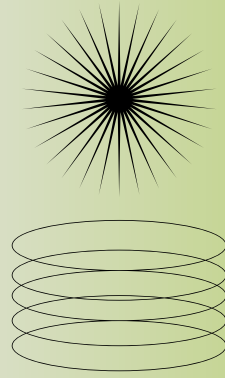


BESEEN



SZN 3
2025-2026



READY TO BECOME THE DANCER EVERYONE REMEMBERS?

BESEEN helps pre-professional dancers discover their unique artistic voice and build expansive career pathways in the arts.

step into our virtual mentorship program for dancers ages 16-22, where you'll receive focused one-on-one attention

just for you.

with an opportunity to perform in NYC this Spring!

Apps Open: Aug 8 | Apps Close: September 19 |

SZN 3 FALL SEMESTER: September - November

early bird aug 8 - 17

APPLY HERE!



“

“BESEEN’s individualized tracks gave me the chance to really define what I wanted to work on, whether that was finding the best career/educational path for me, expanding my choreographic process, improving my improvisational and performance skills, or even self discovery. I entered the program knowing my long term goals in dance and life, and came out at the end of the year with a sustainable means of getting there.”

— Alumni

BESEEN is designed for technically skilled dancers who are ready to move beyond perfectionism and external validation to discover what makes them unique as artists. Our virtual format allows us to work with students anywhere, creating a diverse community of young dancers committed to authentic artistic development.

Why join BESEEN in addition to regular dance training?

Many conservatory, competition, or intensive programs train dancers for a “traditional” career with a dance company — but that model doesn't reflect how most professional dancers actually make a living. Instead of training you to fit into existing structures, **BESEEN helps you develop the skills needed for today's dance landscape: honing your artistic voice, getting good at creative problem-solving, learning to network with other professionals, and gaining confidence to create your own opportunities.**

Our approach recognizes that today's most successful dancers are:

- **Entrepreneurial** - creating their own projects and opportunities
- **Adaptable** - working across multiple styles and contexts
- **Collaborative** - building meaningful professional relationships
- **Reflective** - understanding their artistic contributions





“There is newfound freedom I've experienced when I don't stick to my habits, liberation that comes from expanding my choices and knowing the possibilities are endless, and bravery to break out of any and all cages (physical, mental, emotional, societal) in order to be authentic, unafraid, able to listen to and trust my intuition, and to be grounded in the practice of being seen. These are all things Catie and I worked on throughout the semester and that were included in my final project and that I now tap into everyday.”

— Alumni

What You'll Experience

Individual Mentorship Sessions

DEEPEN TRACK: 2 one-on-one sessions per month (1 hour each)

BALANCE TRACK: 1 one-on-one session per month (1 hour each)

Your individual sessions with Catie are completely personalized based on your artistic goals and current challenges. Sessions might include:

- **Improvisational scores** to develop your movement vocabulary
- **Creative assignments** that push your artistic boundaries
- **Technical work** that serves your individual artistic expression
- **Career conversations** about your goals and industry navigation
- **Creative problem-solving** for artistic challenges you're facing
- **Feedback and guidance** on your own choreographic work

Collective Sessions

DEEPEN TRACK: 2 group sessions per month (1-1.5 hours each)

BALANCE TRACK: 1 group session per month (1-1.5 hours each)

Small cohort classes (2-12 students) where you'll:

- **Learn from guest artists** - past guests include former Forsythe dancers, working choreographers, and industry professionals
- **Collaborate with peers** on creative projects and explorations
- **Share your work** in a supportive environment
- **Build lasting friendships** with like-minded artists
- **Participate in group discussions** about career development and artistic growth

Continuous Support

- **Collaborative Google Doc** where you and Catie track your progress, creative assignments, and reflections
- **Weekly journaling practice** to develop self-awareness and artistic voice
- **Interview assignments** each semester to build industry connections
- **Alumni network access** for ongoing mentorship and opportunities

Concentrations may include dynamics, texture, quality, choreography, composition, performance, technique, improvisation, solo choreography, guidance through the college audition process (if you'd like a new college audition solo, this will be an additional charge)

Questions? Set up a 20 minute call to learn more [here!](#)



Can I fit this into my busy schedule?

