PROS ART BALLET

# JUNIOR BALLET COMPANY

## 2026/27 – SESSION 3

**PRESENTATION OF THE PROGRAM**

PROSART BALLET COMPANY
UNDER THE DIRECTION
OF ANTOINE PROS & LEONA SIVOŠ

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# ABOUT US

ProsArt Ballet Junior is a vocational and certificate-granting training program for classical and contemporary dancers wishing to fully commit to an artistic career.

**Founded by Antoine Pros and Leona Sivoš, professional dancers and educators, the program was born from their experience on stage, in companies, and in teaching.** Their shared vision was to create a structured, rigorous, and deeply human working environment, allowing dancers to develop a solid technique, a strong artistic identity, and true professional autonomy.

Inspired by the actual operations of a professional company, ProsArt Ballet Junior places artistic excellence, stage experience, and the dancer's well-being at the heart of its pedagogy. The program is distinguished by the quality of its instruction and its international artistic collaborations. Between 5 and 10 performances are organized per season.

# THE TRAINING

**ProsArt Ballet Junior is a vocational and certificate-granting training program, designed to provide concrete support for dancers as they transition into the professional world.**

The program offers full immersion into the reality of the dance profession: daily classes, rehearsals, repertoire, choreographic creations, performances, career coaching, and meetings with renowned artists.

The goal is to train versatile, mindful, and technically solid artists who are capable of meeting the demands of the professional world.

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# PROGRAM

**The program runs from October to June. The days are structured based on the model of a professional company and are organized around several complementary areas.**

## Fundamentals of the professional dancer

Classical technique, contemporary technique, musicality, precision, coordination.

## Professional and stage experience

Classical and contemporary repertoire, choreographic creations, rehearsals, performances, and artistic projects.

## Physical and mental preparation

Muscle strengthening, Pilates, yoga, body awareness, injury prevention, stress management.

## ProsArt Ballet Certification

Continuous assessment, validation of acquired skills, and certification upon completion of the program.

## Career development

Audition preparation, artistic CV, professional photos and videos, career strategy.

*The caliber of a program is also measured by those who lead it.*

*At ProsArt Ballet, dancers grow alongside renowned, dedicated artists who are directly connected to the professional world.*

# INSTRUCTORS

## THE TEACHING STAFF

**This team ensures pedagogical continuity, daily guidance, and individualized artistic mentoring throughout the program.**

### Antoine Pros

**Artistic Director, pedagogue, choreographer and coach**

Born in Albi, he began his dance training under Line Jenny Neel before attending the Conservatories of Toulouse and Marseille. As a scholarship recipient at the *Prix de Lausanne*, he went on to further his training at the *Houston Ballet Academy*. He then embarked on an international career, performing with the *Colorado Ballet*, the *Thüringen Ballet*, the *National Ballet of Brno*, the *English National Ballet*, and the *Israel Ballet* (Ballet National de Tel-Aviv). He performed both corps de ballet and soloist roles in works by M. Petipa, J. Kylián, U. Scholz, K. Pastor, R. North, and many others. Since 2016, he has focused on pedagogy, choreography, and well-being. He is now Artistic Director of *ProsArt Ballet* in Albi.

### Leona Sivoš

**Artistic Director, Coordinator, Ballet Mistress and Choreographer**

Trained at the Zagreb School of Classical Dance, and a semi-finalist at the *Prix de Lausanne* in 2007, she continued her studies at the *Munich Academy*, graduating in 2009. She began an international career with the *Thuringian Ballet*, then with the *Mönchengladbach and Krefeld Theatre*, the *Croatian National Theatre Split*, and the *Compañia Nacional de Danza* in Madrid, under the direction of José Carlos Martinez. There, she performed both corps de ballet and solo roles in works by renowned choreographers such as M. Petipa, G. Balanchine, W. Forsythe, O. Naharin, J. Kylián, and N. Duato, among others. Since 2023, she has also been the coordinator and teaching assistant for the *ProsArt Ballet* training program in Albi.

### Mónica Ramirez de Leon

**Ballet coach**

She began her classical dance training at the George Berard Dance School in Mexico, where she acquired the foundations of the *Vaganova* technique. At the age of 15, she participated in the *Attitude* dance competition and won a scholarship to join the *Ballet-Études* program in Lyon. She then returned to Mexico to continue her training with Hector Hernandez before coming back to France, where she joined the *École Nationale Supérieure de Danse de Marseille*. After passing her *Technical Aptitude Exam*, she joined Pascal Touzeau's company in Bordeaux, where she also danced for several choreographers, including Sandra Valentini, Sohrâb Chitan, Anthony Egea...

