



# Adult Ballet Basics



## Start from the Beginning

Learn the correct way to do every exercise at the Barre!

Explore turnout, pull-up and core stability.

Find your own range of motion limits with consistent stretching.

Discover how to move from your center to the edges of your body.

Improve your balance through body symmetry.

Learn many ballet basic steps and their correct execution.

Two 4-Week Workshops \$75 each session

Starting Saturday:

June 20 - July 11th

July 18th - August 8th

10:00 - 11:30am

Taught by: Rebecca Witjas