



*Professional Division*

General Informations



- *Pre-Elite (Preperatory level for ages 8-10)*
- *Junior levels (Grade 1/2/3)*
- *Intermediate levels (Grade 4/5/6)*
- *Advanced levels (Grade 7 & 8)*

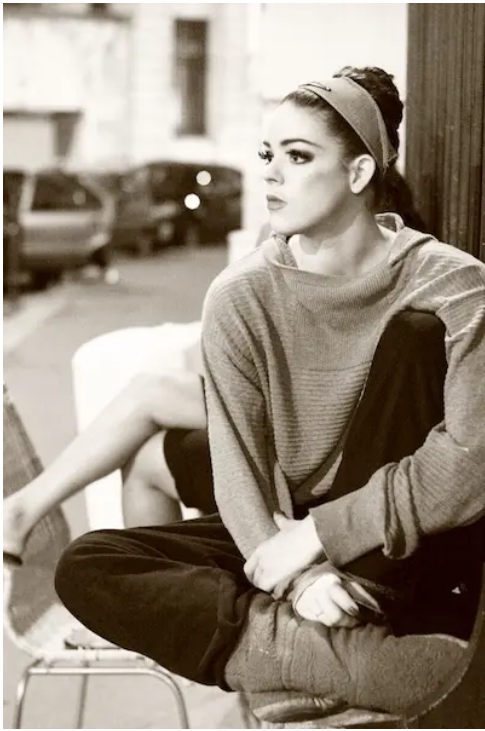


*Levels*

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# The Directors



(c) Rafael Pires

*Sandra Castro-Mühlbauer is the artistic director of the Mont Royal Ballet Academy. She is an internationally renowned guest artist, choreographer, and ballet instructor. Sandra received her ballet training in the Vaganova style at the Conservatory in Vienna, under the guidance of international ballet star Karl Musil and Prima Ballerina Evelyn Teri. Graduating with exceptional distinction, she has achieved remarkable success throughout her career. Sandra has won numerous prizes at prestigious international ballet competitions, including the Nureyev Competition, the Serge Lifar Competition, ÖTR Contest, and Fouette Artek. She was also a finalist at the renowned Prix de Lausanne, where she received a soloist contract offer from the Ballets de Monte Carlo. However, Sandra chose to accept a corps de ballet contract with the Vienna State Opera Ballet to remain close to her family and her beloved ballet teacher, Evelyn.*

*Throughout her career, Sandra has collaborated with esteemed artists and choreographers such as Edouard Lock, Vladimir Malakhov, Patricia Neary, Diana Vishneva, Rafael Avnikjan, Renato Zanella, and Jan Durovcik. She has performed for renowned companies like Lalala Human Steps, the Slovak National Theatre, and the world-famous Lido. Sandra's favorite roles include Odette and Odile in Swan Lake, Gamzatti in La Bayadère, Myrta in Giselle, and Aegina in Spartacus.*

*In 2017, Sandra and her husband opened the Mont Royal Ballet Academy in Montreal. Since then, she has been traveling internationally as a guest teacher and adjudicator at ballet competitions. Sandra is also the founder and director of Elegance, the 1st International Online Ballet & Contemporary Dance Competition. Her passion and dedication continue to shape the future of ballet and contemporary dance.*

*Diego F. Castro is the managing director of the Mont Royal Ballet Academy. As a former principal dancer and international guest artist, Diego's journey in the world of dance began in Cali, Colombia at Incolballet, where he received his initial ballet education. Inspired by his passion for the art form, he pursued further training in Cuba. Seeking new opportunities and growth, Diego made the decision to move to the United States. He had the privilege of studying at prestigious ballet schools such as the renowned American Ballet Theatre School (ABT), Joffrey Ballet School, Nutmeg Conservatory, and the School of American Ballet (SAB). Throughout his career, Diego had the privilege of collaborating with esteemed artists who have made significant contributions to the world of ballet. He had the honor of working alongside the legendary Mikhail Baryshnikov, the esteemed Elena Tschernischova, and the talented Eleanor d'Antuono. These collaborations not only enriched his artistic development but also provided him with valuable insights and guidance. Diego's talent and dedication led him to perform with internationally acclaimed companies, including Les Grands Ballets Canadiens, Lalala Humansteps, the Joffrey Ballet, and Miami City Ballet, among others. His repertoire includes a wide range of roles, but his favorites include the iconic cavalier in "The Nutcracker," the enchanting Prince in "Swan Lake," and the captivating Slave in "Le Corsaire."*

*In 2017, Diego embarked on a new chapter in his career by opening the Mont Royal Ballet Academy in Montreal, together with his wife Sandra. This endeavor allowed him to share his wealth of knowledge and expertise with aspiring dancers, nurturing their talent and guiding them towards their own artistic journeys. The Mont Royal Ballet Academy has quickly become a reputable institution, known for its commitment to excellence and the cultivation of well-rounded dancers.*



(c) Ilia Khodos



# Our Mission

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*At our ballet school, we are dedicated to providing an exceptional classical ballet education based on the Vaganova syllabus to serious and talented students who aspire to have a professional career in ballet. Our mission is to cultivate a deep understanding, appreciation, and exploration of ballet as an art form.*

