

**Artist Minigrant Application**  
**Proposal to Fund Technique/ Conditioning Classes**  
**Project Title: Preparation for Third-Year Arts Award at Bates Dance Festival**  
**Vivien E. Fergusson, [vef3vq@virignia.edu](mailto:vef3vq@virignia.edu)**  
**April 28, 2016**

To the Director of the Miller Arts Scholars Program, Michael Rasbury,

I am a second-year Miller Arts Scholar for Dance, proposing the funding of \$495 in the form of an Artist Minigrant through the Miller Arts Scholars program to support my enrollment in technique classes throughout the summer preceding my trip to the Bates Dance Festival, which will constitute my Third-Year Arts Award.

This past year, I completed two Dance courses- Dance Improvisation (DANC 2300) and Dance Composition (DANC 3300)- to intentionally further my education in movement generation and choreography. A large component of my interest in the Bates Dance Festival as my Third-Year Arts Award is the desire to continue in this trajectory of creational study. However, because I dedicated class time to these particular courses, I was unable to enroll in technique classes due to scheduling conflicts. I anticipate the Bates Dance Festival, which will take place from July 16 to August 7, 2016, to be an extremely enriching yet very physically challenging experience; one that I am very excited for, but for which I will need to prepare.

In order to gain the most out of this well renowned dance intensive program, I will need to train and prepare my body in the preceding months. I will be in Charlottesville for the first summer session, from May 7 to June 11. I would like to focus this time in stabilizing my core and improving my bodily strength. It is for this reason that I would like to take classes at Posture Studio Pilates. Pilates is a wonderful supplement to dance because it targets very useful muscle groups, and was actually created for ballet dancers. A monthly pass to the Posture Studio is \$325, which will grant me unlimited access to the facilities. I will attend classes three days a week. On the days in between, I would like to take classes from FlyDog Yoga Studio. This studio has an Intro Special for new students at a price of \$30 for a month of unlimited access. Similar to Pilates, I believe yoga to be a very powerful tool in dance training and one that has been recommended to me by many dance instructors. I would like to explore this relationship further. On the weekends when I am not in Charlottesville, as I will be living about 45 minutes away and commuting to class, I plan to maintain my cardiovascular fitness by running and practicing other forms of exercise to give my body some diversity of movement.

Once I finish the summer session, I will move back to Richmond, Virginia, my hometown. The Bates Dance Festival begins on July 17, so I will have a month of opportunity to improve and condition my body further. Thus, I would like to propose taking classes through the Richmond Ballet, a company I used to dance with. A pass for 10 adult classes through this program is \$140, which will allow me to take two classes per week. I plan on taking both Ballet and Modern classes through this program,

depending on what I feel would be most beneficial to my body and my training at the time. I will supplement these dance classes with other exercise activities that I will do on my own, such as cardio dancing, biking, or running. In Richmond, I have access to a good gym that offers Pilates and Yoga classes as well as more high-intensity workouts.

The regime I have proposed will be physically demanding, but I am prepared and excited to explore my limits and improve myself both as a dancer and as a mover. I believe that the strength and skill I acquire will be invaluable to my learning experience at Bates Dance Festival. I hope you will consider this proposition and support me in this endeavor.

Thank you,  
 Vivien E. Fergusson  
 Class of 2018  
 Miller Arts Scholar for Dance

**Timeline:**

May 7- June 11: 3 Pilates classes per week at Posture Studio Pilates; 2 yoga classes per week at FlyDog yoga

June 11- July 16: 2 dance classes per week at the Richmond Ballet; yoga and Pilates through local gym

**Budget:**

Posture Studio Pilates	Unlimited Classes Monthly Package: \$325	<a href="http://www.posturestudio.com/Classes-Rates.html">http://www.posturestudio.com/Classes-Rates.html</a>
FlyDog Yoga	New Student Introductory Offer: \$30	<a href="http://flydogyoga.com/pricing">http://flydogyoga.com/pricing</a>
Richmond Ballet	10 Class Dance Card: \$140	<a href="http://www.richmondballet.com/school/classes/adult/">http://www.richmondballet.com/school/classes/adult/</a>
Total:	\$495.00	