

FOR IMMEDIATE RELEASE

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THE CENTER FOR  
CONTEMPORARY DANCE

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## World-Renowned Ballet Star Israel Rodriguez Joins Winter Park Dance Faculty

World-renowned ballet dancer and master teacher Israel Rodriguez has joined the faculty at The Center for Contemporary Dance. Rodriguez will introduce himself to students by way of a specialized ballet workshop, *The Body in Balance*, taking place on Saturday, November 14 from 1pm to 3pm at The Center for Contemporary Dance, located at 3580 Aloma Avenue #7 in Winter Park. Designed to help the dancer bring technical strengths and weaknesses into balance, the workshop is appropriate for intermediate/advanced dancers and mature beginners with at least one year of classical ballet training. "Most dancers tend to favor one side of the body," explains Rodriguez, "More than a matter of creative frustration, unaddressed imbalances in the dancer's instrument can lead to injuries that compromise career longevity and quality of life." Rodriguez, age 40, developed the 2-hour movement, kinesiology and anatomy workshop to assist dancers of all levels in maximizing technical proficiency while achieving long-term well-being. The workshop fee is \$40. To register for *The Body in Balance* and to learn more about ongoing classes conducted by Israel Rodriguez, please visit [www.TheCenterForDance.org](http://www.TheCenterForDance.org) or call (407) 695-8366.

### About Israel Rodriguez

Born in Camaguey, Cuba, Israel began classical ballet training at the famed Vocational Art School. He began his professional dance career with the Ballet de Camaguey under the direction of Fernando Alonso where he performed as a soloist. His abilities earned him the opportunity to tour around the world, including Greece, Brazil and Mexico. A principal dancer with the Orlando Ballet under the direction of both Fernando Bujones and Bruce Marks, Israel performed solo roles in virtually all of the ballet classics. Notably, Israel was the first male dancer in the United States to perform the full-length ballet *Spartacus*. The accomplished dancer has earned rave reviews from the Orlando Sentinel, Dance Magazine, Dance Spirit, International Dance Magazine and arts communities across the globe. Additionally, Israel is a talented filmmaker with extensive experience in the television and motion picture industry as an actor, director, model and martial artist.

### About The Center for Contemporary Dance

A 501(c)(3) nonprofit organization that is home to five professional dance companies and an institute for dance education, The Center for Contemporary Dance is a leading production center for dance performance and arts education programs. Over the past 8 years, The Center for Contemporary Dance has supported emerging and seasoned artists in the creation and presentation of more than 170 new dance works. In addition to producing professional stage productions, The Center develops arts education programs that reach child welfare organizations, underserved populations and our public schools. To learn more about The Center for Contemporary Dance, please call (407) 695-8366 or log on to [TheCenterForDance.org](http://TheCenterForDance.org).

### *The Body in Balance*

A Ballet Workshop with Israel Rodriguez

Saturday, November 14, 2009

1pm to 3pm

The Center for Contemporary Dance  
3580 Aloma Avenue #7  
Winter Park, FL 32792

**Workshop Fee:** \$40

#### **Workshop Requirements:**

Intermediate/advanced dancers and mature beginners with at least one year of ballet training.

#### **Workshop Attire:**

Form-fitting black dancewear, ballet slippers; no jewelry and hair must be pulled away from face.

*To Register:*

[www.TheCenterForDance.org](http://www.TheCenterForDance.org)

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