



Vaganova Dance Society History

Celebrating 30 Years

1988-2018



Love
and
Passion of Dance



Maria Mitrache Bokor
Founder and Artistic Director

What is Vaganova Ballet Technique?

The Russian Vaganova ballet technique was developed by Mme. Agrippina Vaganova (1879-1951), unifying and combining the best of French, Italian, Danish and Russian systems, creating a unique classical ballet technique. The technique is characterized by a harmonious movement of the whole body, soft and fluid control of the arms with a strong back, with special attention to the shoulders in epaulment, suppleness of the body with iron aplomb, a noble and natural placement of the head, precise co-ordination linked organically with music and theatre. The technique offers a clear, strong and concise system and infallible way of teaching a classical and character ballet which continue to evolve, broaden, and improve with the work of experienced teachers who strive for greater perfection. Some of the famous dancers who have benefited from a higher pedagogical education in Vaganova Technique are: Ulanova M.Kondratyeva, Maximova, N.Makarova, Nureyev, Baryshnikov, and many others. The technique is taught in St. Peterburg and everywhere in Russia and has been incorporated into the syllabus of many of the world's leading ballet schools including in Canada.

– *Maria Bokor, Artistic Director, Vaganova Dance Society*

I first met Maria Bokor at Alberta Dance Festival in 1990. I noticed her students were extremely strong in both their technique and performance style. I invited Maria to guest teach my students and from there our friendship and future partnership developed. I appreciated what the Vaganova technique could offer and add to my students' training. The strong use of the upper body and epaulment along with the ability to balance, jump and turn with the appearance of being effortless. From this partnership we decided to start the Professional program training the students in both RAD and Vaganova. We had students from many different schools involved and hence then added the "La Rose" Dance Company as a performance means for the students. They performed in many different venues and had the opportunity to learn and perform repertoire from many ballets. It was truly an amazing experience for all involved!

– *Loretta Beamish-Lachner*

The Vaganova technique for classical ballet training has completely changed the way I approach ballet training of my students. I have been studying the technique for the past 16 years and have seen a remarkable change in the abilities of my students. As a teacher it provides a clear, concise and precise method of teaching classical ballet. It is applicable to all body physiques. The dancer is able to develop a pure line with control and coordination of the whole body with each movement. I love how each movement is a series of poses that are linked together to create a complete and stylized product. Another wonderful benefit of the Vaganova technique is the understanding of the musical accents. The dancer is taught to follow the beat in the rhythm exactly, so the dancer and the music become one with each other.

– *Cathy McFarlane,*

Director, Marr-Mac Dance & Theatre Arts

Our world opened with the help of Maria showing us there was so much to learn and achieve. I soon realized her classes were unique, offering a different technique and style. It seemed endless in so many ways as it had no limits compared to other teaching methods. Vaganova is a foundation, a system which builds on from ages 9 to 18 years old. It has a flow and progression which enables the dancer to build on. It works on strength, expressiveness, coordination, making it look beautiful and effortless. The upper body, arms and head worked simultaneously together. Maria started this wonderful society and each year the knowledge of the Vaganova system flourishes with more teachers, students and ex-dancers coming together. With Much Love & Appreciation,

– *Monika Langer*

Former student, Vaganova teacher and examiner

President's message: Cathy McFarlane

In appreciation for 30 years ...

The Vaganova Dance Society would like to thank everyone who has helped to make the Society's goals and endeavors such a success over the past 30 years. This includes many people who have served on the Board; the students who eagerly studied dance in the Vaganova style and rehearsed several hours for performances; the teachers and professionals from a variety of studios and companies who collaborated in performances and Anniversary Galas; the parents who dedicated many hours of volunteer time to help with casinos, costuming, silent auctions, sets, programs, photographs, posters, and accompanied the dancers on the Russia and Romania Cultural Tours and Workshops; the owners of the local dance-wear shops who assisted with costuming and advertising; the Dance critics from the various newspapers. A special thank-you to Maria Bokor for having such a strong vision and determination to introduce this magical classical ballet technique to Alberta. I thank her personally for persevering in her mission and I am forever grateful for knowing Maria and being a part of her journey.



Cathy McFarlane

Founder & Artistic Director's message: Maria Bokor

For over 30 years the members of our society have circulated the famous name of the artist known as Vaganova (the creator of the Russian technique to which we dedicate our name) across many borders and in many hearts. Thanks to this remarkable technique of learning movement, tens of thousands of youngsters have unearthed the secrets of the great Russian Ballet. Educated they became, the disciples of this system, and some among them, now in their turn, teach to other dancers. This has been the Vaganova Dance Society's calling: to discover for our children the beauty and the riches of learning ballet using the Vaganova technique. We have travelled with our students to St. Petersburg, the cradle of this art, we have invited important artists from other countries here, we have organised many performances, in Canada and overseas, we have supported many workshops and exams, we have taught numerous students and we have done everything possible in the best interests of our young dancers from Alberta. I can't emphasize enough the importance of working together with my excellent colleagues and teachers: Loretta Beamish-Lachner Katalin Bihari, Valeria Dorokhova, Anna and Vasyl Kanavets, Yuri Alechine, Doug Hnatiuk, Monika Langer and Rick Wacko in order to develop the first written Vaganova Ballet Syllabus in our country - appropriate for Canadian students. I must extend my appreciation to all teachers and dancers, and to everyone associated with the Vaganova dance Society. I would like to address my gratitude to Cathy McFarlane and to Janice Winter for their constant support over the years. Without their invaluable contribution, we wouldn't have made it as far as we have. Thank you to all the fantastic people who were beside me, during all these years! To all and to each of you: please accept my deepest gratitude and love!



Maria Bokor



Ballet School of the National Ballet Opera Bucharest using Vaganova technique

1988 Vaganova Dance Society founded

In 1988, the Vaganova Dance Technique Society was founded in Edmonton by **Maria Mitrache-Bokor** (former prima ballerina of Romanian State Operetta, who came as an immigrant to Edmonton) with **Rick Wacko** (soloist with Cheremosh Ukrainian Ensemble) as President and **Roxanne Missouri** (also a dancer with Cheremosh) as Secretary. Maria introduced the Vaganova Russian technique by creating fabulous performing and educational opportunities for ballet students. The teaching arm of our Society was represented by Etudes School of Dance, opened in the same year.



Vienna Ball with Ukrainian participants



Dolores and Leona Wacko



Doyle Marko, Dolores Wacko, Maria Bokor, Leona Wacko, Lawrence Kenakin, Roxanne Missouri, Leanne Kosiak all from Cheremosh Ensemble

The Vaganova system for developing dance technique has played an important part in the evolution of folk and character dance in Canada. Early tours of Soviet ballet and national dance companies both impressed and surprised North American audiences. It became apparent that these performers were exceptionally strong technically, yet able to maintain fluidity and lyricism. We learned most were trained in a Russian system, designed and implemented by the great teacher Agrippina Vaganova. When Maria Mitrache Bokor immigrated to Canada, she was one of the first to introduce this method to Canadians. It was time advantageous as the Cheremosh Ukrainian Dance company was positioned for furthering its ballet and dance technique. Progress and improvement was evident as performances improved substantially. We owe a great debt to Ms. Mitrache Bokor and her introduction of the Vaganova system to Canada.

– *Rick Wacko,*

First President, Vaganova Dance Society

Artistic Director, Character Dance Ensemble, University of Utah



Fiddler on the Roof choreographed by Maria Bokor as character dance for Ukrainian dancers

**ETUDES
SCHOOL
OF
DANCE**

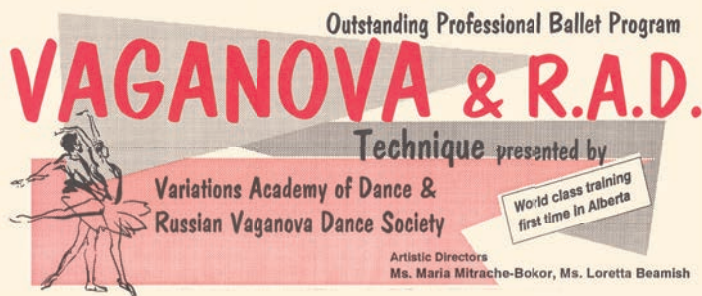


1992 Professional Program started

Loretta Beamish & Maria Mitrache-Bokor began Alberta's first professional Vaganova technique program at Variations Academy Of Dance. "Our professional ballet program is designed to develop the artistic depth, versatility, coordination, poise, discipline and confidence through a sense of achievement needed to compete successfully in the professional dance world. Our highly qualified, internationally trained faculty has developed a carefully graded system and method of teaching which facilitates the mastery of technique and develops a natural and authentic style. The aim of the program is not only to prepare students for a professional career, but to provide a dance education for parents, students and audiences of tomorrow."