*One of our primary goals is to give our students the opportunity to express themselves, perform on stage, and experience the magic of ballet through our annual Nutcracker, the Classical Variation Demonstrations, our Winter Showcase & the MRB Year- End gala. It's important to us that our students get the opportunity to express, perform and experience the stage! These experiences not only allow them to showcase their skills but also help them develop as performers.*

*In addition to stage performances, our ballet program offers our students the chance to participate in national and international ballet competitions. This exposure not only enables them to refine their technique but also opens doors for them to connect with the wider ballet community.*

*Beyond the technical aspects of ballet, we also emphasize the development of grace, endurance, and discipline in our students. These qualities are not only essential for success in ballet but also serve as valuable life skills that will benefit them in any path they choose to pursue.*

*Our ultimate vision is to nurture our students into self-motivated individuals who possess the confidence to shape their own future. We strive to empower them with the skills, knowledge, and artistic sensibility needed to navigate the professional ballet world and make a meaningful impact in their chosen careers.*

*By providing a supportive and inspiring environment, we aim to guide our students on their journey towards becoming accomplished ballet dancers while fostering their personal growth and self-discovery. Together, we believe in unlocking the full potential of each student and helping them achieve their dreams in the world of ballet.*

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*The Mont Royal Ballet Academy prioritizes the individual growth and progress of every student as the foundation of their educational philosophy and decision-making process. MRB is dedicated to creating an inclusive and accepting environment, where students can naturally cultivate a deep sense of belonging.*

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*Our Philosophy*

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*The Vaganova syllabus is a training method developed by Agrippina Vaganova, a renowned Russian ballet dancer and teacher. It is widely recognized as the most influential and comprehensive ballet syllabi in the world. The Vaganova method emphasizes the development of strong technique, artistry, musicality, and expressiveness in dancers. It combines elements of the French, Italian, and Russian ballet styles, creating a well-rounded and versatile dancer. The syllabus is structured in a progressive manner, with each level building upon the skills and knowledge acquired in the previous level. It covers the complete range of ballet movements, including barre work, center work, adagio, allegro, and pointe work. The Vaganova method also places great importance on proper body alignment, coordination, strength, and flexibility. It aims to create dancers who have a solid foundation in classical ballet technique and are capable of performing with grace, precision, and artistry.*

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*The Vaganova Method*

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# Why Vaganova?

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*The Vaganova syllabus is regarded as one of the best ballet syllabi for several reasons:*

- 1. Comprehensive Training: The Vaganova method provides a well-rounded and comprehensive training that covers all aspects of ballet technique, from barre exercises to intricate movements. It focuses on developing strong technique, artistry, musicality, and expressiveness, ensuring that dancers have a solid foundation in classical ballet.*
  - 2. Progressive Structure: The syllabus is structured in a progressive manner, with each level building upon the skills and knowledge acquired in the previous level. This systematic approach allows dancers to develop their technique gradually and ensures a smooth progression from one level to the next.*
  - 3. Focus on Technique and Artistry: The Vaganova method emphasizes the importance of proper body alignment, coordination, strength, and flexibility. It also places great emphasis on developing artistry and expressiveness, teaching dancers to infuse their movements with emotion and storytelling.*
  - 4. Versatility and Adaptability: The Vaganova syllabus incorporates elements from the French, Italian, and Russian ballet styles, making it a versatile and adaptable training method. This allows dancers to be well-prepared for a variety of repertoire and styles, enabling them to excel in different types of performances.*
  - 5. Proven Success: The Vaganova method has a long and successful history, producing numerous world-renowned dancers and choreographers. Many of the greatest ballet dancers, such as Rudolf Nureyev and Mikhail Baryshnikov, have been trained in the Vaganova method, showcasing its effectiveness in producing exceptional talent.*
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# Program

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*In addition to their daily ballet training, the students at the Mont Royal Ballet Academy also receive comprehensive instruction in various dance forms, including contemporary dance, character dance, pas de deux, repertoire, floor barre, historical dance, flexibility/conditioning and jazz. This holistic approach ensures that the students develop a well-rounded and versatile dance repertoire, preparing them for a successful career in the world of dance.*

*Pre-Elite - Ballet / Historical Dance / Jazz / Flexibility*

*PTP Grade 1 - Ballet / Historical Dance / Floor Barre / Flexibility / Jazz*

*PTP Grade 2 - Ballet / Historical Dance / Repertoire / Floor Barre / Flexibility / Jazz*

*PTP Grade 3 to 5 - Ballet / Pointe / Repertoire / Character Dance / Floor Barre / Flexibility & Conditioning / Jazz*

*PTP Grade 6 to 8 - Ballet / Pointe / Repertoire / Pas de deux / Character Dance / Floor Barre / Flexibility & Conditioning*

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# *Tuition fee*

2024-2025



# *Summer Intensive*

*Mandatory for all PTP students*

*Pre-Elite - 3200\$*

*PTP Grade 1 - 4300\$*

*PTP Grade 2 - 4600\$*

*PTP Grade 3 - 4980\$*

*PTP Grade 4 - 5200\$*

*PTP Grade 5 to 8 - 5700\$*

*3 weeks - 1900\$ for MRB students*

*850\$ per week for students from other schools*

*Email us at [office@montroyalballet.com](mailto:office@montroyalballet.com) to audition for our Year-Round Program and Summer Intensive.*



*Professional Training Program & Danse Études with Collège de Montréal*