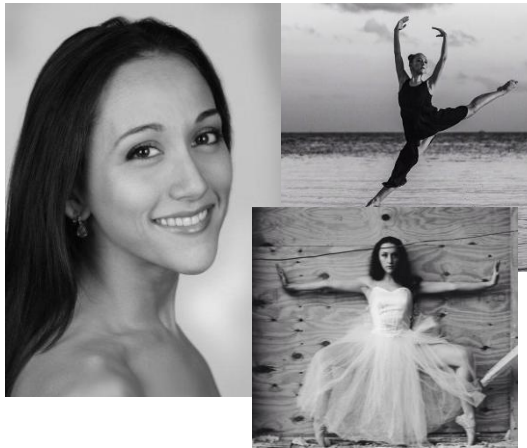


About the Instructor



Brigette Cormier “Miss Brigette” has been teaching ballet in Miami for over 10 years, with 20 years of ballet performance and teaching experience, Brigette offers a contemporary approach to ballet technique.

“I’ve removed the rigidity of ballet class while maintaining the discipline, so that students can feel equally inspired and capable. I want to help the students feel strong and intelligent, and provide them with a safe and supportive environment to achieve goals and impress themselves, all while gaining self-confidence.”

– Miss Brigette

Brigette has a BFA in dance from the University of Florida, achieved at the New World School of the Arts and has trained with the Martha Graham Dance Company and the Jose Limon Dance Company.

Visit Brigette’s website at www.BrigetteCormier.com

Why choose ballet?

Not only is ballet class a great form of physical exercise, ballet also hones the students' ability to focus their energy, so it's also exercise for the mind and imagination.

INTEREST | The #1 rule for taking ballet is interest because to truly learn, you've got to *want* to learn, and then it can be fun!

DISCIPLINE | Created over 300 years ago and evolved with culture over time, the art of ballet has been crafted to offer many benefits to people who study.

These benefits include:

REFLEXES | Ballet class increases flexibility, joint mobility, and strength, resulting in improved awareness of body functionality and reflexes; this knowledge and awareness contributes to improved physical facility in to day to day activities.

FOCUS | Too much energy? We'll almost never be still. And because ballet class is built around the setting and achieving of goals like learning ballet steps and dances, this drive of the class helps students learn how to focus their energy productively into dance.

Open Ballet Class Schedule:

Saturday- 2-2:50pm

Kids Ballet
(ages 8 to 14)

Tuesday- 5-6pm

Adults & Teens Beginner Ballet
(ages 15 and up)

Wednesday- 10:30-11:30am

Int./Adv. Contemporary Technique
(ages 10 and up)

Sign up: <http://openballet.as.me/>

Dress Code

A contemporary approach to ballet

Kids: Ballet shoes are recommended. Hair tied back (if it's long, in bun) and out of eyes. Options are:

- leotard and tights
- leotard, tights, and a ballet skirt
- tight fitting top or leotard and leggings

Teens & Adults: Ballet shoes are recommended. Hair should be tied back if it is long. Please wear comfortable close-fitting fitness clothes or dancewear that allows you full range of motion.

Find more info about classes at
BrigetteCormier.com/train