SESSION HOUSE Dance Lesson OPEN CLASS

Lesson (learn) ⇄ Theater (perform), connected.

At Session House Dance Classes,
① students receive careful instruction from a small number of teachers.
② the lesson studio is the same performance space as our theater—
learning and performing are connected.

Ballet, Japanese traditional dance, contemporary dance, and more—
learn a wide range of techniques and methods in both theoretical and practical ways.

SCHEDULE

T Technique Class: For learning how to move the body

R Research Class: For exploring the possibilities of expression

Mon	Tue	Wed	Thu
WEEK 1 & 3 10:30 - 12:00 T Yuko Hashimoto Somatic Dance LBMS for Adults			
WEEK 2 & 4 10:30 - 12:00 T Jun Morii Contemporary Floor & Movement Basics	11:00 - 12:30 R Kaho Kogure Movement Research	11:00 - 12:30 R Asami Ida Cell Stretch	11:00 - 12:30 T Tomoko Hirata Contemporary Dance Fundamentals
13:00 - 14:30 T Sengiku Bando Japanese Traditional Dance	13:00 - 14:30 R Naoko Ito Dance Basic (Beginners)	13:00 - 14:50 R Ryohei Kondo Movement Inspiration	13:00 - 14:50 T Tatsukuni Ikegami Contemporary Dance Technique
14:35 - 16:15 T Akiyo Ando Ballet Basics (Beginner)	14:35 - 16:00 T Yasuyo Omoto Ballet Basics Refresher	15:00 - 16:30 T Taiju Matsumoto Release Technique	
17:55 - 19:25 T Taiju Matsumoto Release Technique (Beginner)	Yasuyo Omoto Children's Ballet Kids (from age 3) 16:05 - 16:50 Junior C 16:20 - 17:10 Junior B 17:15 - 18:15 Junior A 18:20 - 19:20	Yasuyo Omoto Children's Ballet Junior A 17:45 - 18:55 (A3 until 19:05)	Yasuyo Omoto Children's Ballet Junior B 17:00 - 18:00 Junior A 18:05 - 19:05 (A3 until 19:15)
19:30 - 21:00 R Naoko Ito Dance Basic (Beginners)	19:30 - 21:00 R Ryohei Kondo Movement Inspiration	19:30 - 21:05 T Yasuyo Omoto Ballet Basics (Beginner–Intermediate)	19:30 - 21:00 R Naoko Ito Dance Basic (Exploration Class)

HOW TO RESERVE

Advance reservation is required for all open classes.

Some classes may be fully booked.

For reservations, please visit the reservation form using the QR code below.

↑ Class Reservation Form

↑ Substitute Teachers / Class Cancellations

TUITION (TAX INCLUDED)
1 Class: ¥2,500
4-Class Ticket (Valid 1 month): ¥9,600 / 10-Class Ticket (Valid 3 months): ¥23,000
*As of January 2026, Session House Dance Classes will be membership-free, moving to a fully open-class system.

Yasuyo Omoto Children's Ballet / Monthly fees /
Junior AS: special coaching after Junior A. Please ask for details.

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