

DANCE ADVENTURES



Joy of Motion and Dance Adventures Present *A Parisian Dance Exchange with Helen Hayes*

June 24, 2018 - July 3, 2018



About Dance Adventures:

Dance Adventures is a tour company that designs and leads epic dance trips abroad for dance studios, departments, and organizations. We build community and facilitate cultural immersion through the universal language of dance, and we are committed to creating an immersive, authentic experience for all of our travelers that includes and supports local artists abroad.

About This Adventure:

These 8 days in Paris are an unparalleled opportunity to experience French culture and make new friends through the universal language of dance. The trip will feature classes with Helen and top French instructors and the opportunity to work alongside French dance students throughout the week. The trip will culminate with an informal showing and celebration. We will also attend performances, visit the sites, and enjoy delicious wine and cuisine.

Meet Your French Instructors:



Anne Beaucousin: After obtaining her BFA in dance, Anne improved her art through many experiences in France and abroad, in particular with Alain Dehay in London and at the Broadway Dance Center in New York with Michele Assaf and Wes Veldink. In addition to her performances on stage, Anne enjoys sharing her passion by teaching in Paris, Berlin, Belgium and Denmark. Since 1991, she has taught jazz dance at the Centre de danse du Marais in Paris. Anen also choreographs new works, such as the "Mademoiselle Juliette" music video by renowned French singer Alizée and the musical show "Feet" directed by Régis Santon at the Petit Théâtre des Variétés, Paris. She also coached Audrey Tatou for the movie "Dieu Est Grand, Je Suis Toute Petite." She will teach choreography that includes lyrical jazz, urban jazz, and modern styles. <https://www.youtube.com/watch?v=3BrnQZ106bs>



Cathia Conrath: Cathia is the creator of a dance style called Modern Street, which mixes genres including modern, hip hop, contemporary, jazz, African and more. Her classes emphasize rigor, placement, muscular strengthening, well-being, endurance and rhythm. Cathia received multidisciplinary, rigorous and comprehensive dance training with her teacher Lynn McMurrey (Los Angeles) and at the I.P.A.C. in Paris. During her career, she has performed in many shows, including Cirque d'Hiver Bouglione at the Théâtre Saint Martin. She specializes in teaching people of all ages and abilities. <https://www.youtube.com/watch?v=arhWXDMHBZc>



Where We Stay:

Our hotel and the studio are situated in Le Marais -- a hip neighborhood in Paris that is home to a fashion quarter, Jewish quarter, gay quarter, and tons of incredible architecture. It is a hot spot for shopping and fabulous restaurants, and provides easy access to top sights and tourist attractions.

Itinerary*: June 24, 2018 - July 3, 2018

**This itinerary may be adjusted to improve the quality of your experience.*

Sunday, June 24

Depart DC in the evening. Enjoy meals and in-flight entertainment on your way to the City of Light.

Day 1: Monday, June 25

After an early morning arrival in Paris, we settle into the hotel. After lunch, enjoy a walking tour of Le Marais and time to rest after the long journey. Tonight, we celebrate the start of our trip with a welcome dinner, including your first delectable glass of French wine. Meals included: Dinner

Day 2: Tuesday, June 26

Breakfast at the hotel is followed by two hours of dance classes with Helen. In the afternoon, we visit the Picasso Museum before an evening meet-and-greet with Anne and Cathia -- our French instructors. Meals included: Breakfast

Day 3: Wednesday, June 27

Wander Le Marais in the morning and meet up for our first dance classes with Anne and Cathia from 1 p.m. - 4 p.m. In the evening, we attend a dance performance. Meals included: Breakfast

Day 4: Thursday, June 28

A visit to the Louvre is followed by lunch at Angelina's -- an iconic Parisian restaurant known for its amazing hot chocolate, delicious food, and incredible desserts. We rest in the afternoon and enjoy dance classes in the evening. Meals included: Breakfast + Lunch

Day 5: Friday, June 29

Today we take a break from dancing and see the renowned Palace of Versailles and its gardens. During your guided tour, you will learn more about French history -- particularly Louis XIV and how he transformed the palace from a hunting lodge into one of the most impressive architectural wonders in France. Meals included: Breakfast + Lunch

Day 6: Saturday, June 30

Enjoy a day of dance classes with Anne, Cathia, and Helen in preparation for the Sunday performance. In the evening, enjoy free time for dinner, shows and sightseeing. Meals included: Breakfast + Lunch

Day 7: Sunday, July 1

Your final dance classes with Anne, Cathia, and Helen make sure you and your French counterparts are ready for your showcase this evening! The intimate performance will be attended by friends and family only. Afterward, we celebrate with drinks and then you are free for dinner on your own. Meals included: Breakfast

Day 8: Monday July 2

Our final day in Paris is open for sightseeing, shopping, or simply relaxing at a beautiful cafe. In the evening, we meet up for a beautiful farewell dinner. Meals included: Breakfast + Dinner

Day 9: Tuesday, July 3

Have an early breakfast before transferring to Charles de Gaulle Airport for your trip home. Meals included: Breakfast

What's Included:

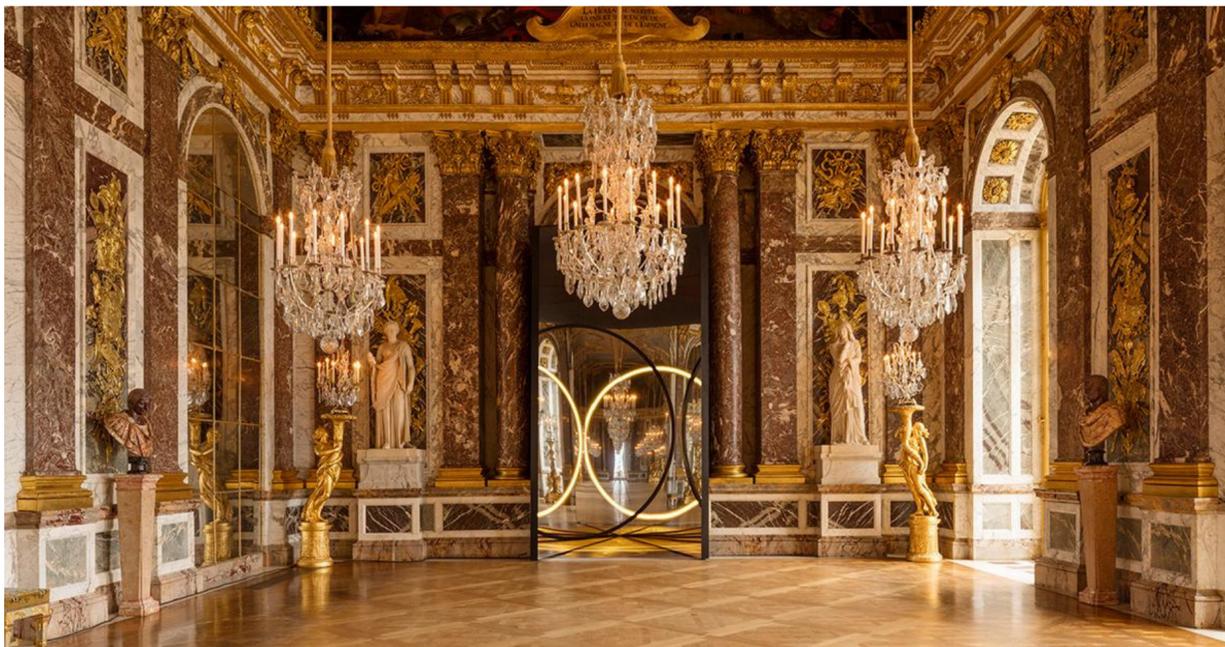
Hotel, airport transfers, in-country transportation, guided tour of Le Marais neighborhood, half-day trip to Versailles, breakfasts, 2 lunches, welcome dinner, farewell dinner, guided tour of the Louvre, audio tour of the Picasso Museum, 17.5 hours of dance classes with Anne, Helen, and Cathia

What's Not Included:

All meals not listed above, airfare, travel insurance, cost of medical immunizations, baggage charges, gratuities, items of a personal nature, most alcohol (some alcohol will be included in the lunches and dinners we have scheduled)

Cost:

\$4,250 per person



Potential Restaurants:

The restaurants below are a few of our options for our final meal together in Paris. The final decision of restaurant will be based on availability and group size.

Fulgurances (<http://fulgurances.com/en/>)

Three French food writers (Hugo Hivernat, Sophie Coribert, and Rebecca Asthalter) opened this laid-back restaurant with bare wood tables and an open kitchen to serve as an incubator for new culinary talent. The idea is to showcase young chefs who've arrived at a critical moment in their career, like a sous chef who wants to become a head chef, or a chef about to open his or her own restaurant. Since this welcoming place opened in October 2015, it's earned quite a reputation for being one of the most consistently exciting tables in town.

Septime (<http://www.septime-charonne.fr/en/>)

Given how hard it is to score a reservation at chef Bertrand Grebaut's relaxed modern bistro, you'll probably come to the table expecting a meal that will induce instant rapture. But that's not Grebaut's style. Instead, his cooking is "innocent, spontaneous, and balanced," in the chef's own words, which translates to superbly delicate, subtle dishes like mushrooms with oyster and foie gras bouillon or seared tuna with raspberries and tomato water. Service is friendly and easygoing, and the loft-like space is airy.

Grand Cœur (<https://www.grandcoeur.paris/>)

Acclaimed Mirazur chef Mauro Colagreco tapped Brazilian-born Rafael Gomes, an alum of top New York City restaurants Gramercy Tavern and Eleven Madison Park, to run this sexy brasserie. With one of the best terraces in town, Grand Cœur offers a brilliant Mediterranean-accented menu that runs the gamut from green asparagus with Parmesan panna cotta and jambon noire de Bigorre to veal-and-oyster tartare to blueberry tart with honey ice cream. Gomes is brilliantly rebooting the brasserie idiom for a new century.

Restaurant David Toutain (<http://davidtoutain.com/>)

After working with Alain Passard and Marc Veyrat, Toutain first wowed Paris at Agape Substance, a hole-in-the-wall in Saint-Germain. Now he has his own place and his constantly changing tasting menus deliver the boldest and most interesting food in Paris. Think dishes like seared foie gras in baked potato bouillon with black truffles; a monochromatic white composition of cuttlefish with yoga; and nearly translucent Parmesan gnocchi, seasoned with the juice extracted from cooking the cheese at very low temperatures for hours

L'Astrance (<http://www.astrancerestaurant.com/>)

The one haute-cuisine restaurant in Paris that's really, truly worth it? L'Astrance. Chef Pascal Barbot has the most elegantly lyrical gastronomic imagination of any chef working in Paris today, and it's expressed by dishes that are often spectacularly simple, like the buttermilk and burnt toast crumb soup.

Shows:

We will meet with our French instructors a few months before the trip to select shows based on what performances are receiving the best reviews. It is still too early to know the full summer 2018 lineup. Currently, we know that shows featuring the choreography of Pina Bausch and Merce Cunningham, as well as tango, tap, and flamenco performances are available.