# GUEST ARTISTS & INTERNATIONAL COLLABORATIONS

**One of the essential pillars of ProsArt Ballet rests on the quality, renown and diversity of the artists with whom the dancers are led to work.**

**Each season, the program collaborates with renowned choreographers, teachers, ballet masters and company directors from international stages and companies.** These artists are involved in courses, masterclasses, creations, repertoire, rehearsals and stage projects.

This approach allows dancers to:

- be exposed to **varied aesthetics and techniques**,
- gain a concrete understanding of the **demands of the professional world**,
- immerse themselves in an **international artistic network**,
- benefit from **constantly renewed**, demanding training connected to current dance trends.

## Artists who have collaborated with the program

**Daniel Castillo** – former soloist with the Compañía Nacional de Danza (Mexico), classical dance teacher

**Lucie Barthélémy** – State-certified teacher, former soloist with the Compañía Nacional de Danza (Spain)

**John Jairo Svensson** – dancer and choreographer, former soloist of the Poznań Ballet

**Florencia Chinellato** – choreographer and rehearsal director, former soloist with the Hamburg Ballet

**Juan Bockamp** – choreographer, specialist in historical repertoire

**Lienz Chang** – ballet master at the Bordeaux National Opera and choreographer

**Odsuren Dagva** – former soloist of the Düsseldorf Ballet and choreographer

This list is not exhaustive and reflects the diversity of top-level professionals with whom the dancers work each season.

## A VIBRANT AND EVOLVING ARTISTIC TEAM

Prosart Art Ballet chooses a dynamic artistic team, renewed each year according to projects and collaborations.

# CAREER PATHS

**The comprehensive training offered by ProsArt Ballet Junior opens many doors in the world of live performance. Our students can join prestigious ballet companies and theaters, participate in musical shows or choreographic productions, or choose the path of freelance performing arts to fully live their passion.** Some also pursue teaching or artistic transmission, while others join collaborative projects or emerging companies. This diversity of paths reflects the versatility and professional preparation acquired within our program, giving each student all the tools to transform their talent into a concrete artistic career.

Upon completion of the training, the dancers are prepared to:

- To attend national and international auditions,
- to join professional companies,
- develop a career as a dancer, performer, or freelance artist,
- participate in choreographic projects and stage productions.

The training emphasizes autonomy, versatility and the realities of the profession.

## Témoignages

**Yukino Shiga**

« It was a very enriching experience. The daily classes were held in small groups, which allowed me to stay highly focused and work with great precision. I had the opportunity to collaborate with inspiring choreographers, and in addition to classical ballet, the program offered various types of classes. Thanks to this experience, I gained new perspectives and tools I hadn't encountered before. The program provides a structured and stimulating environment in which young dancers can explore and delve deeper into ballet. The work I did and the support I received subsequently enabled me to secure a professional contract with the *Opera Națională Română Timișoara* in Romania. »

**Anita Campos**

« I enjoyed following the program offered by *ProsArt Junior Ballet*. Dancing solo roles allowed me to gain experience and confidence, and helped me secure a professional contract for a production afterward. I am very grateful for the training and support I received. »

# THE STAGE AT THE HEART OF THE PROJECT

**ProsArt Junior Ballet is a fully-fledged junior ballet: a training structure within a company dynamic, where the production of shows constitutes a central axis of the artistic project.**

**The dancers develop within a demanding framework, structured by creation, rehearsal, and performance, in direct contact with the realities of the stage. Stagecraft, adaptation to performance spaces, understanding of technical equipment (lighting, sets, stage management), and managing the emotional challenges of performing are all integral parts of their training. This continuous immersion develops performers capable of thriving in a structured, high-level artistic environment.**

From the second season onwards, this direction was solidified through 10 performances and presentations between October 2025 and May 2026, placing the stage at the heart of the dancers' artistic development. Two major productions particularly marked the season: Cinderella and The Rite of Spring.

**The choreography for Cinderella was created specifically for the dancers by Leona Sivos and Antoine Pros, while The Rite of Spring was choreographed by Odsuren Dagva, also created for the dancers. Boléro, meanwhile, was entrusted to choreographer Lienz Chanz (the piece was already written).** These works were conceived for the dancers of the Junior Ballet and constructed in direct dialogue with them, in a logic of transmission and artistic requirement.

The performances were notably held at the **Théâtre des Cordeliers, a national theater with approximately 850 seats**, boasting a large stage and comprehensive technical equipment. This context places the dancers face to face with the concrete realities of a large-scale production: coordination with the technical teams, adaptation to the venue's constraints, management of unforeseen events, and artistic commitment before a large audience.

**ProsArt Junior Ballet thus affirms its identity: a junior ballet rooted in the reality of creation and dissemination, with a significant volume of performances, original productions and collaborations with renowned choreographers.**

The dancers build their experience there over the course of the shows, in demanding stage conditions and in leading performance venues, at the crossroads of high-level training and the functioning of a company.