YES! BESEEN is meant to be a supplement to the education you are already receiving. Everyone meets 2x a month - 1 one hour long one-on-ones and 1 hour - hour and a half long collective sessions, sometimes with guest teachers + speakers. Those on the Balance Track of the program can choose to expand their time with the mentorship, adding 2 other sessions. This totals out to be about 2-4 hours a month depending on level of commitment. A lot of this work is meant to be applied to the dancing you are already doing in your studio or University classes! Collective Classes happen on the weekends, usually on a Saturday, sometimes on a Sunday!

How does scheduling work?

All one-on-ones are made through Calendly - you can make it fit into your schedule. Our collective sessions are already in place - you can find those dates further below. If you have conflicts, don't worry! We can try to adjust or can always send a video recording of class.

Program Timeline

Fall Semester (September - November)

- Orientation and goal-setting
- Establishing your artistic focus areas
- Guest artist workshops
- Mid-semester progress review
- Winter break pause

Spring Semester (February - April)

- Continued artistic development
- Advanced creative projects
- Industry interview assignments
- Alumni networking events
- Final presentations, including a NYC performance!
- Celebrations of progress and growth

Summer Opportunities

- Optional workshops and intensives
- Alumni gatherings
- Continued connection and support

Example of a monthly schedule:

DEEPEN track:

- Week 1: One-on-One with Catie
- Week 2: BESEEN Collective Session (intimate)
- Week 3: One-on-One with Catie
- Week 4: BESEEN Collective Session (whole group)

BALANCE track:

- Week 1: One-on-One with Catie
- Week 3: BESEEN Collective Session

APPLY NOW!



Investment & Commitment

DEEPEN Track: The Full BESEEN Experience

Our DEEPEN track is for the student who wants to immerse themselves in their growth and artistry, meeting 4x a month. This track includes 2 One-on-Ones a month and 2 Collective Sessions. This is a year long commitment.

Full Year Program: \$3,675

- Payment plans available: \$400/month for 9 months + \$75 one time fee
- Limited financial assistance available for qualified students
- Investment includes all sessions, access to guest artists, and ongoing support

BALANCE Track: Requires Less Space + More Balance with your Schedule

Our BALANCE track is for the student on a tighter schedule or budget. This offering includes 1 One-on-One with Catie and 1 Collective Class each month. Commitment required for a 3 month cycle, with an option to renew for another semester or step up to the DEEPEN track.

3 Month Cycle (September - November): \$675

- Payment plans available: \$200/month for 3 months + \$75 one time fee or pay in one installment
- Limited financial assistance available for qualified students
- Investment includes all sessions, access to guest artists, and ongoing support
- There is always the opportunity to extend for Spring Semester

What We're Looking For

- Dancers ages 16-22 with strong technical foundation
- Willingness to commit to weekly journaling and creative assignments
- Reliable internet connection for virtual sessions
- Openness to artistic exploration and risk-taking
- Enthusiasm in building peer relationships and community

Application Process

Applications Open: August 8, 2025

Applications Close: September 19, 2025

Program Begins: September 9th for DEEPEN, September 19th for BALANCE

Application Requirements:

- Completed application form
- Video submission (movement and interview components)
- Written responses about your artistic goals

Questions? Schedule a free 20-minute consultation call to learn more about whether BESEEN is right for you.

