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Upcoming Competitions

- View Dance Challenge April 27th & 28th, 2017—The ACT Theatre, Maple Ridge
- RAD Dance Challenge May 2018 Scotia Dance Centre, Vancouver

AzestA Performance

- VIEW Dance Challenge April 27th & 28th, 2017— The ACT Theatre, Maple Ridge
- “Our Canada” AzestA Ballet Performance in celebrating Canada 150 years— Matsqui Centennial Auditorium, 32315 South Fraser Way, Abbotsford, BC

Dress Rehearsal: Saturday June 10th, 2017

Performance: Sunday June 25th, 2017 Time TBA

AzestA Ballet

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Posture—Why have good posture?

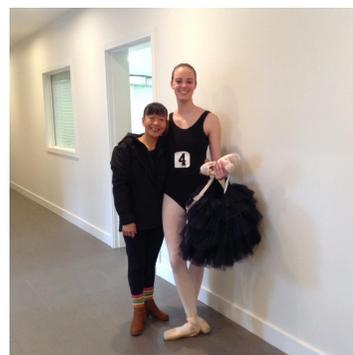
Good Posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly
- Helps decrease the abnormal wearing of joint surfaces that could result in arthritis
- Decreases the stress on the ligaments holding the joints of the spine together
- Prevents the spine from becoming fixed in abnormal positions
- Prevents fatigue because muscles are being used more efficiently: allowing the body to use less energy
- Prevents backache and muscular pain
- Contributes to a good appearance

Past Events

RAD Vocational Examinations
February 23rd, 2017:

Congratulations to Riana Jones for passing her Intermediate Ballet Exam.



And Sara Thoeny for passing her Intermediate Foundation Exam.



Give Dancing a new meaning.

Dance Competitions:

Dance Power March 30th, 2017 at Bell Performing Arts Centre.

Congratulations to Jacq & Kourtney and Sara Thoeny for your great accomplishment!



www.AzestA.ca

Coming this Summer Barre for the Body and Brain

Movement for Quality of Life, suitable for Adult (35+); a combination between Conditioning Pilates and Franklin Method—Perfect for those who care about posture and healthy life style. Stay tuned for more info about our brand new Triple-B class.

Our Vision

To encourage both an artistic and healthy lifestyle in a positive environment. We strive for excellence and we love forward to being a pioneer dance station in the community.

Our Mission

To provide a solid technical foundation for the developing dancers while instilling a great love of dance. We hope to inspire self-confidence and create a respect for the disciplines of performing arts. We advocate the study of classical ballet as the foundation to introduce awareness and value of poise, alignment, and technique for all styles of dance.