

Training School

FRIDAY • NOVEMBER 7, 2025



8:00AM-10:10AM • AMY LOWE

Revolutionary Principles of Movement

Join master teacher and RPM Director Amy Lowe for an in-depth look at the *Three Core Principles of Movement*—the foundation of RPM's 14-principle, science-based ballet methodology. Developed from over 70 years of research, these principles provide teachers with practical tools to correct technique, build strength, and prevent injury, while helping studio owners create consistent training, accelerate student progress, and enhance retention. Walk away with strategies you can implement immediately to elevate both your teaching and your dancers' performance.

10:20AM-12:30PM

Ballet Class

Amy will guide you through a Ballet Technique class that applies the *Revolutionary Principles Movement* method.



1:30PM-3:40PM • JEREMY PLUMMER

Jazz Warm-Ups and Progressions

Gain valuable teaching material with Jeremy's offering of warm-up combinations and progressions for your jazz curriculum.



3:50PM-6:00PM • JILL KENNEY

Tap Warm-Ups and Progressions

Join Jill for a session focused on building your library of tap warm-ups and progressive drills.