Dates To Note:

- **Fall Semester:** *September 8th - November 30th, 2025*
- **Spring Semester begins:** February 1 - April 30, 2026
- **NYC Performance Weekend:** *April 10-12 *Strongly Encouraged, but not mandatory**

COLLECTIVE CLASSES:

BALANCE Track:

- Saturday, September 27
- Sunday, October 26th
- Saturday, November 22

Commitment required for **3 Month Semester**

DEEPEN Track:

**Note: these dates are flexible if there are conflicts. Times TBD*

- Saturday, September 13
- Saturday, September 27

- Sunday, October 12
- Sunday, October 26th
- Sunday, November 9
- Saturday, November 22
- Saturday, December 6
- Saturday, December 20
- Saturday, January 10
- Saturday, January 24
- Saturday, February 7
- Saturday, February 21
- TBD: March
- In Person: NYC April 10-12
- Saturday, April 25
- Saturday, May 2
- Saturday, May 16

Our Spring Semester, NYC performance, is strongly encouraged but not a mandatory requirement. This is an opportunity to perform in one of the capitals of dance, while amplifying your connection with Catie and the season 3 collective.

Everyone will arrive in NYC on Friday, April 10th. We will rehearse that Friday evening and Saturday - performances will be on Sunday, April 12th!

You will be responsible for your accommodations, meals and travel expenses. If this is not doable for you, we suggest looking into grants in your area for expanding educational experiences and/or youth in the arts.

Enrollment Rates:

BALANCE TRACK: 3 Month Commitment	DEEPEN TRACK: Year Long Commitment
Application Fee: \$15	Application Fee: \$15
1 Semester: \$600	Fall + Spring Semester: \$3,600
Monthly Payments: \$200 September - November with option to step up to Deepen and/or do a second semester	Monthly Payments: \$400 September-November, February - May
One Time Production Fee: \$75	One Time Production Fee: \$75

Questions? Set up a FREE 20 minute call to learn more [here!](#)

Curious but not convinced?

We're offering a one-month trial. It's a chance to experience both one-on-one mentorship and the group session, and then decide if you're ready to join the 3-month cycle where the real growth and community-building happens.

1 Month Trial Rate: \$250

APPLY NOW!

If you have financial constraints, but feel you are a good fit for the program, please email me at catieleasca@gmail.com.

If you are not in the stated age range, but feel you are a good fit for the program, please email me at catieleasca@gmail.com

*all information subject to change

Meet Catie Leasca: *Your Guide to Artistic Discovery*



"I believe in dance as a means of deeply connecting me to my own rich, historical and resilient body, and to yours, too. I make dance to create things that I don't understand - because the world needs space for the things it doesn't understand."

Understanding Today's Dance Landscape

Catie's own career exemplifies the modern-day dance professional — she performs with established artists like Netta Yerushalmy and Hélène Simoneau while developing her own choreographic voice, teaches at prestigious institutions while maintaining her experimental practice, and builds international connections while staying rooted in NYC's contemporary scene.

"The 'company model' that many programs still train for simply doesn't exist for most dancers anymore. I want to prepare students for the reality of building a sustainable, fulfilling dance career in today's landscape - which means developing your unique voice alongside practical skills."

This real-world experience informs every aspect of BESEEN, ensuring students learn to navigate an industry that rewards artistic individuality and entrepreneurial thinking, not just technical perfection.

Why Catie Created BESEEN

Catie knows firsthand what it's like to be technically skilled but artistically searching. Growing up as a competition dancer in small-town Massachusetts, she felt limited by the prescribed pathways she was told she could pursue: move to LA, do commercial work, fit herself into predetermined molds...

What she discovered through her own artistic journey is that the most fulfilling dance careers are built by artists who trust their unique voice and create opportunities that didn't exist before. BESEEN was born from her desire to give young dancers the mentorship and guidance she wishes she'd had during her own transition from student to artist.

"I created BESEEN because I believe every dancer deserves the space to discover what makes them unique — not just technically proficient, but artistically magnetic. The dance world needs your weird, your questions, your way of moving through the world."

