



SUMMER
2025

Dance By Jana

Advanced/Pro Contemporary Dance Lab for Ages 13+ Guide

DANCEBYJANA.COM

Hello & *Welcome*



Contact Details:

@danecbyjana
 dancebyjana.com
 jana@dancebyjana.com

Dates: June 22, July 20, August 17
Time: 10:00 AM – 5:00 PM
 6/22 and 7/20 at Skunkworks Dance
 8/17 at Dovetail Studios Northfield

Welcome to the Advanced/Pro Contemporary Dance Lab

I am thrilled to welcome you to this special training experience. The Adv/Pro Contemporary Dance Lab is a full-day intensive designed for serious dancers ages 13 and up who are ready to deepen their artistry, refine their technique, and challenge themselves in meaningful ways.

Rooted in my years of experience as a professional dancer, choreographer, educator, and personal trainer, this Lab blends the structure of elite training with the curiosity and courage that Contemporary dance demands. Each session is crafted to reflect the pace and depth of a professional environment, while remaining inclusive, collaborative, and inspiring.

Throughout the day, you will be guided through cross-training, innovative technique work, improvisation, and rich Contemporary phrase work, all designed to stretch you physically, creatively, and emotionally. This is your space to take risks, ask questions, grow with intention, and leave feeling more connected to your body, your voice, and your potential.

Welcome! I cannot wait to dance with you.
 — Jana Bennett

The *Lab* Schedule

04



Train Like a Professional, Dance Like an Artist

Each Lab is thoughtfully designed to reflect the pace, rigor, and creative exploration of professional Contemporary dance environments. This training experience invites advanced dancers to engage deeply with the movement principles, technique, and artistry developed by Jana Bennett, offering you the space to grow, take risks, and dance with purpose.

Sample Schedule* 6/22, 7/20, 8/17

01. 10:00 – 10:55 AM | THRIVE Warm-Up

Dancers begin the day with a strength and conditioning warm-up drawn from Jana's personal training background — designed to activate muscles, reinforce joint stability, and prepare the body for high-level movement through science-informed practices.

02. 11:00 – 12:10 PM | Contemporary Tech

Jana's signature Contemporary Technique class builds clarity, efficiency, and expressive power. Each class focuses on integrating grounded athleticism with mid-space/high-space articulation, always rooted in anatomical awareness, functional principles, and motor/brain-body optimization.

03. 12:15 – 1:00 PM | Contemp Phrasework

Dancers will learn and embody a contemporary phrase tailored to the Lab's technical theme. This first phrase introduces key movement patterns and transitions to develop versatility, coordination, and style fluency.

*The schedule is a general outline and may be adjusted as needed to meet the dancers' needs in real time.

04. 1:00 – 2:00 PM | Lunch

A well-earned break to rest, recharge, and connect. This is a great time to build community and share the day's experiences with fellow dancers. Dancers under 18 will be required to stay in the studio space unless a parent or guardian provides written permission per our Off-Site Release Form.**.

05. 2:00 – 3:25 PM | Improvisation

A deep dive into artistic voice and adaptability using Jana's signature Neuroplastic Improvisation technique. This session blends science, intuition, and imagination — helping dancers unlock new movement pathways, creative risks, and self-trust in performance.

06. 3:30 – 5:00 PM | Contemp Full Combo

The Lab concludes with a longer, full-bodied combination that challenges stamina, performance range, and choreographic adaptability. Dancers will have the option to film this combination. A meaningful opportunity for growth, reflection, or audition use.

**With permission or if over 18, dancers are welcome to visit nearby lunch spots, including Three Tarts Bakery & Café, The Happ Inn Bar & Grill, Taco Nano, and Starbucks — all just steps away from the studio.

