

# What Is

# BALLET



## The Technique Foundation

At our dance studio, we believe that ballet is the essential foundation for every dance style. In our inclusive ballet classes, we emphasize that age and body shape have no bearing on one's ability to take ballet classes. We welcome students of all ages and body types to join us on this beautiful journey of grace, strength, and self-expression.

Our ballet program follows the world-renowned British Ballet Organisation (BBO) syllabus. As part of this syllabus, students have the option to participate in exams, which are recognized globally. These exams provide a structured path for students to develop their ballet technique and gain a deeper understanding of this classical dance form.

To be eligible for exams, students are required to attend a minimum of two ballet lessons per week. We strongly encourage all students to take exams as they provide a solid foundation for advancing to the more exciting aspects of dance, such as turns, leaps, and tricks in other dance styles.

In our ballet classes, students will learn and master the fundamental techniques of ballet, including posture, alignment, coordination, flexibility, and musicality. Through disciplined training and guidance from our experienced instructors, students will develop strength, poise, and an appreciation for the artistry that ballet brings.

Join us in our ballet classes and discover the joy and beauty of this timeless dance form. Whether you aspire to become a professional dancer or simply want to enjoy the benefits of ballet, our classes will help you unlock your full potential and nurture your love for dance.