

**ALONZO KING'S**  
LINES BALLET



SAN FRANCISCO  
DANCE CENTER

# Intermediate **Ballet**

<i>Sunday</i>	10:00 - 11:30 am
<i>Mon &amp; Wed</i>	6:00 - 7:30 pm
<i>Tue &amp; Thur</i>	6:30 - 8:00 pm

## Kahz Zmuda

Kahz Zmuda was born and educated in Japan, where she trained with Miharu Ishikawa in Sapporo and Peter Brodinoff in Tokyo. In the United States, she trained with Alan Howard, Janet Sassoon, Marc Wilde, Richard Gibson and Yehuda Maor. She has performed with Pacific Ballet, San Francisco Opera Ballet, Santa Barbara Ballet Theater, among others, and became the Artistic Director of Pacific Ballet in 1978. A teacher in the Bay Area for over 20 years, Ms. Zmuda has taught at Performing Workshop of San Francisco, Theater Flamenco Dance Center of San Francisco, Merola Opera, Brady Street Dance Centre, Smuin Ballet/SF and Marin Ballet, to name a few.

Ms. Zmuda starts *barre* with body placement, body alignment, and gradual warming and stretching of the muscles. At center, she emphasizes musicality and the development of technique. Students will be continuously introduced to the vocabulary of classical dance.



San Francisco Dance Center

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