Valeria Dorokhova, Katalin Bihari, Maria Bokor, Loretta Beamish & Natalia Shefer



Vaganova Dance Society's Company

SPECTRE DE LA ROSE



BALLET THEATRE

Artistic Directors Ms. Matria Mitrache-Bokor, Ms. Loretta Beamish



Yuri Aleshine at Dansations



Valeria Dorokhova

Spectre de la Rose Ballet Theatre Company, under the auspices of the Russian Vaganova Technique Society, is a non-profit performing Youth Company directed by Ms. Maria Mitrache-Bokor and Ms. Loretta Beamish. The dancers are students of our professional ballet program which is designed to develop the artistic depth, versatility, co-ordination, poise, discipline and confidence through a sense of achievement needed to compete successfully in the dance world today. By combining the best elements of RAD, Russian Vaganova Technique and our highly qualified internationally trained faculty, we have developed a carefully graded system and method of teaching which facilitates the mastery of technique and develops a natural, unmanly style. The aim of the Professional Program of the Company is not only to prepare students for a professional career, but to provide a dance education for parents, students and audiences of tomorrow.

We want to offer our dancers as many opportunities to study and perform as possible. We have been invited to study and perform in St. Petersburg, Russia in the spring of 1994. The Russian Ballet holds a special place in world culture. It has a roster of magical dancers, including of course the well known Nureyev, Makarova and Baryshnikov, who have literally enchanted their audiences. No wonder St. Petersburg, the home of Russian Ballet, is still considered a Mecca of world dance. What a unique experience for our students. They will also have the opportunity to tour the beautiful city with its palaces and churches, canals, parks, its baroque and classical architecture and great museums.

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1993, 1994 & 1995 workshops in Canada with Gabriella Komlova



Students of Variations Academy Of Dance



Komlova taught at the Vaganova Academy in St. Petersburg from 1971-78. She became a professor and director at St. Petersburg State Conservatory. From 1986 to 2013 she coached stagings of many classical ballets in many theatres. Gabriela Komlova was a principal dancer and soloist at the Kirov Ballet. She performed classical roles between 1957 and 1988.



Maria Mitrache-Bokor and Gabriella Komlova



Beauty and the Beast show in 1993 & 1995 in Romania & Canada



Maria Bokor, Loretta Beamish & Anca Roman

I feel very fortunate to have been trained by Maria who was so kind to found the Vaganova Dance Society 30 years ago, being so passionate about ballet and the Vaganova technique and it was clearly evident in her teaching. Maria is an exceptional teacher and always pushed her students to be the best dancers they could be. I feel I improved significantly under her guidance and I learned a lot about the art of ballet. Maria provide so many opportunities for us as students. Two of my fondest memories were an exchange trip to Romania, organized by Vaganova Society, when we presented Beauty and the Beast at the National Children Palace, together with the Romanian students in Bucharest, as well as 1001 Nights show in Alberta!

I am very thankful to Maria for everything she gave me as a young dancer."

Stacey Bronsch Jacobson



Sherry Raven

The cultural exchange in between Canada, Vaganova Dance Society and Romania, Arabesque Ensemble, was possible with the great help of the Riana Nicolae, Director from Ministry of Education's National Palace of Children Bucharest in 1995, whom we thank you very much

The Ballet *Beauty and the Beast* was first showcased in Romania and this amazing performance was the result of a prolific collaboration between Anca Roman's Arabesque Ensemble and Maria Mittrache-Bokor's Vaganova Dance Society, with talented dancers from both countries. The young ballet soloists from Canada and Romania and all dancers involved managed to prove how music and dance can unite people from different countries and continents with different cultural backgrounds, erasing borders. Maria Mittrache-Bokor's choreography combined with the fantastic costumes, provided by the Vaganova Dance Society, and with a lot of hard work, made this performance so fantastic, that all those who were in the audience, and those watching it on Canadian TV that day, had a lasting memory of it, and the dancers got a great experience, that they will never forget.

Anca Roman

Director of Arabesque Ensemble and President of the Foundation

Variations,
Dansation trip
to Romania
with Arabesque
Youth Company
Romanian
National
Children's Palace
directed by Anca
Roman plus La
Rose Company



Maria Bokor, Loretta Beamish & Ellen Metz

1994 workshop in St. Petersburg



Vaganova Dance Society's first cultural & educational trip to St. Petersburg, led by Loretta Beamish & Maria Mitrache Bokor, was a unique experience. The two week workshop explored the heart of this cultural City, and discovered the rich heritage of Russian ballet, including intensive ballet classes, and seeing the extraordinary classical ballet at Mariinsky Theatre !!!



The day Maria Bokor walked into my life and introduced the Vaganova Ballet to me, I saw and felt the true beauty in ballet. My improvement in ballet was immense and I got to experience lead roles that at such a young age made me feel like a real ballerina. I truly was blessed to have this ballet training as it changed me and made me love and appreciate ballet.

– Antonella Chiodo

This was an amazing and unique experience both for myself and my students. To have the opportunity to train with instructors and professional dancers from the Kirov was a dream come true. Two weeks of intensive training in ballet, repertoire, pointe, pas de deux and character!! Pas de deux was assisted by the male dancers of the Company giving the girls an unbelievable opportunity and learning experience.

The experience truly opened my eyes to the magnificent training of the Vaganova Syllabus. I learned so much and have continued to incorporate this training into my classes as an RAD teacher. I hope to have the opportunity to return again with my present students in Kelowna, BC and give them this same opportunity!

– Loretta Beamish-Lachner
LRAD, ARAD, RAD Examiner



Sherry Raven and Antonella Chiodo – pas de deux



Visiting the Hermitage



Students from the Vaganova professional program



Antonella Chiodo with Russian partner

Tin Soldier shows in 1994 & 1995 with La Rose Company



Sherry Raven & Jacques Beaudoin



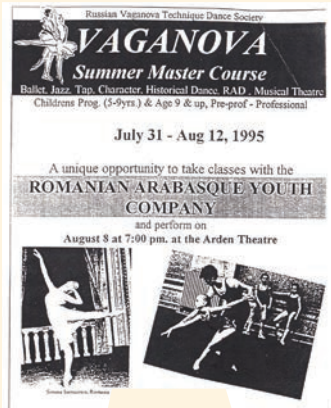
Wes Sellick & Emma Wilkinson



Doug Hnatiuk, Antonella Ciodo & Sherry Raven

1995 & 1996 Exchanges

Canadians in Romania and Romanians in Canada



Romanian-Canadian Cultural Exchange

The Romanian-Canadian programme of cultural exchange happened successfully for a few times, in between the Romanian Arabesc children-school ballet company and the Canadian Vaganova Society Edmonton's La Rose Company !

The Romanian young dancers attended the Summer Workshop of Vaganova Dance Society in Edmonton. They performed in the Nationalities' Festival taking place in Edmonton and St. Albert which was broadcast by the local cable TV network. The first stage of the programme started in Bucharest when the Canadian children were guests at the National Children Palace, the Cultural Foundation of Children and Youth Company, *We and Our Friends*.

Together they presented several shows on the stage of the National Children Palace, held joint dance classes, appeared on TV and were received by high Romanian officials. The programme culminated in the first ballet show made exclusively by the children in Romania, based on the animated cartoon *The Beauty and the Beast*, which the Romanian and Canadian dancers presented on the stage of the National Children palace in the capital.

We extend our gratitude and thanks, to Riana Calota, director of Children National Children Palace, Anca Roman, and Maria Mitrache Bokor who together organized these exchanges for Canadian and Romanian children!

Special Guests

- Ms. Ilian Iliescu
- Ms. Anca Roman
- Ms. Balan Magdalena
- Mr. Vasyel Kanevets

The pictures below are Romanian students at an exchange workshop in Edmonton.



