



Studio Manual
2025-2026 Season

"Experience the Difference"

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Welcome to Namari Dance Center

At Namari Dance Center, we proudly train dancers from **beginner to pre-professional levels in Ballet, Pointe, Jazz, Modern, Tap, and Hip Hop** for students ages **2.5 to 18 years old**. Whether a child is just starting their dance journey or preparing for a professional career, Namari is a place where passion and purpose take center stage.

Namari Dance Center was founded in the summer of 2018 in Johns Creek, Georgia, by **Owner and Artistic Director Antwan Sessions**. His vision was to create a space where children aspiring to become professional dancers could receive focused and disciplined training. In just one season, his impact on the community was undeniable—so much so that Namari quickly outgrew its original location.

In the summer of 2019, Antwan joined forces with **Owner and Associate Artistic Director Shervoski Moreland**, and together they relocated Namari Dance Center to its current home in Sandy Springs, Georgia.

In August, Antwan launched Namari's Homeschool Program, giving daytime students the opportunity to receive in-depth training in Ballet, Jazz, Contemporary, Stretch, Conditioning, and Antwan's signature Namari Technique.

With a growing desire to enter the competitive dance world, Namari introduced the ND2 Competition Team with just four students—and quickly made its mark. Today, Namari is proud to be recognized as a **2x National Champion**, a testament to the hard work, discipline, and excellence of our dancers and faculty.

Most recently, Antwan Sessions expanded his vision once again with the launch of Namari Dance Conservatory—a pre-professional program designed for students interested in pursuing careers in the concert world of dance.

“Experience the Difference”

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COLLEGE & INSTITUTION STUDENT ACCEPTANCES



25 MILLION IN SCHOLARSHIPS

Get to Know Our Directors



Artistic Director Antwan Sessions, a native of Charleston, South Carolina, began his dance journey while attending North Springs High School in Sandy Springs, Georgia, where he first discovered his passion for dance. Eager to expand his training beyond the classroom, he joined Total Dance in Adamsville, Georgia, where he studied Ballet, Modern, and Jazz.

His talent and dedication earned him full scholarships to several prestigious dance institutions, including Renaissance

International School of Performing Arts (RISPA) in Milton, Georgia; Atlanta's Resource for Entertainment & Arts (AREA); Burklyn Ballet; Tolbert Yilmaz School of Dance; and Metropolitan Ballet Theatre in Alpharetta, Georgia, among others.

Antwan's passion for dance has taken him across the globe, allowing him to perform, teach, choreograph, and direct in cities such as Denver and San Francisco, and internationally in Mexico, Canada, China, Europe, Africa, and more.

His professional credits include assisting Georgina Louchiey, Artistic Director and Co-Owner of RISPA, and performing works by renowned choreographers such as Tracy Vogt of Philadanco, Kim Robards of Kim Robards Dance, Kiki Ely of ATLA, Stephan Reynolds of Cirque Du Soleil, and Jeffrey Page, former choreographer for So You Think You Can Dance and Beyoncé.

Not limited to concert dance, Antwan served as principal dancer for Sea Beach Resort in Egypt for a year. He also appeared in the music video "Best You Got" by former Danity Kane member D. Woods, toured China with pop artist Christah Ray, and performed on tour with artist Nikki Jane.

Today, Antwan is the Founder of Lamorris Namari, Executive Producer of Namari Productions, and Artistic Director and Owner of Namari Dance Center, where he continues to inspire the next generation of artists through movement, mentorship, and global artistic leadership.

"It all started with a plie"

- Antwan Sessions



Get to Know Our Directors



Originally from Athens, Georgia, Shervoski Moreland is a lifelong creative and dynamic producer with a strong foundation in dance and entertainment. His passion for the arts began at an early age and remained a consistent force throughout his formative years. Shervoski received his formal dance training at the East Athens Educational Center for Dance, under the direction of founder Lois Thomas-Ewings, where he trained in Ballet, Jazz, Tap, Contemporary, and Hip Hop.

After graduating high school, Shervoski launched into the entertainment industry, working professionally as a dancer before expanding into production. Over the years, he has contributed to numerous high-profile brands and productions, including VH1, Tyler Perry Studios, Swirl Films, and TV One, serving in a variety of creative roles.

In 2017, he joined Derek Blanks Productions, where he advanced from intern and assistant to Associate Producer. His credited work includes collaborations with major artists such as Keke Palmer, Missy Elliott, Cynthia Erivo, Fantasia, Vanessa Bell Calloway, and many more.