Catie's Artistic Journey

Currently based in Brooklyn, Catie is a professional dancer and choreographer whose work spans the experimental and contemporary dance landscape. She has performed with renowned artists including Netta Yerushalmy, Hélène Simoneau Danse, and MG+Artists, and has shown her choreographic work at prestigious venues including Movement Research at Judson Church, Center for Performance Research, and Dixon Place.

Her international experience includes performances at Suzanne Dellal Centre in Tel Aviv and residencies across Israel, France, Belgium, and Germany. This global perspective informs her understanding of diverse artistic pathways and career possibilities.

Professional Highlights:

- Performer in Janessa Clark's COMMUNION (2021 Bessie nominated work)
- Recipient of the Masterworks Foundation Choreography Award
- Choreographic residencies at Gibney Dance, New Dance Alliance, and Brooklyn Arts Exchange
- Teaching faculty at Joffrey Ballet School, Sarah Lawrence College, and Peridance Center

Read her entire bio [here](#)

Teaching Philosophy

Catie approaches mentorship the same way she approaches her own artistic practice — with curiosity, compassion, and a commitment to discovering what's possible rather than what's prescribed.

"I am here to both take and leave many approaches. I make dance to remember there is not one way - that, instead, there are ways and ways and ways. This is what I want to share with my students."

Her teaching style emphasizes:

- **Questions over answers** - helping students discover their own artistic instincts
- **Process over product** - valuing exploration and risk-taking over perfect execution
- **Individual voice development** - celebrating what makes each dancer unique
- **Industry realities** - honest conversations about building sustainable dance careers

Academic & Professional Background

Education:

- B.F.A. in Dance from The University of the Arts
- Dean's Award for Excellence and School of Dance Sustainability Award recipient
- Intensive study with Katie Swords, Jesse Zaritt, and other dance mentors

Current Roles:

- Guest Faculty at Sarah Lawrence College and Joffrey Ballet School
- Weekly open class at Peridance Center
- Contributing writer for Dancegeist Magazine
- Professional dancer and choreographer

What Students Say

"Catie has been an incredible mentor who helped me get through the college auditions process and so much more. She guided me through this transitional period in my life with continuous advice and support."

"Working with Catie gave me the space to figure out who I am as an artist and which direction I'd like to follow in my career. I'm so grateful for the confidence I have gained."

"Catie creates a safe space to explore artistry, individuality, and voice in a way that is different from traditional dance programs. Her guidance helped me grow as both an artist and human."

Ready to Begin Your Artistic Journey?

Past BESEEN teachers and interviews include: Douglas Becker (original dancer with William Forsythe), Sara Procopio (Shen Wei, Annie-B Parson), Keerati Jinkunwiphat (Dance Magazine Cover Model, AIM, New York City Ballet Choreographer), Jamal Abrams (Sleep No More, Dance Place DC), Jen Lacy (Olivia Rodrigo, VMAs), Al Blackstone (Emmy

nominated choreographer, So You Think You Can Dance), Dominica Greene (NYC choreographer), Haley Sung (Gallim Dance, Sleep No More), Gary Raegan (Gallim Dance, Ate9, Tel Aviv), Yolette Yellowduke (MFA from The Place in London), Hannah Garner (company director in NYC), Emma Lawes (producer in Los Angeles), and many more!

TESTIMONIALS

from BESEEN alumni

“Through my final project, I explored how to break free of a cage, which translated to breaking free of cages in my real life. L'oiseau de feu or the firebird is a culmination of all our work throughout my fall semester with BESEEN. It encapsulates the newfound freedom I've experienced when I don't stick to my habits, the liberation that comes from expanding my choices and knowing the possibilities are endless, and the bravery to break out of any and all cages (physical, mental, emotional, societal) in order to be authentic, unafraid, able to listen to and trust my intuition, and to be grounded in the practice of being seen. These are all things Catie and I worked on throughout the semester and that were included in my final project and that I now tap into everyday.”