Kara Bronsch, Ada Jianu, Lucia Tudor and Gail Ledger



Riana Calota, Director of Național Children Palas and Ilian Iliescu, prima ballerina, Bucharest Opera



Andreea Oros, Bogdan Necula and Bianca Ionita



Ellen Metz and Loretta Beamish

1995 & 1996 Exchanges

Canadians in Romania and Romanians in Canada

The Russian Vaganova Dance Society presents

VAGANOVA
Professional Ballet Program
1994/95



- Highly qualified, internationally-trained faculty
- Certificate- and diploma-granting programs
- La Rose Dance Company
- Summer Master Course



Ileana Iliescu, Prima Ballerina of Bucharest National Opera, and Magdalena Balana, teacher of Historical and Character dance

In 1995, Riana Calota, director of the Romanian Minister of Culture invited Maria Bokor, Artistic Director of the Vaganova Dance Society, to organize a Summer Extravaganza that the Romanian government would sponsor for three 2-week dance camps to be held in Constanta, Cluj-Napoca and Bucharest. The idea was to have both Canadian and Romanian dance instructors demonstrate their approaches to developing both Vaganova Ballet technique and artistry in dance performance; further, to share these values with students of many ages and levels of expertise.

In the heat of July, Canadian contingent flew from Edmonton, Alberta to the heart of Bucharest, Romania then traveled by bus to the first camp in Costanta. Classes were intense as students studied daily in Ballet, Tap and Jazz; culminating in a superb showcase at the end of the camp. Some of the most memorable experiences of this leg of the trip were the beautiful fresh flowers that the children brought for their instructors every day, as well as the opportunity to lay on a hot, sandy beach after classes and cool off with a dip in the Black Sea.

Busing through Transylvania to Cluj-Napoca (such a truly picturesque drive), a new camp with new students promised to be as wonderful as the first camp. Another successful show at the end of camp and we were off to Bucharest to do it all again!

Every aspect of the trip was wonderful. From the sandy beaches of the Black Sea to the cool, northern areas and then back to the vibrantly colorful streets of Bucharest, the physical beauty of Romania was astonishing. The streets were filled with people laughing, singing, and telling delightful stories. These people were warm, loving, welcoming, and undeniably generous. Their passion for the arts, for life, and for one another was palpable and invigorating. The Canadians soon learned, in Romania, "anything is possible."

Although the intent was to share dance techniques and lessons, the trip became so much more. It became about sharing joy. It became about sharing love. It became about sharing life. Perhaps the trip can best be summed up by what we Canadians said when asked about our adventures in a foreign land. "It's not about what we did in Romania. It's about what Romania did in us."

Gail Ledger



Maria Mitrache and Gail Ledger



Thanks to Riana Calota for making the exchange possible



1001 Nights show 1998 in Edmonton

As a mother of two very talented young dancers, I was thrilled when Maria Bokor brought the Vaganova technique to Edmonton. The style and technique of Vaganova enabled my daughters to develop a beautiful demonstration of arm and body technique that served them well in competition and exam work. I so believed in Maria and her amazing mentorship and skill that I was one of the President of the Vaganova Society. We, as a parent and instructor group, worked to spread the word of the Vaganova style of dance and create exchange opportunities for our dancers and those in Romania. Maria is a world class artist and I thank her for her dedication to our children's love of dance.

In addition to the exchange program, the Vaganova Dance Society was able to produce a number of incredible performances using local and international dancers. *1001 Nights* was one of these productions that was an amazing collaboration of very talented artists under the direction of the incredibly talented artistic director Maria Bokor

Trish Bronsch

My ballet training through the Vaganova Society was invaluable in making me the best ballet dancer I could be. The high caliber training allowed me to progress with prestigious schools across Canada and gave me a profound love and respect for ballet. The discipline, passion and grace ingrained in Maria Bokor's dancers is something that I carry with me through life and I feel fortunate to have shared this time and training with her and the wonderful dancers that I still consider friends. I look back on this time in my life with fondness and appreciation!

Jaclyn Bourgeois

Participating Dance Studios

Sandra Gray School of Dancing, Dansation (St. Albert), Blue Quill School of Dance, Art of Dance (St. Albert), Dance Dimensions (Bon Accord), Dance at Brijet's (Fort Saskatchewan), Dance FX (Wetaskiwin), Dancentral Studio, (Red Deer), West Edmonton Ballet Academy, Variations Academy of Dance



Soloists

Jaclyn Bourgeois, Tyrell Larson, Stacey Bronsch, Jenessa Hanley, Ellen O'Dowd, Jeff Kazmerak, Amanda Ryan, Crystal Lawton, Shauna Hawskins, Antonella Chiodo



Pat Bronsch, President



Amanda Ryan



Stacy Bronsch and Jenessa Hanley



Maria & Jenessa

1999 Tin Soldier in Edmonton



Principals: Jody Thompson, Tyrell Larson and Megan D'Agostini



Presented by the Vaganova Dance Society
Adapted by Maria Mitrache-Bokor, Artistic Director

Choreography by:
 Maria Mitrache-Bokor, Katalin Bihari, Valeria Dorokhova, Anna Kanavets,
 Vasyil Kanavets, Terri Critchley, Jennifer Mills, Tina Sjwed, Jamie Thompson

Cast

Joey Bothwell, Brittany Chesney, Marc Chiswell, Katrina Colbert, Kelsey D'Agostini, Megan D'Agostini, Jenna Daniluck, Julia Daniluck, Ariel Dodd, Scarlett-Rae Dodd, Camille Ensminger, Tara Gaucher, Ketiesha Gramlich, Shanessa Gramlich, Amanda Gray, Jenessa Hanley, Michelle Hanley, Bailey Hansen, Jenna Hansen, Lisa Hering, Cheryl Hoskin, Shauna Hoskin, Myvahna Ishaq, Dasha Kulchytska, Jill Koper, Tina Koper, Mikki Larson, Tyrel Larson, Crystal Lawton, Kelsey Lindeman, Katherine MacDonald, John MacDonald, Ryan MacKenzie, Shaun Magnaye, Tessa May Marr, Renee Massarr, Ellen O'Dowd, Catherine Parisian, Melissa Preston, Lance Relland, Hilary Scholten, Travis Sweetnam-Odlan, Katelin Switzer, Jodi Thompson Lindsey Van Camp, Jennifer Visconti, Ashley Vivian



Janessa Hanley, Megan D'Agostini and Tyrell Larson

2001 Workshop in St. Petersburg



Regina Kuzmicheva

St. Petersburg Master Classes

Every second spring, the Vaganova Dance offers a ten-day workshop at the Maryinsky Theatre in St. Petersburg Russia. Daily classes include ballet, character, pas de deux and variations. They are taught by Russian ballet masters.



Besides studying Vaganova Technique, students learn about the culturally rich city, going to historical sites, palaces, cathedrals and museums. Almost every night they watch the great classic ballets at the Mussorgsky Opera and the Maryinsky Ballet Theatre, and the Hermitage Theatre.



Janice Winter



Katalin Bihari, Carol Dodd, Vasyl Kanevets, Maria Bokor, Liliana Ilica

2002 Summer Workshops in Romania with Canadian teachers



Romanian students



Fun at the Black Sea



Jessica Pikush with Romanian boys

In 2002, Jessica Pecush and I (Jenessa Hanley) had the honour of traveling to Romania in a cultural exchange program sponsored by the Vaganova Society. We spent a full month exploring the country and teaching a variety of dances in summer intensives. Maria was our Vaganova technique teacher for many years and we had such a special relationship with her; she not only helped us grow as dancers, but also as young adults.



Jenessa Hanley, Maria Bokor & Jessica Pikush



Romanian teachers

We first travelled to Bucharest, the capital of Romania. We then travelled to the coast of Romania to Constanta, a beautiful place along the Black Sea. The dance studio was right on the beach, so you could hear the waves crashing along the shore as we were instructing! The Romanian students were enthusiastic, kind, gracious and *loved* dance! We established very strong connections and friendships with these young dancers. We both have memories of how kind and welcoming the people were, how beautiful and picturesque the country was, not to mention how delicious the food was!

From the coast, we travelled to the other side of the country through Transylvania to the stunning city of Cluj-Napoca, where we taught more youth and learned more about Romania. We visited churches that were hundreds of years old, Bran Castle (home to Dracula!), beautiful gardens, the Palatul Parlamentului (Palace of the Parliament), and one of the very first universities in Europe! Jessica and I both hold this time spent in Romania dear to our hearts! The people, the culture and the breathtaking countryside made this journey a life-changing experience. We are forever grateful to the Vaganova Society and Maria for setting up this exchange and for sharing her love for dance and passion for her country.

Jenessa Hanley & Jessica Pecush

2002 Workshop in Edmonton



Character Class



Vladimir Tsal with Alexandra Shieron

- There is a 10% discount for full payment post marked on or before April 15, 2002. Registration will be accepted on a first come, first served basis. Enrollment is limited.
- If not paying full fee in one cheque, payments must be made by post-dates in 1/3 equal payments. The first payment to include the \$30 processing fee, dated April 15th / May 1st / May 31st.
- Late registration will be accepted depending on available space in the level. Full payment must be made upon registration.
- All requests for refunds must be made in writing. No refunds after June 1. Processing fee is non-refundable.
- Full payment is due by May 31st, 2002.
- Teacher observation fee \$45.00 / day or \$15.00 / class.
- GST must be added to all fees.
- Students should register at the level they are presently working at. Some adjustments may be made during the first few days of classes.
- The right is reserved to alter the schedule or substitute teachers without notice or refund.