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

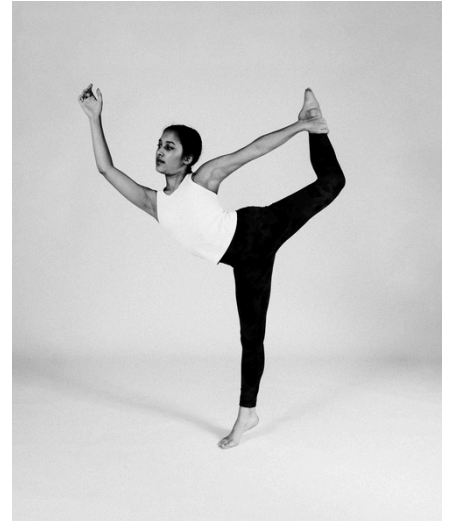
Jana Bennett



My *Visión* And Why

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.



Why Participate in the Contemporary Dance Lab?

01.

Train Like a Professional

This Lab is built to reflect the pace, focus, and creativity of the professional Contemporary dance world. From warm-up to technique to final phrase work, dancers experience the demands and rewards of training at a high level, gaining tools, foundations, and insight used by working artists around the world.



02.

Expand Your Voice, Not Just Your Range

Beyond technical growth, this is a space to deepen your individuality as a dancer. Using Jana's signature Neuroplastic Improvisation technique and guided creative exploration, dancers uncover new ways of expressing, interpreting, and embodying their ideas. The result is greater confidence, clarity, and adaptability in performance and in life.

03.

Be Challenged, Seen, and Supported

The Lab is fast-paced, rigorous, and thoughtfully led, with attention to each dancer's unique strengths and needs. It is a place where hard work is matched by care, where feedback is constructive, and where dancers are invited to take real risks in a safe and inclusive environment.

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

Jana Bennett

09



Pricing & Next Steps⁰⁶

The Contemporary Dance Lab

Register for a Single Dance Lab: **\$295/Lab**

Register for 2 Dance Labs: **10% Total Discount**

Register for 3 Dance Labs: **15% Total Discount**

What You Will Get

- ✓ Professional-level Contemporary training
- ✓ Personalized feedback and corrections
- ✓ Training in an inclusive, fast-paced setting
- ✓ Choreographic versatility and depth
- ✓ 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 How to *Register*

01. Complete the Dance Lab Application

To begin, fill out the **Google Forms application** linked below. Space is limited and offered on a first-come, first-served basis.

02. Receive Registration Instructions

If space is available, you will receive a **registration email** with the next steps and important details.

03. Complete the Online Registration Form

Use the **link provided in your email** to complete the Google Registration Form in full.

04. Submit Full Tuition Payment

Your spot is only confirmed once both your **registration form and full tuition are received**. Payment is accepted via Zelle, Chase QuickPay, Venmo, or credit card (4% fee applies).

05. Get Your Registration Confirmation

Once everything is complete, you will receive a **confirmation email within 72 hours**. Please note our system is not automated.

Dates: June 22, July 20, August 17

Time: 10:00 AM – 5:00 PM

6/22 and 7/20 at Skunkworks Dance

8/17 at Dovetail Studios Northfield

Are We A *Good* Fit?



We Are A Good Fit If

- ✓ You are an advanced dancer ready for a fast-paced, professional-level environment
- ✓ You are eager to explore Contemporary dance deeply, technically and creatively
- ✓ You are open to feedback, correction, and being pushed beyond your comfort zone
- ✓ You enjoy or are curious about improv and choreographic exploration
- ✓ You are respectful, inclusive, and collaborative in group settings
- ✓ You want to grow not just as a technician, but as an artist and thinker

We Are Not A Good Fit If

- ✗ You are not comfortable trying new approaches and non-traditional structures
- ✗ You prefer a slow-paced environment with limited feedback or correction
- ✗ You are only interested in tricks or trends, not in deeper movement exploration
- ✗ You are not open to improvisation or creative risk-taking
- ✗ You are not ready to take responsibility for your focus, energy, and effort
- ✗ You are unwilling to respect the space, the group, or the flow of the day

