

Ballet #Inspo

IF YOU CAN DREAM IT, YOU CAN DO IT



Achieving Goals in Every Class

The spinning, leaping, balancing, and grooving in ballet is fun and exciting, and as the class advances, more exciting dance steps are introduced. The entire ballet class is formulated to guide the students to achieve these steps, so we're achieving goals in every ballet class!

The ballet class is in two parts, the **ballet barre** and the **center work**. The class begins at the barre, with a series of preliminary exercises that build the groundwork strength and understanding for the students to later achieve the ballet step. To achieve a step it requires a combination of body awareness & control, proper alignment of a series of body postures, plus full focus to get it right. In the second part of class, the center work, the students begin learning to achieve the step. It takes practice and determination, and yes, it's complicated, but the reward of achieving the step is equally attainable for all, thanks to the proven formulas of ballet!

MTC
miami theater center
passion made performance

Ballet Class

with Brigette Cormier

Are you ready to *shine*?



Starting March 2019

**At The SandBox at Miami
Theater Center**

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