Today, Shervoski serves as the Executive Producer for IBC Productions and is proud to be the Co-Owner and Associate Artistic Director of Namari Dance Center, where he combines his artistic training and production expertise to inspire and guide the next generation of performers.



“Experience the Difference”

DIRECTORS & STAFF

Artistic Director & Founder/Owner	Antwan Sessions
Associate Artistic Director & Owner	Shervoski Moreland
Performance Company Rehearsal Director	Teresa Wilson
Conservatory Associate Director	Dana Crigler
Director of Operations	Shenicqua Hazelton
Administrative Assistant	LaTonya Wise-Laster

FACULTY

- Ryann Leak - *Hip Hop*
- Stacy Wright - *Kinderdance & Graham*
- Tre McClendon - *Tap*
- Troy Powell - *Horton*
- Carole Mabry - *Pilates*

CLASSES OFFERED

- Ballet
- Pointe
- Jazz
- Tap
- Hip Hop
- Contemporary
- Pilates

PROGRAMS

- Academy Training Program I - IV
- Homeschool Program
- Namari Junior Conservatory
- Sessions Dance Theatre
- Performance Company (Competition Team)



TUTION AND FEES

LINE ITEM	FEE
Annual Registration (non-refundable)	\$35.00 per dancer
Kinderdance Program	\$135.00 per month
Academy Training Program I-IV	\$320.00 per month
Homeschool Program	\$320.00 per month
Namari Conservatory Juniors	\$320.00 per month
Sessions Dance Theatre	\$320.00 per month

- Placement for Junior Conservatory and Sessions Dance Theatre is by evaluation only and must be approved by Mr. Antwan and Mr. Shervoski.

ADD ON CLASS

Gymnastics / Tumbling	\$100 per month
Evening Single Classes <i>(must be currently registered in a NDC program)</i>	\$90 per month

Available to dancers in any program who wish to enhance their training with acrobatic skills, flexibility, and strength-building techniques.

PERFORMANCES & PRODUCTION FEES

LINE ITEM	SHOW	FEE
Production Fee	2025 Holiday Spectacular	\$200 per student
	2026 Curtain Call	\$90 per costume
Costume Fee	2025 Holiday Spectacular	\$200 per student
	2026 Curtain Call	\$90 per costume

PAYMENT POLICY

- Tuition is due on the 1st of each month.
- A \$35 late fee will be applied to all accounts with an outstanding balance after the 5th.
- If an account is not paid in full by the 12th, the dancer will not be permitted to participate in class until the balance is brought to zero.

Namari Dance Center is an autodraft-only business.

All DanceStudio Pro accounts must have an active debit or credit card on file for automatic monthly tuition payments. Please ensure your payment information is current.

All sales are final.

Refunds will not be issued for any prior charges unless the error is on the studio's part.

Withdrawal Policy

To withdraw from Namari Dance Center, families must submit a written 30-day notice. If notice is not submitted 30 days prior, you will remain financially responsible for any upcoming tuition or fees, regardless of the reason for withdrawal. Refunds for previous payments will not be issued, as all sales are final.



CLASS DESCRIPTIONS

- **BALLET:** is a classical dance form that combines grace, precision, and discipline. It focuses on technique, posture, flexibility, and strength through structured movements and positions. Ballet provides the foundation for many other dance styles and helps dancers develop strong body alignment, balance, and control.
- **POINTE:** is an advanced form of ballet where dancers perform on the tips of their toes using specially designed shoes called pointe shoes. It requires significant strength, technique, and control, and is typically introduced only after a dancer has developed a strong foundation in classical ballet. Pointe work emphasizes grace, balance, and precision.
- **NAMARI TECHNIQUE:** created by our founder Antwan Sessions, is our signature ballet method exclusive to the Junior Conservatory and Sessions Dance Theatre (SDT) programs. This revolutionary approach to ballet offers a fresh take on traditional technique and performance training. Designed to strengthen technical foundation, enhance musicality, and elevate stage presence, the Namari Technique also improves flexibility and unlocks creativity—empowering dancers to deliver bold, unforgettable performances.
- **JAZZ:** is an energetic and expressive dance style that blends classical technique with contemporary movement. Known for its sharp lines, rhythm, and dynamic style, jazz dance incorporates kicks, turns, leaps, and isolations. It encourages individuality and performance while building strength, flexibility, and coordination.
- **TAP:** is a rhythmic and percussive dance style where dancers create sounds and patterns with their feet using metal tap shoes. It focuses on timing, musicality, and foot coordination. Tap dance builds a strong sense of rhythm and is both a fun and engaging way for dancers to explore musical expression through movement.
- **HIP HOP:** is a high-energy, street-style dance that emphasizes rhythm, freestyle movement, and self-expression. Rooted in urban culture, it incorporates a wide range of styles including popping, locking, breaking, and grooves. Hip Hop builds confidence, musicality, and coordination, while encouraging individuality and creative expression.
- **CONTEMPORARY:** is a fluid and expressive style that blends elements of ballet, modern, and jazz. It focuses on storytelling, emotional connection, and the use of breath, weight, and momentum. Contemporary encourages freedom of movement and artistic interpretation, allowing dancers to explore both technique and creativity.