Accommodation

Summer Dance Gallery 2002 will arrange billeting for out of town students with a family at a cost of \$125.00 per week per student. Additional accommodation available at a local college.

Billeting fees are to be brought with student on the first day of classes.

Accommodation required:

Yes No

Facility and Surroundings

Dance Gallery 2002 will take place in one of Edmonton's best-appointed studios. Marr Mac is located in gentrified Old Strathcona, close to bus routes and a variety of restaurants, shops and theatres. It offers a 10,000 square foot facility with five studios, raised floors and high ceilings.

Russian Vaganova Dance Technique

Mrs. Vaganova (1879 - 1951) unified the ballet experience combining the best of what had been accomplished in the various traditions (French, Italian, Danish, Russian). The Vaganova Technique offers a clear and concise method characterized by a harmonious plasticity of movement of the whole body. It incorporates a natural placement of the head, precise moves, coordination, stability, high jumps with retained flexibility, and the strong "Vaganova kick".

Male dancers gain force and strength using their arms for turns and jumps. Complex exercises, emphasizing the fact that movement must come "from within", ensures reliable support and artistic collation of the step.

Some of the famous dancers who have benefited from education in Vaganova Technique are: Nureyev, Baryshnikov, Vasiliev, Danov, N. Makarova and many more. The technique is taught at the Kirov and Bolshoi Ballet Academies.

Photo: Anastasia Skladnikova
"The Most Talented Ballerina in Europe"

and "Russian Vaganova Technique Dance Society"

Presents

6th Annual Summer Dance Gallery 2002

Russian Vaganova Workshop

Vaganova Program - June 29 - July 12
Junior Program - July 1 - July 12

Anatoly Sidorov

Russian Ballet
Master & Director of the
Maly Ballet Opera Theatre
St. Petersburg



Regina Kuzmichova

Former Prima Ballerina
with the Mariinsky
"Kirov" Ballet Theatre



To be held in the 5 spacious, state of the art studios at
Marr-Mac Dance and Theatre Arts Centre
8627 - 109 Street, Edmonton, AB
Phone (780) 434-9261
Email marmmac_dance@hotmail.com

2003 Summer Workshop in Romania with Canadian teachers

Vaganova Dance Society has had a primordial impact on my years in the dance world and on the dance community and development of the art in western Canada. It was amazing to be gifted with the Vaganova system - a structure and philosophy so ahead of its time, it shares the backbone of the most contemporary approaches to sport and artistic training. VDS remarkably helped the entire dance community by allowing all those touched by it to feel they too may have an equal chance to find success on the world stage in dance. In fact, through the society's international outreach, a great number of us had the chance to learn, dance, and exchange skills with some of the best dancers in the world.

Erika Underhill



Erika Underhill, Maria Bokor, Romanian teacher & Stephanie Lambley



As a former student of Maria's I have so many fond memories of her teaching in a strict way of Vaganova Ballet Technique, that played such a positive role in my foundation of a dancer growing up. I enjoyed her and her ballet classes! I had an amazing opportunity through the Vaganova Society cultural exchange, to go to teach a Summer Workshop in Romania. From the beautiful country, to the great hospitality from Maria and Romanian people, to the hard working students, I had the pleasure of teaching, it's a trip I will always remember and still think about all these years later. Maria, thank you for being such a wonderful role model to me when I was such a young impressionable girl and Thank you for believing in me and offering me the job of a lifetime to teach in Romania. I will never forget that time in my life and the special person you are to me! Congratulations on all your success.

Love always,

Stephanie Lambley (Barber)



2003 Workshop in St. Petersburg



Anatoly Sidorov,
director of
Mikhailovsky Ballet Opera



Suzie Wittman with
Russian partner

During the Russia trips, a **Cultural Exchange** gives the opportunity for the Canadian students and Russian Students to meet, perform for each other and to have a special evening where dancers socialize and exchange souvenirs. Canadian students and teachers also had the opportunity to observe the Russian students and Company members in their Ballet and Character classes. **Video and photos are permitted in all classes**, which can be used as a resource and study upon returning home and a great souvenir of a wondrous trip.



Pas de deux class with Russian dancers



Vasyl Kanevets, Anatoly Sidorov and Regina Kuzmicheva

Les Sylphides & Etudes 15th Anniversary Gala 2003 in Edmonton

Choreography: Katalin Bihari, Valeria Dorokhova, Cathy McFarlane, William Thompson, Erika Underhill



Vladimir Tsal, soloist from St. Petersburg & Crystal Hartford

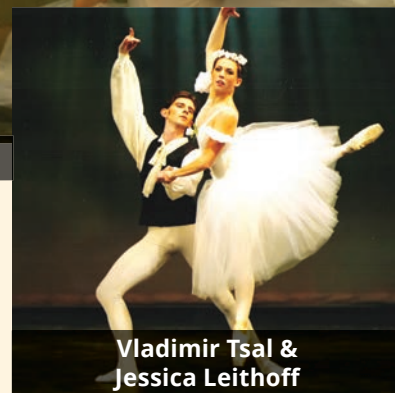


Marie McFarlane

Maria is like a mother to me. I met her the first year I moved to Canada 26 years ago. Since then we have worked together on several projects for the Vaganova Society, adopting the Vaganova technique to North American/Canadian students. The Vaganova technique is in my opinion one of the best – if not the only one – to create and develop the greatest classical ballet trained dancers with the ability to work with any choreographer. Knowing Maria through these years I learned about her passion, dedication and love for her work. Maria has a magical gift of warm kindness which brings out the best of her students, colleagues and friends. I am very lucky to know her and to be a part of this 30th Anniversary Gala as a friend and colleague and member of the Vaganova Dance Society.

Katalin Bihari

Vaganova instructor, examiner and choreographer



Vladimir Tsal & Jessica Leithoff



Katrina Colbert



Meagan Thwaites & Vladimir Tsal

Les Sylphides & Etudes 15th Anniversary Gala 2003 in Edmonton



Being a part of the production of *Les Sylphides* was my first introduction to the professional performance component of the Society. I was amazed at the level of repertoire taught to a variety of young ballet dancers, many of which had little or no experience in the Vaganova technique training system. There was very strong guidance from Artistic Director, Maria Bokor who coordinated several teachers and students from several schools in the Edmonton area. The rehearsals were full of excitement and energy. With much learning for all involved. I was really appreciative to have Maria and Bill Thompson to learn from with their professional backgrounds as I watched the production unfold in the studio walls. The experience of having the guest Russian soloists as part of the rehearsals with these young students and then to see them all performing together on our Edmonton stage was truly magical!

Cathy McFarlane
President, Vaganova Society



Katalin Bihari & Maria Bokor



Maria Bokor & Cathy McFarlane



Lindsey Hornland, Samantha Koebel, Kaitlin Switzer, Kayleigh Campbell, Christianne Ullmark, Ariel Dodd

Participating Schools: Art of Dance, Camrose Academy of Dance, Casey's Dance Centre, Citie Ballet, Dance Alberta, Edmonton Dance Factory, Marr-Mac Dance and Theatre Arts Centre, Russian School of Classical Dance, Sandra Gray School of Dancing, Shelley's Dance Company, Wainwright Dance Academy, West Edmonton Ballet Academy

Under the Artistic Direction of Maria Bokor, excerpts from this Classical Ballet were presented by several Edmonton and area teachers and their students. Dancers and teachers collaborated several hours per week to perfect choreography, style and technique. Along with guest Russian soloists, it was a unique and wonderful opportunity for dancers in training and their teachers to experience a truly professional production and experience.



2004 Summer Workshop in Romania with Canadian teachers



Dancers from Romanian Children's Palace



Romanian students at the Black Sea



Leanne Barden and Erika Underhill



The Vaganova society has been a pivotal organization in my life as a ballet teacher and arts enthusiast. Since my first trip to Russia in 2003, my scope of understanding of classical dance has grown exponentially. Training with the Russian ballet masters in technique, repertoire, and pas de deux honed my skills and sharpened my eye for classical line and form.

I loved the experience so deeply that I went on to organize a BC contingent for the following three Russia trips, sharing this unique experience with fellow teachers, students, and parents. A standout moment was sitting second row centre for the International Ballet Competition.

