

FOR IMMEDIATE RELEASE
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The Best Dance Instruction of New York City Comes to San Diego

Michael Foster, who owns the Virtual TBS dance studio, which caters to beginning dancers as well as celebrities, will be appearing for seven days of classes at the San Diego Bay Club.

San Diego, CA, Aug. 22, 2016 — Renowned dance guru Michael Foster will bring the best dance instruction of New York City to the bay area. For a limited time only at The San Diego Bay Club Michael will produce a series of expert dance instruction for beginners and everyone else.

Hailing from Virtual TBS, a vibrant and growing dance studio in the heart of New York City, Foster brings his decades of experience to unlock the potential of every dancer. His studio has been called “The Best of New York City,” as reported by Newsday, AM NY, and the Florida Sun Times Online.

His dancing instruction is for everyone, dancers and non-dancers alike. This is because he offers specific instruction based on your goals and body types.

The San Diego Bay Club is located at 12000 Carmel Country Road, San Diego, CA 92130. The program schedule at the San Diego Bay Club is as follows:

Program #1: 45-minute practice class for adult athletic males. This includes:

- 15 minutes on structural anatomy (in the line of motion)
- 15 minutes on momentum anatomy (translating personality into rhythms in motion)
- 20 minutes on the Anatomy of Dance, which includes three phases: balance, musicality, and stepping techniques

Program #2: 25-minute practice class for all levels of females

- Buoyancy (thick tennis sock)
- Suave: 2-phase balance anatomy, musicality steps on twine (stepping techniques with an emphasis on hips and anatomy, with twine used for motions)

Program #3: Social practica for males and females of all levels

- Practice what you've learned. Meet your match

Events take place over the course of seven days, as follows:

- Thursday, 8/25 and Friday, 8/26: Private TBC-Productions (Del Mar Marriott all day events) There is a beach dance choreography class planned for 2-4 hours, if permitted by weather

- Saturday, 8/27, 11 a.m. to 4 p.m.
- Sunday, 8/28, available from 8 a.m. to 9 p.m.
- Monday, 8/29, from 8 a.m. to 3 p.m.
- Tuesday, 8/30, from 8 a.m. to 3 p.m.
- Wednesday, 8/31, from 8 a.m. to 3 p.m.

Event: TBS Social

Wednesday, 8/31, from 11:45 a.m.-1:45 p.m. Produce social dance practice milonga. Program includes one 15-25 minute session of the learners guide to Technique and Balance 8 basic steps, 5th step female, 2nd and 7th steps male. The program calendar is as follows:

Program #1:

- Saturday, 8/27, from 11 a.m. to noon
- Sunday, 8/28, from 8 a.m. to 9 a.m. and from 8 p.m. to 9 p.m.
- Monday, 8/29, from 8 a.m. to 9 a.m.
- Tuesday, 8/30, from 8 a.m. to 9 a.m.
- Wednesday, 8/31, from 8 a.m. to 9 a.m.

Program #2:

- Saturday, 8/27, from 3 p.m. to 4 p.m. (2 x 25-minute sessions)
- Sunday, 8/28, from 9 a.m. to 10 a.m. and from 7 p.m. to 8 p.m.
- Monday, 8/29, from 9 a.m. to 10 a.m.
- Tuesday, 8/30, from 9 a.m. to 10 a.m.
- Wednesday, 8/31, from 9 a.m. to 10 a.m.

TBC-Special program, a seven-hour program (please select seven hours between the following schedules)

The TBCelebrity.com Program, which benefits all level of individuals (Never dance before? No problem!) Patrons will benefit from all of Foster's Anatomy of Dance Techniques and the skill of duplicating your personality through movement from the Rhythms in Motion class. This is a once-in-a-lifetime dance teacher, educator, and instructor course. It is a great opportunity to meet powerful people in the worlds of business, fashion, media and entertainment. You can offer to teach, escort (DWTS, etc.) or become a dance instructor role model for children of celebrity parents.

Daily calendar hours are as follows:

TBC special program:

- Saturday, 8/27, from noon to 3 p.m.
- Sunday, 8/28, from 10:15 a.m. to 6 p.m.
- Monday, 8/29, from 10:15 a.m. to 3 p.m.
- Tuesday, 8/30, from 10:15 a.m. to 3 p.m.
- Wednesday, 8/31, from 10:15 a.m. to 11:20 a.m.

The programs grant a certificate noting a 7-hour complete instructor's Technique and Balance Dance Course. You will be added to the TBCelebrity website as either a participant or as a certified dance instructor.

At home in New York City, Michael Foster's studio offers specialized instruction that can be individualized for every patron. You can choose from one of four programs, or create a custom

dance programs for whatever you want to achieve.

The key tenet of the instruction is that the upper body is used for rhythm and motion, and the lower body is used for balance and structure. There are several different styles, including salsa, TBS hip-hop salsa, belly dance, Greek-Balkan, Bhangra, swing, merengue, TBS also teaches batchata (not club style) as an art form and body language course.

The anatomy of dance is for everyone, and the classes are geared toward meeting your needs. Professional dancers will be complemented with a dance instructor who will understand her own style, strengths and limitations, and forms and expressions specific to the chosen style of dance. Everyone's body is unique, and each has its own unique way of learning.

For young people and adults, a student will learn to dance in the quickest, safest, and easiest way possible. All they need to do is spend five minutes studying the TBS Anatomy of Dance before branching off into their own selected style.

For models and stars, the TBS Anatomy of Dance enhances your physical presence by bringing out your strengths, specific to your own anatomy and balance. You will learn to communicate using body language in a way that words cannot match.

For those with special physical needs, the TBS Anatomy of Dance provides special programs for gyms, physical therapy centers, and individuals suffering from Parkinson's disease.

Virtual TBS offers special program packages to the events and socialites industries. Technique & Balance is a powerful, five-minute structured program in the "Anatomy of Dance" (Body of Dance). It creates more self-awareness, personal confidence, body language understanding and control.

About the TBS Dance Brand and Michael Foster

Michael Foster could dance even before he was born. His mother, Merle Foster, said he was kicking and dancing during the last four months of her pregnancy. Even now, he never stops moving. He trained with the best, and now shares his knowledge and love of dancing with others. Originally, Foster's dance studio was called Technique and Balance Studios Times Square NYC. Located at the "crossroads of the world," it became an international brand, setting foot in such far off cities as Dubai, Paris, Buenos Aires, Mumbai, Hong Kong, and Tokyo.

Beginning in 2003, with just the Argentine tango, the Technique & Balance program has expanded to eight styles specific to Latin and ballroom social dancing. It now caters to individuals as well as group functions, working with businesses with more than 100 employees, municipal government agencies, public or private recreational facilities, hotels, universities, gyms, private recreational dance clubs, hospitals, cruises, travel hotspots, and residential courts.

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