- **PILATES:** is a low-impact exercise method that focuses on strengthening the core, improving posture, flexibility, and overall body alignment. Often used by dancers to enhance control, balance, and injury prevention, Pilates helps build long, lean muscles and supports efficient, graceful movement both in and out of the studio.

PROGRAM DETAILS:

Kinder Dance Program

For Ages 3–4 | Ballet, Tap & Pre-Acro

Designed for young dancers ages 3 to 4, our Kinder Dance Program introduces children to the fundamentals of dance in a nurturing, imaginative, and joyful environment. Please note: all dancers must be potty trained to participate.

This program includes beginner instruction in Ballet, Tap, and Pre-Acro, using creative and age-appropriate teaching methods to help children develop coordination, balance, rhythm, and confidence.

Our experienced instructors incorporate engaging games, storytelling, and music to spark curiosity and encourage self-expression. Through structured exercises and playful improvisation, dancers begin to build a foundation in:

- Ballet & Tap technique
- Creative movement & improvisation
- Pre-Acro skills to build strength, flexibility, and body awareness
- Spatial awareness, body control, and listening skills
- Social development through group activities and class interaction

At Namari, we are committed to providing a positive, inclusive, and supportive learning environment where every child can thrive. We believe that dance should be a joyful and enriching experience for children of all abilities, and our instructors are dedicated to helping each dancer feel confident, seen, and celebrated as they take their first steps into the world of dance.

Namari Academy – Training Programs 1–4

For Beginner to Advanced Dancers | Ages 5–18

Namari Academy's Training Programs 1 through 4 offer progressive dance education for students ages 5 to 18, from beginner to advanced levels. As a program-based school, Namari places dancers into structured programs where classes are pre-selected to ensure a comprehensive, age-appropriate, and skill-building training experience.

While initial placement is based on age, dancers may be moved up or down depending on their skill level to ensure they receive training that best supports their development.

Programs provides well-rounded instruction in Ballet, Pointe, Jazz, Modern, Contemporary, and Hip Hop, helping dancers build the foundation and versatility needed for both professional pursuits and recreational enjoyment.

Program Breakdown & Weekly Schedule:

- **Training Program 1 (Ages 5–8)**

Wednesdays & Saturdays

- **Training Program 2 (Ages 9–12)**

Mondays & Tuesdays

- **Training Program 3 (Ages 13–15)**

Mondays, Tuesdays & Fridays

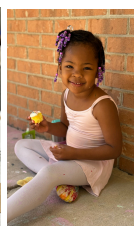
- **Training Program 4 (Ages 16–18)**

Mondays, Tuesdays & Fridays

NAMARI 25
Summer

8-10 yrs | 8:30AM - 2:30 PM | June 2 - 20th
Late Pick up available

**Dance, Arts & Crafts
Games, Movies and more!**



Sessions Dance Theatre (SDT)

Namari's Elite Pre-Professional Program

Sessions' Dance Theatre is the highest level of pre-professional training offered at Namari. This audition-only program is designed for the most advanced and committed dancers who are preparing for careers in professional dance, collegiate dance programs, and the concert stage.

Dancers in SDT receive over 52 hours of training per month, focusing on an intensive curriculum that includes Ballet, Pointe, Jazz, Tap, Modern, Contemporary, and the exclusive Namari Technique—a signature method created by Owner and Artistic Director Antwan Sessions. This revolutionary technique enhances classical ballet foundations while boosting flexibility, musicality, and expressive performance.

SDT cultivates dancers who are versatile, technically polished, and artistically bold:

- **Ballet:** Classical alignment, strength, and control
- **Pointe:** Advanced en pointe technique and grace
- **Jazz:** Musicality, precision, and stage presence
- **Tap:** Rhythmic precision and musical expression
- **Modern:** Grounded technique and emotional storytelling (Graham, Horton, Limón)
- **Contemporary:** Fusion of styles and creative exploration
- **Namari Technique:** Innovative ballet-based method that unlocks expressive artistry

Namari Junior Conservatory

Pre-Professional Preparation for Promising Dancers

The Junior Conservatory is a preparatory program for dancers who show strong technical promise and artistic potential but are not yet ready for the full demands of SDT. This structured, audition-based program helps dancers refine their technique, build strength, and grow in confidence as they prepare to transition into pre-professional training.