These experiences the Society brings to Canadian dancers have a deep and lasting impact. Friendships have been made with fellow Canadian dancers and Russians alike. Bravo Maria, Cathy, Janice, and all of the people who have made the Vaganova Society what it is today. Happy anniversary Vaganova Society on behalf of all of the BC dancers!

Leanne Barden

2004-2011 Workshops in Canada



Russian Vaganova Dance Technique Society
Artistic Director Maria Mitrache Bokor

Summer School

August 11-21, 2004
Ballet Intensive Workshop with



Regina Kuzmicheva
Ballet Mistress & Former Prima Ballerina
St. Petersburg, Russia

Pas de Deux
with soloists of **Mussorgsky Ballet and Opera**
St. Petersburg, Russia



Vladimir Tsal
Michael Venshchikov

Anton Chesnokov
Pavel Kuzmin

performance photos by Kevin Liu (kevinphoto@shaw.ca)



Vaganova Dance Society
Artistic Director Maria Mitrache Bokor

Summer School

August 22-27, 2005

Ballet Intensive Workshop with



Micheal Anatolievich



Vladimir Tsal
Company Dancers, St. Petersburg, Russia



2nd and 4th performance photos by Kevin Liu (kevinphoto@shaw.ca)



Vaganova Dance Society
Founder and Artistic Director Maria Mitrache-Bokor

Summer School

August 22-26, 2016

Ballet Intensive
Guest Teachers from St. Petersburg
in Edmonton, AB




Michael Venshchikov



Anastasia Lomachenkova



Vladimir Tsal

Ballet
Pointe • Variations
Pas de Deux

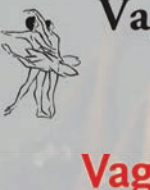


Ivan Grebenshchikov



Leonid Kisil

at **Edmonton Dance Factory**
201, 2674 Ellwood Road, Edmonton AB
Call 42-DANCE for a brochure
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Vaganova Dance Society
Artistic Director Maria Mitrache Bokor

Unique Vaganova Ballet Exchange

Workshop & Teacher Training

With Special Guest Ballet Master
Yamandu Delgado
Pedagogical Director, Ballet Divertimento, Montreal



Levels
10-12 years
12-14 years
15 years and up

Edmonton Workshop
June 22-27, 2012
at Marr-Mac Dance & Theatre Arts Centre
8627 109 Street
(780) 434-9281

Montréal Workshop
July 16-20, 2011
at Ballet Divertimento, Montréal QC
3505 rue Durocher
(514) 285-2157
Accommodation arranged close to studio

*Children &
Youth Ballet
School of
National Ballet
Opera Bucharest*



Delia Antonescu



Adela Davidescu



Daria Maria Ene



Ana Maria Ivan



Daria Alexia Neagoe



Ileana Popescu



Ioana Savulescu



Ariana Teodora Sitaru



Alexia Ioana Toma



Daria Maria Toma



ST. ALBERT • EDMONTON • STONY PLAIN



Ashley Dore



Kaitlyn Duncan



Amber Durrant



Aislinn Fedorchuk



Olivia Feser



Steffanie Harrison



Mara Larmand



Brynn Osborn



Jenna Rossmann



Nevaeh Saidler Zurich



Rowan Stephens



Keira Ward



Gillian Wood



Joelle Adedun



Kayla An



Cheyenne Anderson



Peyton Belter



Isabelle Brodeur



Sophie Buchanan



Katie Carter



Thalia Centeno-Lopez



Hanna Dowling



Jasper Eng



Zoe Gervais



Joy Han



Madilyn Hartum



Brooke Harvey



Madison Haydey



Amanda Hodgins



Kaitlyn Hodgins



Jordan Kasowski



Claire Kubiski



Bailey Lister



Sophia Lister



Kianna Ly



Mackenzie Mclean



Love and Passion of Dance

Act 1

Maria Mitrache-Bokor Artistic Director

Scene 1: Terpsichorean introspection

Terpsichore is the Greek muse of dancing and chorus

Vaganova Dance Society Alumni

Scene 2: Kalinka

Music Russian Folh Musical Instruments

Choreography Cathy McFarlane, Christina Breault, Callie Lissinna

Dancers Sky Bradley-Taubner, Madeline Chan, Chelsea Doruiter, Savannah Ezekiel-Gartland, Bella Herbers, Eva Holinski, Poppy Horton, Sophia Hoy, Roewan Hundt, Reese Kuchta, Katelyn McCartney, Amy McInnes, Anna Mussone, Maya Plant, Suriya Richards, Amelie Richartz, Reilly Rinaldi, Megan Schinking, Iva Shaw, Effie Smith, Zoe Yule

Marr-Mac Dance

Scene 3: Nutcracker Pas de Deux

Dancers Anastasia Lomachenkova and Anton Ploom

Mikhailovsky Theatre and SPB Ballet St. Petersburg

Scene 4: Polka

Children & Youth Ballet School of National Ballet Opera Bucharest

Music J Strauss

Choreography Magdalena Rovinescu

Dancers Delia Antonescu, Daria Maria Ene, Daria Alexia Neagoe

Scene 5: Raymonda Pas de Deux

Dancers Victoria Omelnitskaya and Mikhail Venshchikov

Mikhailovsky Theatre St. Petersburg

Scene 6: Chicklets from Swan Lake

Children & Youth Ballet School of National Ballet Opera Bucharest

Music Pi Ceaikovschi

Choreography Magdalena Rovinescu

Dancers Delia Antonescu, Adela Davidescu, Daria Maria Ene, Ana Maria Ivan, Daria Alexia Neagoe, Ileana Popescu, Ariana Teodora Sitaru, Daria Maria Toma

Scene 7: Scenes from Le Corsaire

Music Adolphe Adam, Riccardo Drigo, Ludwig Minkus

Choreography Teresa Bayrock & Nickolas Kolos

Soloist Amanda Hodgins

Dancers Joelle Adedun, Kayla An, Cheyenne Anderson, Peyton Belter, Isabelle Brodeur, Sophie Buchanan, Katie Carter, Thalia Centeno-Lopez, Hanna Dowling, Jasper Eng, Zoe Gervais, Joy Han, Madilyn Hartum, Brooke Harvey, Madison Haydey, Kaitlyn Hodgins, Jordan Kasowski, Claire Kubiski, Bailey Lister, Sophia Lister, Kianna Ly, Mackenzie Mclean, Jordyn Melnyk, Makena Micklich, Elima Monzavi, Breanna Romain, Jennie Schmidt, Georgia Skog, Mackenzie Smith, Téa Smith, Georgia Thom, Gwen VanEden, Jadeyn Van Oene, Alyssa Walter

Edmonton Dance Factory



Love and Passion of Dance

Act 2

Maria Mitrache-Bokor Artistic Director

Scene 1: Kalyna

Viter Ukrainian Dancers and Folk Choir

Music Sergey Rudej

Choreography Anna Kanevets

Dancers Megan Alexandruk, Kate Bahniuk, Lauren Cherkawy, Kalyna Ganderman, Tayler Hmilar, Ashley Kuchmak, Hanna Letuvin, Ariana Mendoza, Jaden Plaska, Tatiana Rylance, Alyssa Saskiw, Michael Zukiwsky

Scene 2: Onegin Pas de Deux

Mikhailovsky Theatre St. Petersburg

Dancers Victoria Omelnitskaya and Mikhail Venshchikov

Scene 3: Scene from Don Quixote

DanceCo Ltd.

