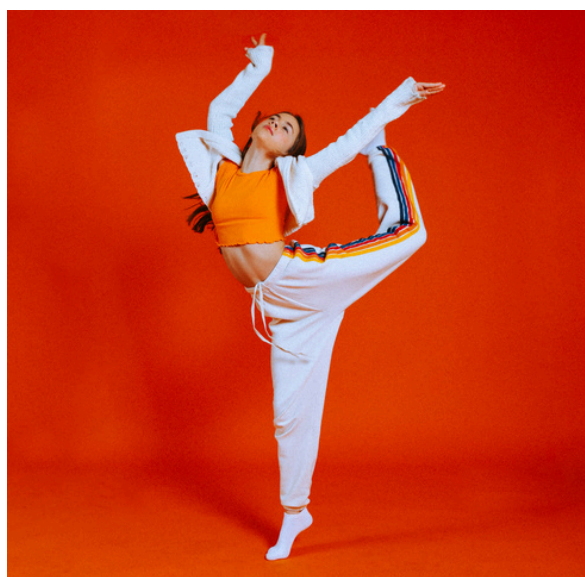
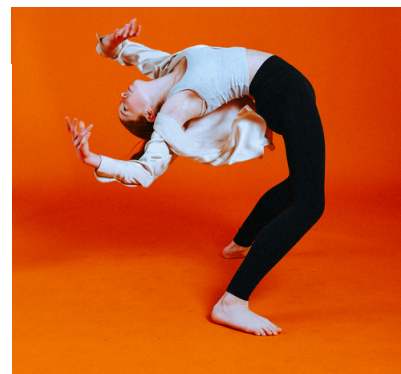
"My daughter has gone from a girl who loves to move to a fully committed dancer who has been able to follow her own creative voice through improvisation."

Alexa Frangos



Portfolio

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A photograph of four young women in a dance studio. They are all wearing crop tops and pants. The woman on the far left is wearing a grey crop top and black pants, looking up with her arms raised. The woman next to her is wearing a pink crop top and light blue jeans, also looking up with her arms raised. The woman in the center is wearing a grey crop top and tan cargo pants, looking down with her arms extended. The woman on the far right is wearing a brown crop top and black pants, looking down with her arms raised. The background is a solid orange color.

"The most extraordinary
dancing happens when a
dancer feels safe, seen,
and completely alive."

Jana Bennett

FAQ

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01. What styles do you teach in Individual Instruction?

I offer training in Contemporary, Improvisation, Personal/Cross-Training for Dancers, Ballet, and Mid-Space/High-Space Technique. Each session is fully tailored to the dancer's goals, needs, and learning style.

02. Who are your lessons for?

My primary focus is training committed pre-professional and professional dancers ready to grow technically, artistically, and personally. I also occasionally work with beginner dancers who demonstrate strong interest, dedication, and a desire to learn.

03. Do you offer choreography for auditions, performance and/or competitions?

Yes! I specialize in highly individualized choreography for college auditions, competitions, and performances, created to showcase each dancer's strengths and unique artistic voice.

04. How do I know if this is the right fit for me or my dancer?

We will start with a free introductory call to discuss your goals and background. I will assess whether my approach is the best fit and, if not, provide kind and helpful recommendations elsewhere.

05. Where do lessons take place?

Lessons are held in-studio at Skunkworks Dance (Wilmette, IL) or an approved Chicago North Shore location (Northfield/Evanston). When appropriate, some sessions, like consulting or audition prep, may also be offered virtually.



Ready to move with *purpose*?

You deserve training that sees you fully,
and supports who you are becoming.

Learn more at
DANCEBYJANA.COM

If you are still in the exploration phase or have more questions, no worries at all.

Send any questions you have at:



jana@dancebyjana.com