

NORDIC BALLET SEMINAR

28.7-2.8.2025 Helsinki, Finland

Monday 28.7.2025

BAOL 1	BAOL 2	BAOL 3	BALETTISALI	BL-1	ALMINSALI	Mindful Dancer workshop tue-fri	TEACHERS SEMINAR	Students	Restaurant Buffa	Hotel Scandic
								12.00-13.45 Arrival & Registration		
									12:00-13:45 lunch	
					13:45-13.55 Opening of the seminar					
14:00-15.30 Group 3 Ballet VO/KTG	14:00-15.30 Group 1 Ballet OR/KM		14:00-15.30 Group 2 Ballet AAH/DS		14:00-15.30 Group 4, 5, 6 Hip Hop AB			Group 4 (grades 6-7) Group 5A+B (grade 9) Group 6A+B (boys)		
15:45-17.15 Group 5 Ballet VO/KTG	15:45-17.15 Group 4 Ballet AAH/DS		15:45-17.15 Group 6 Ballet JT/KM		15:45-17.15 Group 1, 2, 3 Hip Hop AB			Group 1 (grades 6-7) Group 2A+B (grades 7-8) Group 3A+B (grades 7-8)		
					17.20-17.30 ALL 😊 AB					
									17:30- dinner	

Tuesday 29.7.2025

BAOL 1	BAOL 2	BAOL 3	BALETTISALI	BL-1	ALMINSALI	Mindful Dancer workshop: parvillämpö	TEACHERS SEMINAR	Students	Restaurant Buffa	Hotel Scandic
					09.00-09.20 Group 1, 2, 3 Yoga ES					breakfast
9:30-11:00 Group 3 Ballet VO/KTG				9:30-11:00 Group 1 Ballet OR/KM	9:30-11:00 Group 2 Ballet AAH/DS	09.00-10.45 Group 4 Group 5 Group 6 HP				
					11.05-11.25 Group 4, 5, 6 Yoga ES	11.15-13.00 Group 1 Group 2 Group 3 HP				
11:35-13:05 Group 4 Ballet AAH/DS		1130-13.30 reserved EP+OK	11:35-13:05 Group 6 Ballet JT/KM		11:35-13:05 Group 5 Ballet VO/KTG				13:00-14:00 lunch 1 + 2 + 3	
13:55-15.25 Group 1 Pointe tech. & Repertoire OR/KM (-14.40)	13:55-15.25 Group 2 Pointe tech. & Repertoire AAH/DS (-14.40)	13:55-15.25 Group 3 Pointe tech. & Repertoire VO/KTG (-14.40)	14:00-15.15 Group 4 Hip Hop AB	14:00-15.15 Group 5A/6A Tero technique EP	14:00-15.15 Group 5B/6B Tero technique OK				13:05-14:00 lunch 4 + 5 + 6	
15:40-16.55 Group 1 Hip Hop AB	15:40-16.55 Group 2A/3A Tero technique EP	15:40-16.55 Group 2B/3B Tero technique OK	15:30-17.00 Group 4 Pointe tech. & Repertoire AAH/DS (-16.15)	15:30-17.00 Group 5 Pointe tech. & Repertoire VO/KTG (-16.15)	15:30-17.00 Group 6 Boys Repertoire JT					
					17.05-17.15 ALL 😊 AB					
							18:30 Guided walking tour to the city center	18:30 Guided walking tour to the city center	17:15- dinner	