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

Jana Bennett

09



Client Reviews



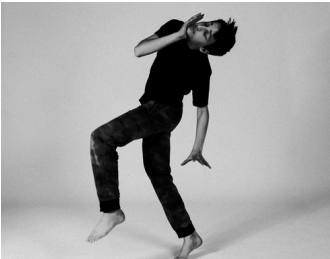
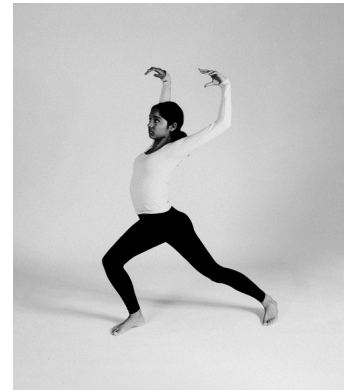
"Jana cares so deeply for every individual student. Rehearsals are all about challenging the outdated norms of the dance world and welcoming in new ideas that remain rooted in traditional technique. No class is taught without a conversation on the roots and authenticity of the style/combination, and 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



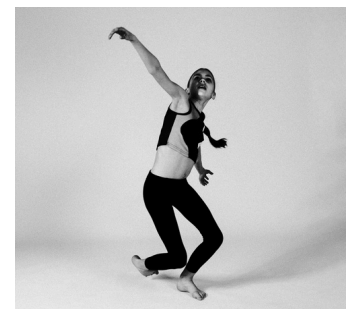
"Jana, is so talented and is an outstanding teacher with a great style and approach that the kids love!"

Victor Palumbo



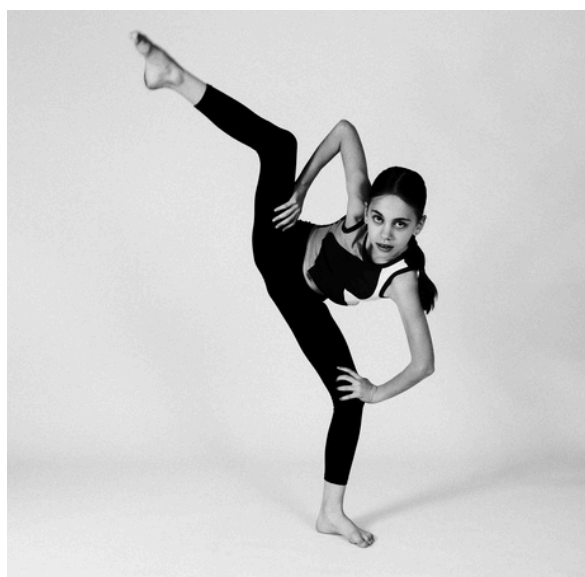
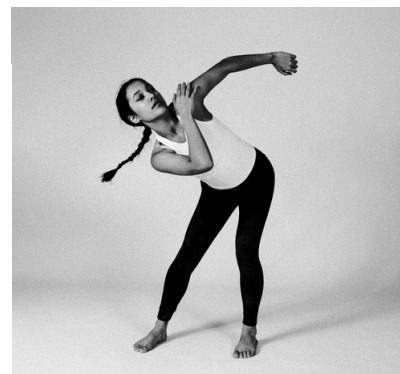
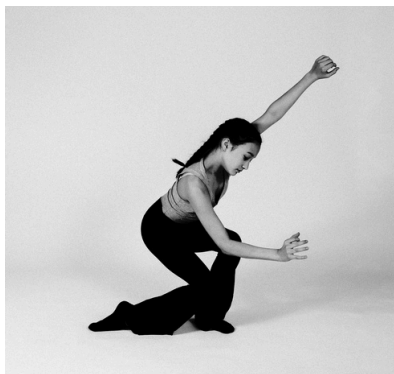
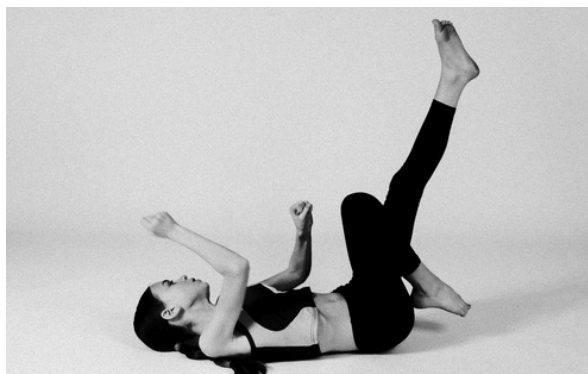
"My daughter has gone from a girl who loves to move to a fully committed dancer who has been able to follow her own creative voice through improvisation."