Music Ludwig Minkus

Choreography Katalin Bihari

Dancers Ashley Dore, Kaitlyn Duncan, Amber Durrant, Aislinn Fedorchuk, Olivia Feser, Steffanie Harrison, Mara Larmand, Brynn Osborne, Jenna Rossmann, Nevaeh Saidler-Zurch, Rowan Stephens, Keira Ward, Gillian Wood

Scene 4: Ciocarlia

Children & Youth Ballet School of National Ballet Opera Bucharest

Music George Enescu

Choreography Magdalena Rovinescu

Dancers Delia Antonescu, Adela Davidescu, Daria Maria Ene, Ana Maria Ivan, Daria Alexia Neagoe, Ileana Popescu, Ioana Savulescu, Alessia Ioana Toma, Daria Maria Toma

Scene 5: Don Quixote Pas de Deux

Mikhailovsky Theatre and SPB Ballet St. Petersburg

Dancers Anastasia Lomachenkova and Anton Ploom

Scene 6: Pas de Trois de Odalisque

SLC Ballet

Music A. Adam

Choreography M. Petipa, staged by Teruyo Davis

Dancers Emily Martin, Brimley Oliff, Veronica Vigor

Scene 7: Excerpts from Swan Lake

Marr-Mac Dance

Music Tchaikovsky

Choreography Marius Petipa, adapted by Cathy McFarlane and Francois Chevennement

Dancers Kaylin Affolder, Sophie Arab, Angela Beauchesne, Michaela Bierman, Joanne Cai, Olivia Cai, Cydnee Chaulk, Isabella Contreras Woelfle, Ava Devlin, Emma Grace Fairey, Kate Fairey, Laura Gillard, Lillian Grundau Roden, Eliza Jackson, Deanna Ketsa, Ashley Krehut, Hannah Kulmatyki, Jasmine Lamarre, Callie Lissinna, Amelie Mah, Aliyah Maraj, Gabriella McDonald, Bridget McFarlane, Vincent McFarlane, Isabella Moodley, Meghan Moody, Laina Neill, Charles Nokes, Sydney Paterson, Maya Pillay, Sophie Richartz, Eden Rosenblum, Dasha Rozhdestvensky, Hannah Swatsky, Cassie Wong Wylie



Jordyn Melnyk



Makena Micklich



Elima Monzavi



Breanna Romain



Jennie Schmidt



Georgia Skog



Mackenzie Smith



Tea Smith



Georgia Thom



Gwen VanEden



Jadeyn Van Oene



Alyssa Walter



Kaylin Affolder



Sophie Arab



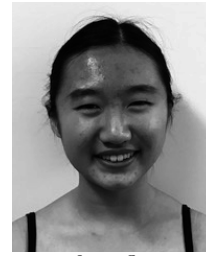
Angela Beauchesne



Michaela Bierman



Sky Bradley-Taubner



Joanne Cai



Olivia Cai



Madeline Chan



Cydnee Chaulk



Isabella Contreras Woelfle



Ava Devlin



Chelsea Doruiter



Savannah Ezekiel-Gartland



Kate Fairey



Laura Gillard



Emma Grace Fairey



Lillian Grundau Roden



Bella Herbers



Eva Holinski



Poppy Horton



Sophia Hoy



Roewan Hundt



Eliza Jackson



Deanna Ketsa



Ashley Krehut



Reese Kuchta



Hannah Kulmatyki



Jasmine Lamarre



Callie Lissinna



Amelie Mah



Aliyah Maraj



Katelyn McCartney



Gabriella McDonald



Bridget McFarlane



Vincent McFarlane



Amy McInnes



Isabella Moodley



Meghan Moody



Anna Musson



Laina Neill



Charles Nokes



Sydney Paterson



Maya Pillay



Maya Plant



Amelie Richartz



Sophie Richartz



Reilly Rinaldi



Eden Rosenblum



Dasha Rozhdestvensky



Megan Schinking



Iva Shaw



Effie Smith



Hannah Swatsky



Cassie Wong Wylie



Zoe Yule



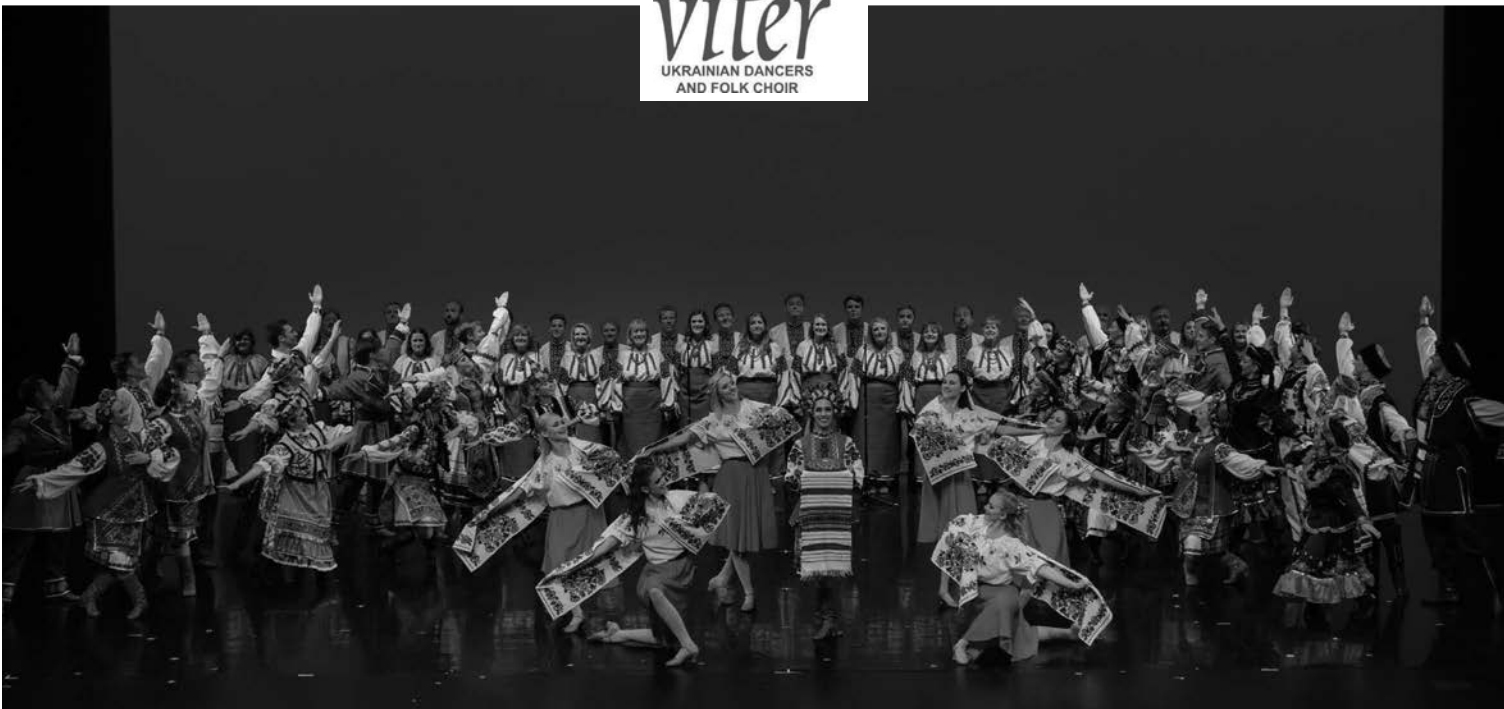
Emily Martin



Brimley Oliff

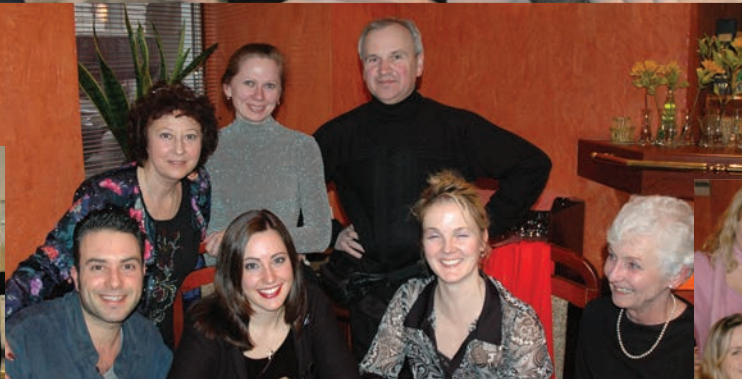


Veronica Vigor



Megan Alexandruk, Kate Bahniuk, Lauren Cherkawy, Kalyna Ganderman, Tayler Hmilar, Ashley Kuchmak, Hanna Letuvin, Ariana Mendoza, Jaden Plaska, Tatiana Rylance, Alyssa Saskiw, Michael Zukiwsky,

2005 Workshop in St. Petersburg



Anna & Vasyil Kanevets, Maria Bokor, Peter Bokor, Erika Underhill, Monika Langer, Susie von Hellerman



Teresa Bayrock, Liane Bardon, Diane Shieron

The St. Petersburg Trip is a **Rich Cultural Experience**, filled with guided tours of **Historical sites**, Peter the Great's and Catherine's Palaces, The Hermitage Museum, Isaac Cathedral, and St. Nicola's Church and five unforgettable evenings of **Ballet Performances** at the famous Mariinsky, Mickhailovsky, Nicholaevsky Ballet Theatres!



Monika Langer & Michael Venshchikov

2005 Workshop in St. Petersburg



Several years ago during spring break my daughter Alexandra and I had the opportunity of a lifetime to travel to the cultural capital city of Russia – St. Petersburg, a port city on the Baltic Sea that was established in 1703 a most famous UNESCO World Heritage Site.

