

FALL 2025 LECTURE SERIES



10.01.25
CATI JEAN
Classical Floor

Classical Floor Barre/Classical Barre au Sol MYLES LAVALLEÉ

Contact Improvisation 11.20.25 MALIA BAKER

Jazz



CATIJEAN

Classical Floor Barre/ Classical Barre au Sol

Dance educator Cati Jean will offer a comprehensive conditioning experience for both the mind and body, grounded in the principles of traditional Classical Ballet and the Boris Kniaseff method. Performed on the floor rather than at the barre, this method enhances proper alignment, full-body coordination, strength, and control, targeting the feet, ankles, legs, back, and especially, the core to promote flexibility and safe hip rotation. Exercises are designed with repetition, breath control, and energy awareness, helping dancers internalize precision while reducing injury risk. Jean has studied Barre au sol in the South of France since childhood. In Paris, she trained daily in the Kniaseff method with her mentor, Jacqueline Fynnaert, a Floor Barre teacher at the Paris Opera. Jean continues her training with Odile Bastien, who studied under Nina Vyroubova (Etoile at the Paris Opera and Kniaseff's wife). Jean's teaching reflects this deep lineage and tradition.

Wed, October 1 | 10:15 a.m. | Free Core Performance Center (CPC) 304



MYLES LAVALLEÉ

Contact Improvisation

Los Angeles-based artist and choreographer Myles Lavalleé

will lead a guided contact improvisation class that explores the conversation of dance and movement through the lens of call and response. With a focus on weight distribution, the class will engage in structured tasks and explorations that deepen understanding of how to lead and be led - sometimes simultaneously - and dive into the textures of touch, timing, and tone to discover the dynamic range of partnering through physical dialogue. Lavalleé premiered Leaving With Hope with LACDC and performed alongside RZA in A Ballet Through Mud. He has worked with renowned choreographers Crystal Pite and Ohad Naharin, and performed with Para. Mar Dance Theatre, Bodytraffic, Post:Ballet, Ishida Dance, and Heidi Duckler Dance, Lavalleé has danced and led

workshops at Les Grands Ballets Canadiens (LGBC) de Montréal and Hubbard Street Dance Chicago (HSDC), and was twice commissioned to create original works for Ballet Arizona's Innovations program.

Thu, October 23 | 12:30 p.m. | Free Core Performance Center (CPC) 304



MALIA BAKER

Jazz

Malia Baker will present a high-energy, technically

grounded Jazz class that begins with a 30+ minute physiotherapy-informed warm-up to fully activate the body. Across-the-floor sequences will emphasize musicality, directional changes, and weight transfer. The class ends with a performance-style combination, encouraging observation, self-expression, and refinement. Baker is a professional dancer, choreographer, and teacher who lives in Los Angeles. Her recent credits include choreographing and dancing for Purple Disco Machine at Coachella 2024, Sofi Tukker's "Spiral" video with Heidi Klum, and Mariah Carey's All I Want for Christmas Is You (25th Anniversary) video. Baker has taught internationally at schools, studios, and conventions, and regularly teaches at TMILLY, Millennium Dance Complex, and Movement Lifestyle. In 2023, she joined Bob's Dance Shop as a dancer, choreographer, and "LadyBob."

Thu, November 20 | 10:15 a.m. | Free Core Performance Center (CPC) 304

Sponsored by the SMC Associates and SMC Dance Department.

& If you need an accommodation due to a disability, please contact the Center for Students with Disabilities at dsps@smc.edu or 310-434-4265, at least 5 business days in advance.

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