



Center

A 30-Day Ballet Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day when you complete the exercise. If you're injured, sick, or unable to dance, then watch the video and check it off. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	<p>Move freely.</p> <p>Start by leading with your hips. Then with your eyes. Then with your feet.</p> <p>After 10 minutes, stand still for a few moments with your eyes closed.</p>	10
2	<p>Beginning Ballet: Basic Barre Sequence</p> <p>OR</p> <p>Intermediate Ballet: Placement & Technique</p>	30
3	<p>Memorize & practice the first half of your Day 2 class.</p> <p>Focus on engaging your lower abs.</p> <p>Beginning Ballet: Basic Barre Sequence (Plié, Relevé, Tendu, Degagé)</p> <p>OR</p> <p>Intermediate Ballet: Placement & Technique (Plié, Tendu with Plié, Tendu Straight Legs, Degagé, Rond de Jambe)</p>	30
4	<p>Repeat the first half of your Day 2 class.</p> <p>Focus on fully stretching your toes and ankles.</p>	15
5	<p>Repeat the first half of your Day 2 class.</p> <p>Focus on relaxing your neck and shoulders.</p>	15
6	<p>Play – Move freely. Start by leading with your back, then shoulders, then knees. After 10 minutes, stand still for a few moments with your eyes closed.</p>	10

Day	Exercise	Minutes
7	<p>Memorize & practice the second half of your Day 2 class. Focus on engaging your lower abs.</p> <p>Beginning Ballet: Basic Barre Sequence (Rond de Jambe, Fondu, Grande Battement, Révérence)</p> <p>OR</p> <p>Intermediate Ballet: Placement & Technique (Frappé, Grande Battement, Pirouette, Révérence)</p>	30
8	<p>Repeat the second half of your Day 2 class. Focus on fully stretching your toes and ankles.</p>	15
9	<p>Repeat the second half of your Day 2 class. Focus on relaxing your neck and shoulders.</p>	15
10	<p>Repeat your full Day 2 class. Skip the explanations to move through the class quickly. Notice your center of gravity as you dance.</p> <p>Write. Which movements, positions, and cues help you control your center of gravity?</p>	30
11	<p>Move and Reflect –</p> <p>Move freely. Start by leading with your chest, then hands, then toes. After 10 minutes, stand still for a few moments with your eyes closed.</p> <p>Write. How did you control your center of gravity during free movement exercises? How did your center of gravity shift when you led the movement with your upper, lower, and center body?</p>	15
12	<p>Beginning Ballet: Balance and Foot Articulation</p> <p>OR</p> <p>Demi-Pointe: Battements en Demi-Pointe</p>	30

Day	Exercise	Minutes
13	<p>After warming up, choose an exercise from your Day 12 class.</p> <p>Find your center of gravity as you move through the exercise. Test yourself by letting go of the barre, rising to demi-pointe, or pausing to hold a position.</p>	10
14	<p>After warming up, repeat yesterday's exercise. Try it on flat (supporting heel on the floor) and on relevé (demi-pointe).</p> <p>How do you shift your center of gravity when you change the position of your supporting foot?</p>	10
15	<p>After warming up, repeat yesterday's exercise with different footwear. Choose any dance shoe, socks, or barefeet on a safe floor surface.</p> <p>How does your center of gravity change with different footwear?</p>	10
16	Strengthen and Stretch – Pilates 3: Warm-Up for Stretches	30
17	Port de Bras: Floating Arms	10
18	<p>Practice any ballet exercise with a port de bras of your choice. Lift your elbows, pull shoulder blades down, and lead arm movements with elbows to create an illusion of floating, lightness, and ease.</p>	10
19	<p>Center yourself by leading with elbows and pulling shoulder blades down.</p> <p>Beginning Ballet: Pas de Bourrée</p> <p>OR</p> <p>Beginner II: Waltz Turn</p> <p>OR</p> <p>Demi-Pointe: Grand Allegro Choreography</p>	30
20	Pilates I: Foot Articulation	30
21	<p>Visualize – Close your eyes and envision yourself executing a ballet step that you find challenging. Visualize yourself centered, in control, and moving with an illusion of ease.</p>	5

Day	Exercise	Minutes
22	<p>Beginning Ballet: Balance and Foot Articulation</p> <p>OR</p> <p>Demi-Pointe: Foot Articulation and Relevé</p>	30
23	<p>Use foot articulation to center yourself and connect with the floor. Fully point your foot every time it leaves the floor. Fully connect every time your foot returns to the floor.</p> <p>Beginning Ballet: Pas de Bourré</p> <p>OR</p> <p>Beginner II: Waltz Turn</p> <p>OR</p> <p>Demi-Pointe: Grand Allegro Choreography</p>	30
24	<p>Practice Pas de Bourré, Waltz Turn, or Sissonne. Use Day 23 videos or practice on your own. Practice four times with a different focus each time.</p> <ol style="list-style-type: none"> 1. Lead with elbows to float your arms. 2. Fully articulate your feet every time they leave and return to the floor. 3. Engage your core muscles to strengthen your center as you move. 4. Lead with elbows, articulate feet, and engage core at the same time. 	10
25	<p>Demi-Pointe: Placement</p>	30
26	<p>Meditate – Center yourself by sitting in stillness for 5 minutes. You can use a guided meditation, or just focus on keeping your body still with a 5-minute timer.</p>	5
27	<p>Practice Pas de Bourré, Waltz Turn, or Sissonne. Use Day 23 videos or practice on your own. Practice four times with a different focus each time.</p> <ol style="list-style-type: none"> 1. Keep shoulders over hips. 2. Pull middle abs up under ribs. 3. Reach down through backs of legs into the floor. 4. Align shoulders, engage abs, and lengthen legs all at the same time. 	30
28	<p>Intermediate Ballet: Stabilization and Placement</p>	30

Day	Exercise	Minutes
29	<p>Find your center with Cambré, Promenade, or Relevé.</p> <p>Cambré Forward, Side, and Back</p> <p>OR</p> <p>Beginner 2 Ballet: Promenade</p> <p>OR</p> <p>Demi-Pointe: Relevé in Centre</p>	<p>15</p> <p>OR</p> <p>30</p> <p>OR</p> <p>30</p>
30	<p>Center – Repeat any class, exercise, or choreography. Focus on the centering cues that have helped you most this month. Write them down.</p>	30