



Are you looking for a new ballet school? Based in Tring, Hertfordshire, the **De Souza Dance Centre** provides excellent quality ballet training, tuition and coaching for students of all ages, abilities, and fitness levels. We believe in reaching your full potential whether you are aspiring to have a career in dance, achieving your goals in your next RAD exams or just to enjoy the love of dance.

Jo de Souza is a former professional Principal ballet dancer, an internationally recognised fully qualified dance teacher, coach and choreographer (specialising in ballet). She is a Pilates Instructor and PBT teacher.

We cover:

- **Ballet tuition;** ages 3+ years to adults, all ability and fitness levels
- **Vocational school audition** preparation
- **Private tuition, and exam coaching**
- **School holiday intensive courses**
- **RAD exams**
- **Pilates and PBT** teacher
- **Contemporary** classes



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