She and 20 other ballet student from Canada were there to take master classes in Vaganova ballet technique at the famous Mussorgsky Theatre with the Artistic Director of the company, a former ballerina of the company, a professor from the Vaganova Dance Academy and several male dancers from the Mussorgsky Ballet Company. The girls were expected to work hard and make corrections as recommended by their teachers and act as professionals – NO silliness or talk in classes.

One of the most exciting and unique experiences were the pas de deux classes with the male dancers – a training very few girls in Canada receive during their dance classes. The girls learned to dance on the famous raked stage floors and saw beautiful art scenery sets painted by famous Russian artists.

Every day became a cultural experience as the girls were involved in sight seeing the beautiful baroque and neoclassical architecture of Saint Petersburg including the Hermitage, Summer Palace of the Tsars, St. Isaac's Cathedral, Peter & Paul Fortress, Church of Spilled Blood and the world famous Mariinsky Theatre. These beautiful buildings contained amazing artworks, furnishings and costumes from the past centuries.

Each evening the girls were treated to beautiful ballet performances including *La Sylphide*, *Don Q*, *Swan Lake*, *Sleeping Beauty*, *Giselle*, works of Balanchine and Forsythe. Each performance was accompanied by *live* orchestras of famous musicians and conductors – not a commonality in our Canadian Ballet performances.

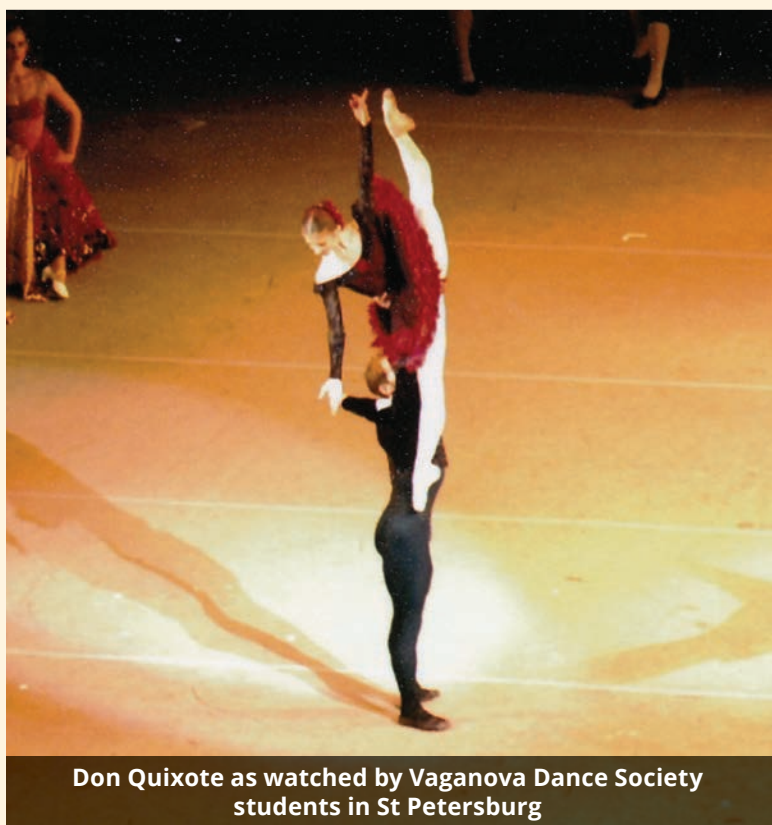
The girls interacted with students from a Russian Fine Arts Dance School where they were treated to Character dances and beautiful traditional Russian character costumes. These students were the same ages as our dancers. *Both groups of students interacted socially* even though they did not speak the same language. They communicated through dance and the joy of youthful energy.

These experiences were all made possible by Maria Mitrache Bokor, her executive members of the Vaganova Dance Society of Edmonton, AB and artists connections she knew. It was an experience and education of a lifetime to see how the Professional World of Ballet in Russia was experienced by our girls.

Diane Shieron



Sleeping Beauty as watched by Vaganova Dance Society students in St Petersburg



Don Quixote as watched by Vaganova Dance Society students in St Petersburg

Esmeralda 17th Anniversary Gala in 2005



A romantic ballet, after “Notre-Dame du Paris” by V. Hugo Version by J. Perrot – M. Petipa
Directed by **Maria Mitrache Bokor**

Choreographers: **Maria Mitrache-Bokor, Katalin Bihari, Valeria Dorokhova,
Cathy McFarlane, William Thompson, Erika Bokor**

Vladimir Tsal & Michael Venshchikov, guests from the Mikhailovsky Ballet Opera in St. Petersburg



Participants: Beaumont School of Ballet, Camrose Academy of Dance, Citie Ballet, Dance Alberta, Dance Unlimited, Dansation, Edmonton Dance Centre, Edmonton Dance Factory, Edmonton School of Ballet, Lecky School of Dance, Marr-Mac Dance, Sandra Gray School of Dancing, Shelley’s Dance Company, Shylo’s School of Dance, Vimy Ridge, Vohon Ukrainian Ensemble, West Edmonton Ballet Academy



Halte de Cavalerie 17th Anniversary Gala in 2005

A comedy by
P. A. Gusev after
Marius Petipa
Directed by **Maria
Mitrache Bokor**

Choreographers:
**Maria Mitrache-
Bokor, Valeria
Dorokhova,
Cathy McFarlane,
William Thompson**



Alexandra Shieron



**Vladimir Tsal, Andrea Gregorio,
Peter Akai & Alexandra Shieron**



Michael Venshchikov



**Elise Seehagel &
Michael Venshchikov**



Darren Devaney, Vladimir Tsal & Peter Akai

2007 Workshop in St. Petersburg



Don Quixote 20th Anniversary Gala 2008 in Edmonton



Marco Eugenio



Kimberly Ballard, Maria Bokor and Rick Wacko guest from Salt Lake City University

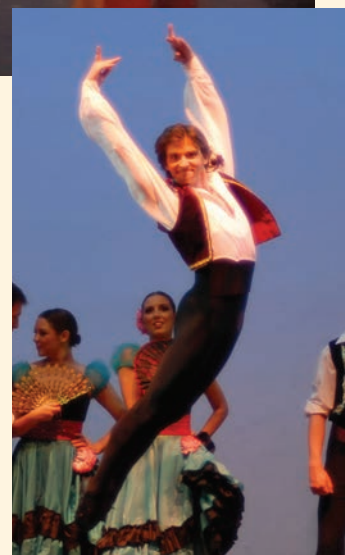
Sarah de Vries and Vladimir Tsal guest soloist from St. Petersburg

Based on the novel by Miguel Cervantes:
Libretto by Marius Petipa
Adapted by **Maria Mittrache Bokor**

With guest soloist from the Mikhailovsky Ballet
in St. Petersburg, Russia
Michael Venshchikov

Kimberly Ballard, Character Dance Company, U of Utah

And special guest artists from Edmonton
William Thompson, Katalin Bihari, Ilya Vodopianov,
Gunnar Blodgett and Marco Eugenio



Marco Eugenio & Gunnar Blodgett



William Thompson



Ilya Vodopianov

Don Quixote 20th Anniversary Gala 2008 in Edmonton



Michael Venshchikov, guest soloist from St. Petersburg Russia



Abbey Preston & Katie Taschuk

Choreographers: Maria Mitrache Bokor, Katalin Bihari, Francois Chevenement, Valeria Dorokhova, Vasyl and Anna Kanevets, Sharee Lane, Stéphane Leonard, Cathy McFarlane, Sally Ogden, William Thompson, Rick Wacko, Regina Zarhin, Patricia Kostik



Ukrainian Shumka Dancers



Kimberly Ballard, Utah



Samantha Underhill

Don Quixote 20th Anniversary Gala 2008 in Edmonton



Sam Underhill & Sarah Harder



Character Dance Company Utah



Brody Kalwajtys



Brittany Koebel, Abby Wong, Kathleen Zenith



Shelly's Dance Co

Don Quixote 20th Anniversary Gala 2008 in Edmonton



Tryzub Ukrainian Dance Ensemble

Tryzub Ukrainian Dance Ensemble



Principals

Don Quixote Gunnar Blodgett

Sancho Panza Marco Eugenio,
Ukrainian Shumka Dancers

Dulcinea Katalin Bihari

Kitri Sarah de Vries

Basil Vladimir Tsal

Lorenzo Ilia Vodopianov

Gamache William Thompson

Espada Michail Venshchikov

Mercedes Kimberly Ballard

Cupid Brody Kalwajtys



Vladimir Tsal and Sarah DeVries

Participating Companies

Canada's Royal Winnipeg Ballet School, Character Dance Company (University of Utah), Citie Ballet, Dance Alberta, Edmonton Dance Centre, Edmonton Dance Factory, Marr- Mac Dance & Theatre Arts Centre, Russian School of Classical Dance, Sandra Gray School of Dancing, Shelley's Dance Company, Ukrainian Shumka Dancers, Tryzub Ukrainian Dance Ensemble of Calgary, University of Calgary Dance Department, Volya Ukrainian Ensemble (Edmonton)



Anastasia Rozhdestvensky



2009 workshop in St. Petersburg



Since 1995 The Vaganova Dance Society has organised and sponsored these **Culturally Explosive Trips and Master Ballet Workshops in St. Petersburg, Russia**, every two years. Dancers (ages 12 and up), teachers, parents and dance lovers enjoy a rich and extraordinary experience and vacation all in one! The Vaganova Dance Society provides subsidies to students and teachers who wish to attend the Russia trip and volunteer one shift at their Casino.