Alexa Frangos



Portfolio

11



FAQ

Dates: June 22, July 20, August 17

Time: 10:00 AM – 5:00 PM

6/22 and 7/20 at Skunkworks Dance

8/17 at Dovetail Studios Northfield

13

01. What makes this Lab different from a regular dance class or intensive?

The Lab mirrors the structure and creative process of a professional Contemporary dance environment, combining technique, improvisation, and artistry through innovative methods including Jana's Neuroplastic Improvisation technique.

02. Will I receive personal feedback during the Lab?

Yes. Individualized coaching and feedback are core parts of the experience. Every dancer is seen, challenged, and supported.

03. What should I bring with me?

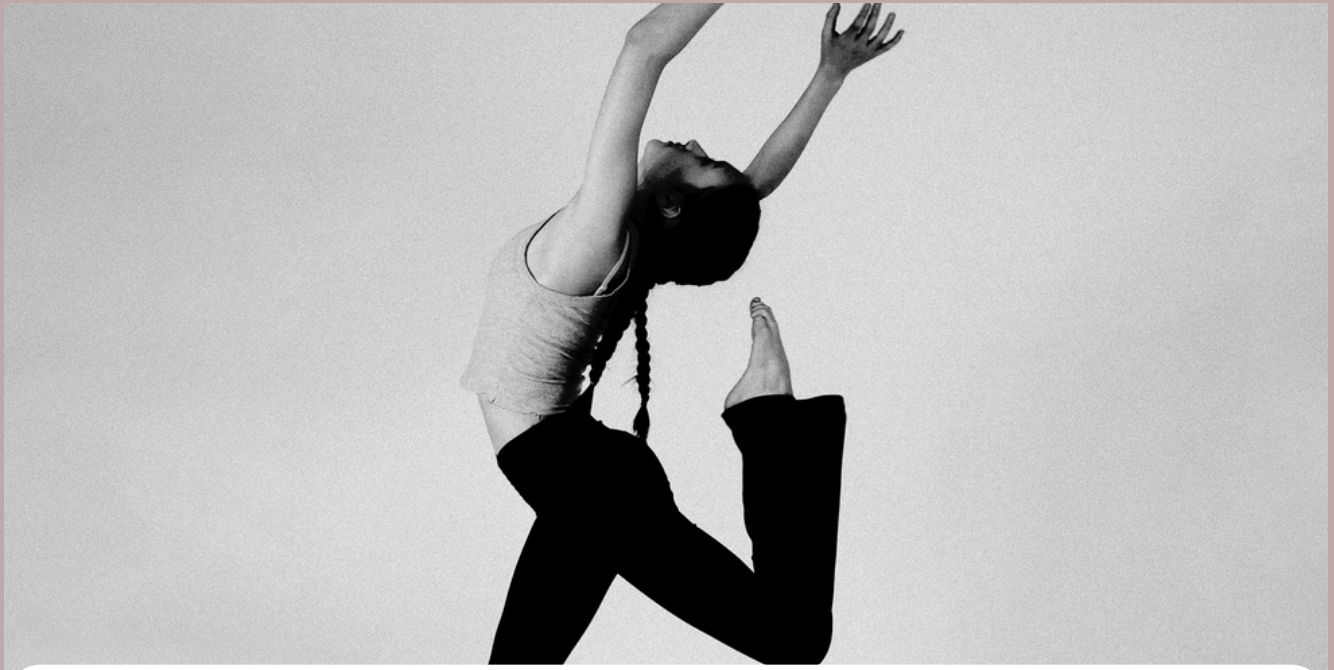
Dancers should bring a water bottle, snacks/lunch, a notebook if desired, and close-fitting athletic clothing that allows for full range of movement. No specific footwear is required.

04. Can I leave the studio during lunch?

Dancers under 18 must remain in the studio unless a signed release form is submitted. Those with permission, or over 18, may visit nearby options such as Three Tarts Bakery, The Happ Inn, Taco Nano, or Starbucks.

05. Can I film the choreography?

Yes. The phrasework and combinations may be filmed, and dancers are welcome to record for personal use, reflection, or audition purposes.



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