Dancers train in Ballet, Jazz, Modern, Contemporary, Tap, and select instruction in the Namari Technique, receiving a challenging yet supportive training experience that lays the groundwork for advancement.

Whether training for SDT or seeking to strengthen foundational skills, the Junior Conservatory provides an essential stepping stone toward excellence in dance.

Homeschool Program

Tailored Training for Alternative Education Students

Welcome to Namari Dance Center's specialized program for homeschool and hybrid students! Designed with flexibility and excellence in mind, this program offers a structured yet accommodating schedule that aligns with the unique needs of students in non-traditional academic settings.

Class Schedule:

- **Mondays:** 10:00 AM – 2:30 PM
- **Fridays:** 11:00 AM – 1:30 PM
 - Totaling up to 8 hours of training each week

Our program provides a comprehensive dance education in Ballet, Jazz, Tap, and Modern, helping students build strong technique while exploring a variety of styles and artistic expression.



Ready to join our dance family?
REGISTER TODAY!

Registration opens May 30th



Want to learn more about us?
VISIT OUR WEBSITE

Namari Performing Companies

Where Passion Meets Performance!

Does your dancer light up on stage? Are they ready to train harder, perform bigger, and be part of something truly special? Then it's time to audition for one of Namari Dance Center's Performing Companies!

Open to dancers of all levels—from beginner to advanced, our Performing Companies are designed to give dancers the chance to compete, perform, and grow in a high-energy, team-focused environment.

What to Expect:

- By audition only – we place dancers where they can shine best!
- Weekly rehearsals with choreography that challenges and inspires
- Training in Jazz, Ballet, Contemporary, Hip Hop, Tap, and Modern
- Performances & competitions throughout the season
- Regional and national competitions with exciting travel and team bonding moments
- A tight-knit team atmosphere that builds confidence, friendships, and lifelong memories

Please Note:

Being part of a Namari Performing Company requires an additional financial and time commitment, including costume fees, competition entry fees, and extra rehearsals outside regular class schedules. But for the right dancer—it's absolutely worth it!

If your dancer is ready to step into the spotlight, grow in their craft, and be part of something magical, our Performing Companies are the perfect place to train, perform, and thrive.

Ready to Audition?

Auditions for our 2025–2026 Performing Companies are right around the corner!

Audition Weekend: May 3–4, 2025

- Namari Dance Center
- Be sure to check your email for your dancer's exact audition time based on their age group.

If you missed the scheduled audition weekend but are still interested in joining a company, please email us at info@namaridancecenter.com — we'd love to connect with you! This is your dancer's opportunity to train, perform, and thrive in a program that pushes them to grow, celebrates their progress, and surrounds them with a passionate and supportive dance family.

2025-2026 YEAR SCHEDULE

AUGUST 2025	
2nd	Namari's Open House
11th	First Day of Dance
SEPTEMBER 2025	
1st	Labor Day
8th - 12th	Nimpreka T-Shirt Fundraiser Launch
14th	Nimpreka Cast Audition
15th	Nimpreka Costume Fee Due
OCTOBER 2025	
13th - 15th	Fall Break (<i>studio closed</i>)
15th	Nimpreka Production Fee Due
25th - 26th	Nutcracker Magical Christmas Ballet Auditions
NOVEMBER 2025	
24th - 29th	Thanksgiving Break (<i>studio closed</i>)
DECEMBER 2025	
TBD	Nutcracker Magical Christmas Ballet - Show Day
TBD	2025 Holiday Spectacular - Nimpreka
TBD	2025 Winter Intensive
22nd - 31st	Winter Break
JANUARY 2026	
1st - 6th	Winter Break (<i>studio closed</i>)
19th	Dr. Martin Luther King Jr. Day (<i>studio closed</i>)

2025-2026 YEAR SCHEDULE

FEBRUARY 2026	
2nd - 6th	Curtain Call Double Good Popcorn Fundraiser
15th	Curtain Call Costume Fee Due
MARCH 2026	
15th	Curtain Call Production Fee Due
APRIL 2026	
4th - 11th	Spring Break
20th	Mandatory 1 Week Summer Intensive / Camp Fee Due
MAY 2026	
25th	Memorial Day
26th - 29th	Mandatory 1 Week Summer Intensive / Camp