“This mentorship and Catie have helped me grow by leaps and bounds these past two semesters and I am eternally grateful for them both. The amount of care Catie takes with each and every one of her students is unmatched. She is a magical and life changing artist and human who has helped shaped me as an artist and human. Thank you thank you thank you for always making me feel SEEN and CELEBRATED and VALUED”

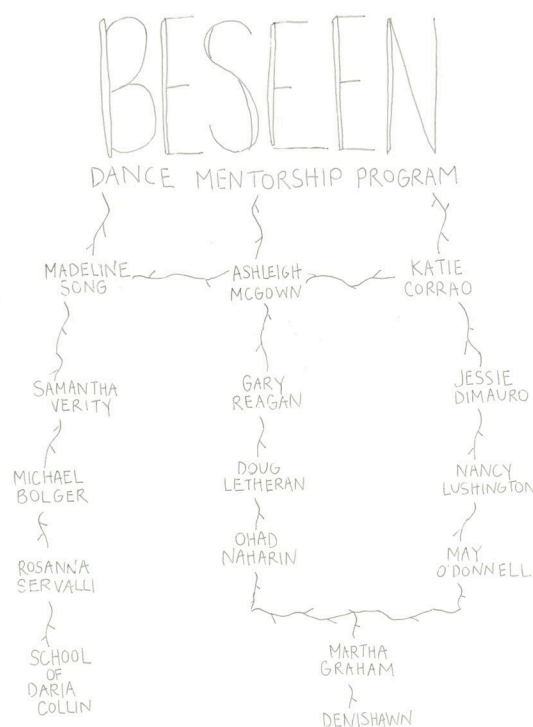
“This program has been extremely beneficial for me in every way possible. Going into it, I was looking to just expand my artistry. Not only did I accomplish that, but I also gained a tremendous amount of knowledge that I can apply to my training moving forward. I am a freshman dance major at Montclair State, so It was also so helpful to have someone with experience help guide me through this transitional period in my life and offer continuous advice. I'm so lucky to have been a part of something so magical!”

“One of my biggest beliefs in dance is that you can't know what your goals are, what you want to create, what you want to accomplish, what you want to say, without first knowing yourself. My time with Catie and the BESEEN mentorship over the past year has allowed

me to see myself authentically as an artist and as my own person for the first time. Catie was– from the very first meeting– the most authentic and compassionate artist I've ever had the opportunity to work with. I am so thankful for the fact that it truly feels like, even over zoom, that she sees me. BESEEN's individualized tracks gave me the chance to really define what I wanted to work on, whether that was finding the best career/educational path for me, expanding my choreographic process, improving my improvisational and performance skills, or even self discovery. I entered the program knowing my long term goals in dance and life, and came out at the end of the year with a sustainable means of getting there. Catie taught me to value myself and believe in my own personal truths, in all areas of my life, and I credit her for fueling my capacity to achieve my goals and make my dance dreams realistic. Her empathy, wisdom, and kindness are what at the end of a beautiful year, make me feel seen."

"My time in BESEEN has given me the space to figure out who I am as an artist and which direction I'd like to follow in my career. Catie has been an incredible mentor and helped me get through the college auditions process among so many other things. I'm so grateful for my experience in this program and for the confidence I have gained."

"Coming into this helped ease me into thinking creatively and moving in a way that feels good and pushes the boundaries I used to hold myself in.. "



“BESEEN has provided me a safe space to explore my artistry, individuality, and voice in a way that is different from my college dance program. I’m so grateful for Catie’s guidance and for growing as an artist and human!”

“The best part of this journey is how much more confident I have become in my dancing and creative decisions”

“I feel less scared or intimidated by movement that is outside the ‘norm’, as I have experienced it through my training. I feel that I have progressed in my understanding of how to connect with my own body and look internally to find motivation for movement, especially when it is not preconceived movement. I want to keep going by pushing myself even further from my comfort zone so I can bridge performances with actual human connection that creates bonds.”



PHOTOGRAPHS BY LAYLA SHOO

APPLY NOW!