Wednesday 30.7.2025

BAOL 1	BAOL 2	BAOL 3	BALETTISALI	BL-1	ALMINSALI	Mindful Dancer workshop: parviliämpiö	TEACHERS SEMINAR Choir hall 5th floor	Students	Restaurant Buffa	Hotel Scandic
					09.00-09.20 Group 1, 2, 3 Yoga ES					breakfast
9:30-11:00 Group 2 Ballet AAH/DS				9:30-11:00 Group 3 Ballet VO/KTG	9:30-11:00 Group 1 Ballet OR/KM	09.00-10.45 Group 4 Group 5 Group 6 HP				
					11.05-11.25 Group 4, 5, 6 Yoga ES	11.15-13.00 Group 1 Group 2 Group 3 HP				
11:35-13:05 Group 5 Ballet VO/KTG		1130-13.30 reserved EP+OK	11:35-13:05 Group 6 Ballet JT/KM		11:35-13:05 Group 4 Ballet AAH/DS				13:00-14:00 lunch 1 + 2 + 3	
13:55-15.25 Group 1 Pointe tech. & Repertoire OR/KM (-14.40)	13:55-15.25 Group 3 Pointe tech. & Repertoire VO/KTG (-14.40)	13:55-15.25 Group 2 Pointe tech. & Repertoire AAH/DS (-14.40)	14:00-15.15 Group 4 Hip Hop AB	14:00-15.15 Group 5B/6B Tero technique OK	14:00-15.15 Group 5A/6A Tero technique EP		15.30-17.30 Body image Lecture & Workshop Johanna Osmala		13:05-14:00 lunch 4 + 5 + 6	
15:40-16.55 Group 1 Hip Hop AB	15:40-16.55 Group 2B/3B Tero technique OK	15:40-16.55 Group 2A/3A Tero technique EP	15:30-17.00 Group 4 Pointe tech. & Repertoire AAH/DS (-16.15)	15:30-17.00 Group 6 Boys Repertoire JT	15:30-17.00 Group 5 Pointe tech. & Repertoire VO/KTG (-16.15)					
					17.05-17.15 ALL 😊 AB					
									17:15- dinner	
							18:00- Teachers get together	18:30-21:00 Linnanmäki amusement park		

Thursday 31.7.2025

BAOL 1	BAOL 2	BAOL 3	BALETTISALI	BL-1	ALMINSALI	Mindful Dancer workshop: parviliämpiö	TEACHERS SEMINAR Choir hall 5th floor	Students	Restaurant Buffa	Hotel Scandic
					09.00-09.20 Group 1, 2, 3 Yoga ES					breakfast
9:30-11:00 Group 1 Ballet OR/KM				9:30-11:00 Group 2 Ballet AAH/DS	9:30-11:00 Group 3 Ballet VO/KTG	09.00-10.45 Group 4 Group 5 Group 6 HP				
					11.05-11.25 Group 4, 5, 6 Yoga ES	11.15-13.00 Group 1 Group 2 Group 3 HP				
11:35-13:05 Group 4 Ballet AAH/DS		1130-13.30 reserved EP+OK	11:35-13:05 Group 6 Ballet JT/KM		11:35-13:05 Group 5 Ballet VO/KTG				13:00-13:55 lunch 1 + 2 + 3	
14:00-15.15 Group 5B/6B Tero technique OK	14:00-15.15 Group 5A/6A Tero technique EP	14:00-15.15 Group 4 Hip Hop AB	13:55-15.25 Group 1 Pointe tech. & Repertoire OR/KM (-14.40)	13:55-15.25 Group 2 Pointe tech. & Repertoire AAH/DS (-14.40)	13:55-15.25 Group 3 Pointe tech. & Repertoire VO/KTG (-14.40)				13:05-14:00 lunch 4 + 5 + 6	
15:30-17.00 Group 4 Pointe tech. & Repertoire AAH/DS (-16.15)	15:30-17.00 Group 6 Boys Repertoire JT	15:30-17.00 Group 5 Pointe tech. & Repertoire VO/KTG (-16.15)	15:40-16.55 Group 1 Hip Hop AB	15:40-16.55 Group 2A/3A Tero technique EP	15:40-16.55 Group 2B/3B Tero technique OK					
					17.05-17.15 ALL 😊 AB		17.05-21.00 Mindful Dancer Lecture & Workshop Hippu Pintilä			
									17:15- dinner	