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# PRICING & FINANCING

**Total cost of the training: €7,800**
**For a training period from October to June**

*Payment in installments is possible upon request.*

This price includes :

- **All courses and workshops,**
- **choreographic projects and performances,**
- **the educational and artistic supervision,**
- **the costumes,**
- **professional photos and videos,**
- **career coaching (CV, photos, videos, auditions),**
- **ongoing assessment and certification *ProsArt Ballet*.**

*No hidden fees: the training is designed as a complete professional artistic experience.*

## SCHOLARSHIPS

There is no automatic institutional funding for this program.

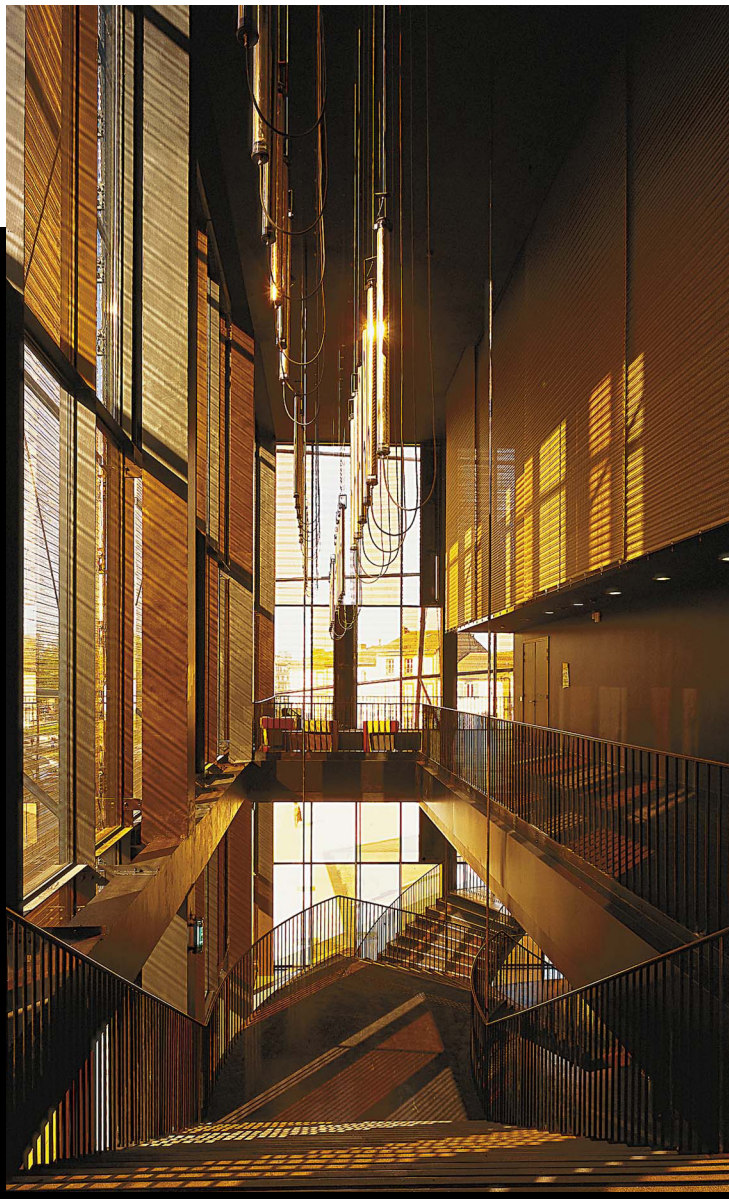
However, **scholarships may be awarded by the program director, depending on the applicant's artistic potential, background, and personal circumstances.** These scholarships can cover up to 50% of the total cost of the program.

Scholarships may be partial or exceptional. All scholarship applications must be accompanied by a complete artistic portfolio and a letter of motivation, clearly explaining the reasons for the application, the dancer's background, and their professional goals.

Applications are reviewed on a case-by-case basis, subject to availability.

**For applicants not receiving a scholarship, ProsArt may cover visa costs if necessary.**

# LIFE IN ALBI



**Located in Albi, a UNESCO World Heritage city, ProsArt Ballet offers an ideal environment for artistic training:**

- A cultural city on a human scale.
- Quality of life and preserved natural environment.
- Cost of living and affordable housing, compared to major European capitals.
- Partner accommodation options.
- Close to Toulouse (45 min)
- Easy access by train.

This context allows the dancers to fully dedicate themselves to their training in optimal conditions, both artistic and personal.

## INSTITUTIONAL PARTNERSHIPS

Over the years, ProsArt has forged links with major cultural venues in Albi such as the Scène Nationale and L'Athanor. It also regularly receives support from the Albi town hall.

Scène Nationale d'ALBI-Tarn SNA

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