

# *Children's Folk Dance*

## **Lara Ciganko Balach**



**CHILDREN'S FOLK DANCE:** A selection of Slavic ethnic dances will be learned during this workshop. All participants are invited to perform these dances during the July 17 performance with members of the Carpathy Children's Folk Dance Ensemble. Please wear comfortable exercise clothing and tennis shoes during the workshop.

**LARA CIGANKO BALACH:** holds a MFA and BFA in Dance from Florida State University, an AISTD and ACUA (Associate Imperial Society of Teachers of Dancing and an Associate Cecchetti USA). Lara has extensive training in both classical ballet and modern dance and has been teaching children of all ages through adults for over 20 years. Currently she is on faculty at Main Street School of Performing Arts in Hopkins, MN and also teaches for and is a board member of the newly formed Midwest School of Ballet. Lara is also the artistic director of the Carpathy Children's Folk Dance Ensemble and a company member of the Lipa Slovak Dancers. Since moving to Minnesota, Lara is so happy to once again connect with her ethnic heritage through dance and had the wonderful opportunity to work with choreographers Alena Paulusoca and Frantisch Novotny of the Sarisancek company from Presov while she was visiting Slovakia this past summer, hence helping her to continue sharing this wonderful dance form to our youth and the community.