



About The Program

Progressing Ballet Technique is an innovative program developed by Marie Walton-Mahon designed to help students understand the importance of training muscle memory to achieve their personal best in classical ballet.

+ Student Workshops

In a 2-2.5 hour workshop, students will be introduced and coached on the specifics of each exercise. The student will learn how to trigger the correct muscles for turn out, while practicing complete control of the core as they maintain stability on the fit ball.

+ Full Day Teachers Workshops

Full day workshops are designed for teachers who wish to learn all three levels of Progressing Ballet Technique. Teachers will learn how to transfer this innovative technique into their classrooms, and will receive comprehensive training on the program with Megan's typed notes.

About Megan

- + Megan began her teaching career at age fifteen, and taught at studios throughout New Mexico, including Lana's School of Dance, Ballet Theatre of New Mexico, New Mexico Ballet Company, Fishback's, and Magnify Dance Center.
- + Megan is a Qualified Licentiate Member of the Cecchetti Council of America and holds her Teacher's Certification for Grades I-Intermediate, as well as her student certifications. She is also an Exterior Provider for the Royal Academy of Dance U.S.A.
- + In 2014, Megan traveled to Sydney, Australia to train directly with Marie Walton-Mahon on the Progressing Ballet Technique program, and is now the Director of PBT U.S. She travels and trains teachers around the United States and Canada on the program. She has also trained in physiotherapy techniques with Lisa Howell, physiotherapist and owner of the Ballet Blog. Megan is passionate about teaching dancers to safely train while emphasizing the importance of a love and dedication to the art.
- + Megan is now Founder/Director of SiSu Dance Academy and is currently teaching and running full time curriculum that includes: Ballet, Pointe, Cecchetti, Jazz, PBT student classes and teacher workshops, Foot Focus, LeapNLearn curriculum for early childhood development, as well as freelance coaching. She is married and has two children.



Why Choose Us?

Megan Berlint-Nicko will go through the different stages of student development and explain what exercises should be introduced to accelerate student progress as they become stronger. Teachers will learn the details of the beginning exercises and progress all the way to the combinations of the advanced levels. Megan will also go through the value of this program in ballet training, explain the muscle groups that initiate different ballet exercises, and provide time for questions and answers. Teachers leave with a certificate demonstrating their knowledge of the program and have the option of entering into a Licensing Agreement with PBT US.