13:15-14:45- Nordic Leadership Meeting (2 nd floor meeting room LIVE/TEAMS)

Friday 1.8.2025

BAOL 1	BAOL 2	BAOL 3	BALETTISALI	BL-1	ALMINSALI	Mindful Dancer workshop: parvillämpiö	TEACHERS SEMINAR Choir hall 5th floor	Students	Restaurant Buffa	Hotel Scandic
					09.00-09.20 Group 1, 2, 3 Yoga ES					breakfast
9:30-11:00 Group 3 Ballet VO/KTG				9:30-11:00 Group 1 Ballet OR/KM	9:30-11:00 Group 2 Ballet AAH/DS	09.00-10.45 Group 4 Group 5 Group 6 HP				
					11.05-11.25 Group 4, 5, 6 Yoga ES	11.15-13.00 Group 1 Group 2 Group 3 HP				
11:35-13:05 Group 5 Ballet VO/KTG		1130-13.30 reserved EP+OK	11:35-13:05 Group 6 Ballet JT/KM		11:35-13:05 Group 4 Ballet AAH/DS				13:00-14:00 lunch 1 + 2 + 3	
13:55-15.25 Group 1 Pointe tech. & Repertoire OR/KM (-14.40)	13:55-15.25 Group 2 Pointe tech. & Repertoire AAH/DS (-14.40)		13:55-15.25 Group 3 Pointe tech. & Repertoire VO/KTG (-14.40)	14:00-15.15 Group 4 Hip Hop AB	14:00-15.15 Group 5+ Group 6 Tero technique EP, OK		15.30-17.30 Pedagogical Lecture & Workshop Javier Torres		13:05-14:00 lunch 4 + 5 + 6	
15:40-16.55 Group 1 Hip Hop AB	15:30-17.00 Group 6 Boys Repertoire JT		15:30-17.00 Group 5 Pointe tech. & Repertoire VO/KTG (-16.15)	15:30-17.00 Group 4 Pointe tech. & Repertoire AAH/DS (-16.15)	15:40-16.55 Group 2+ Group 3 Tero technique EP, OK					
					17.05-17.15 ALL 😊 AB					
									17:15- dinner	

Saturday 2.8.2025

BAOL 1	BAOL 2	BAOL 3	BALETTISALI	BL-1	ALMINSALI	MAIN STAGE	TEACHERS SEMINAR	Students	Restaurant Buffa	Hotel Scandic
	9:00-09:45 Group 1+ Group 4 warm-up OR/KM		9:00-09:45 Group 5+ Group 6 warm-up VO/KTG	9:00-09:45 Group 2+ Group 3 warm-up AAH/DS						breakfast
						Spacing on stage:				
						10.00-10.10 Gr 1 classical OR				
						10.10-10.20 Gr 2 classical AAH				
						10.20-10.30 Gr 3 classical VO				
						10.30-10.40 Gr 1 Hip Hop AB				
						10.40-11.00 Gr 2 + Gr 3 Tero tech. OK				
						11.00-11.10 Gr 4 classical AAH			11.00-15.00 lunch	
						11.10-11.20 Gr 5 classical VO				
						11.20-11.30 Gr 6 classical JT				
						11.30-11.40 Gr 4 Hip Hop AB				
						11.40-12.00 Gr 5+ Gr 6 Tero tech. OK				
						12.30-13.30 Closing of the seminar; in the end all on stage and 😊				

- Ballet/repertoire

Ballet/repertoire

Ballet/repertoire

Ballet/boys repertoire

Tero technique

Tero technique

Hip Hop

Yoga

Mindful Dancer WS

Pianist

Pianist

Pianist
- Anne-Mari Ahola-Hiitola

Virve Olsson

Ophelie Ridighiero

Jani Talo

Emmi Pennanen

Oskari Kymäläinen

Akim Bakhtaoui

Emilia Saarela

Hippu Pintilä

Kristina Grice

Keiko Moriyasu

Daiva Sojakka