Etudes & Moments of Giselle & Le Corsaire show 2011 in Edmonton



Etudes

Adaptation Maria Bokor
Choreography Maria Bokor, Teresa Bayrock, Christina Breault, Vasyl Kanevets, Cathy McFarlane
Dancers Edmonton Dance Factory and Marr-Mac Dance

Giselle Act I Excerpts

Adaptation Cathy McFarlane
Dancers Marr-Mac Dance

Le Corsaire Act III Scene II

Adaptation Maria Bokor
Dancers Marr-Mac Dance

Principals

Giselle Bridget McFarlane
Medora Julia Eccleston
Flora Stephanie Reimer

Vaganova Dance Society
 23RD Anniversary
 Artistic Director
 Maria Mirache Bokor
 presents
Etudes
 by C. Czerny
*Moments of
 Giselle and Le Corsaire*
 Guests from **Citie Ballet**
 With
 Edmonton Dance Factory
 Marr Mac Dance And Theatre Arts
7:30 p.m., December 9, 2011
Dow Centennial Theatre, 8700-84 St., Fort Saskatchewan
 Adults - \$20.00 • Youth (12 yrs and under) and Seniors \$15.00
 Tickets available at Marr-Mac Dance 780-434-9281
 or Edmonton Dance Factory 780-423-2623
 www.vaganovadancc.com • info@vaganovadancc.com

2011 workshop in St. Petersburg



Russian Character teacher Sergey Gorbatov



Vladimir Tsal and friends from Mussorgsky Opera

2013 Workshop in St. Petersburg



Russian ballet master teacher Galina Bashlovkina

The students in all St. Petersburg workshops, besides the ballet, have the opportunity to take character dance class. Character dance is an essential part of a ballet performance. Its role is to help the dancer render a character, and represent a story to the audience. Character dance also includes national, folk dance stylized for a ballet production, like the national dances in *Swan Lake* and *Don Quixote*. To develop a well-rounded and engaging dancer, character dance knowledge and skills are vital. The students in our Vaganova Dance Society trips are able to acquire knowledge firsthand from well-known and experienced teachers and dancers. The Society also produces a ballet showcase performance where members can showcase their newly acquired interpretive skills.

As the Vaganova Dance Society celebrates its thirty year history, we count as one of our accomplishments, the enrichment of our dancers in the art of ballet. I wish to extend my congratulations to Maria Bokor, and to all our members on the 30 year anniversary. I would like to thank everyone who has made this association possible through your hard work and volunteer efforts.

— *Vasyl Kanevets*,
Artistic Director, Vykrutas Ukrainian Dance

Russian Stars: soloists from St. Petersburg show 2015 in Edmonton



Swanice Luong

Act I: Don Quixote by Minkus

Adaptation Maria Bokor

Choreography Cathy McFarlane, Christina Breault,
Maria Mitrache Bokor, Katalin Bihari, Terry Davis

Dancers Marr-Mac Dance, SGSDance and
SLC Ballet Children's Academy

Act II: Coppelia by Delibes

Edmonton Dance Factory

Choreography Teresa Bayrock and Maria
Mitrache Bokor



Russian Stars: soloists from St. Petersburg show 2015 in Edmonton



Mikhail Venshchikov and Elvira Khabibullina



Andrea Laššáková and Nikolai Korypaev



Three couples, soloists from St. Petersburg Russia



Anton Ploom & Anastasia Lomachenkova



Vaganova Dance Society Exams 2017 & 2018



It has truly been a pleasure as a teacher and a dancer to enter into Vaganova examination sessions. The format of the exam is very positive and encourages the student to continue the hard work of ballet training. With the class attending the exam as a corp de ballet, they learn to dance in synchronization with each other as they would on stage. However, the technical, musical and performance qualities are marked independently of each other. The character component introduces a fun element of movement and style. It is of great benefit for the teacher to be able to compose her own exercises for each level while following the syllabus guidelines set out by the Society. In this way the teacher can work within her own talent and creativity, while at the same time highlighting her students' strengths and abilities. The feedback from two or more Master Vaganova examiners allows for a thorough critique and purity in assessment of the true Vaganova technique and style.



-Cathy McFarlane



Vaganova Dance Society Exams 2017 & 2018

I have experienced and studied many methods of ballet, however, it wasn't until my exposure to Vaganova that I felt as if I was working on my technique but also dancing. Vaganova to me has a way of making you feel like you are dancing even though you are just doing a plié exercise. This is what made me fall in-love with this method of ballet, and this love of the balance of training and dancing is what I want to share with my students. The use of the upper body that is unique to Vaganova seems to transform my students dancing.

– *Nicholas Kolas, dancer, Vaganova teacher*



Nicholas Kolas



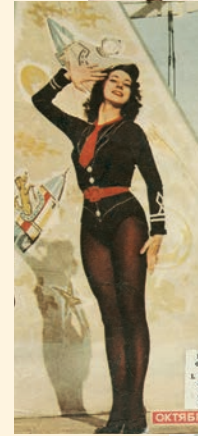
Examiner Adonis Daukaev



Teresa Bayrock, Maria Bokor and Nicholas Kolas

Maria Mitrache Bokor

Founder and Artistic Director of Vaganova Dance Society, Mrs. Mitrache-Bokor was a Prima Ballerina with the National Operetta in Bucharest for 20 years. She immigrated to Canada in 1978 and has been a Ballet Mistress and Choreographer since. A firm believer in the value of the Vaganova technique, Maria has played a large role in promoting and popularizing the Russian ballet technique in Alberta.



Selected Awards

- Order of Arts Chevalier – Romania, 2005
- Dame of Grace – Knights Order of Malta, 1987
- Gold Medal, International Ballet Festival – Lithuania, 1973
- National Cultural Merit – Romania, 1968



Pierre and Maria Bokor



I am grateful to Maria for introducing the Vaganova style to me. It continues to enhance my teaching and benefit my students. I also have a wonderful friendship and partnership working with Maria on the Vaganova Board and its many events. Thank you!

Cathy McFarlane,
Director, Marr-Mac Dance and Theatre Arts



“Maria has been a valuable member of the Edmonton and Alberta dance community. Her energy appears to be inexhaustible. Her training and performance experience give her a unique perspective in North America”

Dick Foose, Dance Consultant,
Alberta Culture and
Multiculturalism



Participating Schools in 30th Anniversary Gala 2018



Ballet School of the National Ballet Opera Bucharest



SLC Ballet



Edmonton Dance Factory



Marr-Mac Dance



DanceCo



Vaganova Dance Society

Autograph Page



Anastasia Lomachenkova



Victoria Omelnitskaya



Anton Ploom



Mikhail Venschikov



Vaganova Dance Society's Board of Directors 2008-2018



Cathy McFarlane
President



Maria Mitrasche-
Bokor
Artistic Director



Janice Winter
Treasurer



Vasyl Kanevets
Co-Artistic Director



Madelaine Lussier
Secretary



Valeria Dorokhova



Anna Kanevets



Patrice Colbert



Patricia Bronsch



Gail Ledger



Natasha
Rozhdestvensky



Katalin Bihari



Sandy Hanley



Gloria Thompson



Doug Hnatiuk



Peter Toma



Rick Wacko



Pierre Bokor



Erika Underhill



Monika Langer



Eleonora Langer



Shelley Gramlich



Doina Serbanescu



Lesley Campbell

Congratulations for 30 years of performance

**Looking forward to 30 more years of wonderful
contributions to the Alberta dance community**

*Photography by Erika Underhill
Production by Gunnar Blodgett*

www.vaganovadancealberta.com