



Breathe

A Holistic 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 are injured, sick, or otherwise 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	Lesson on Breath – Lateral Breathing	12
2	Beginning Technique – Demi-Plié	29
3	Lesson on Breath - Plié and Relevé	12
4	5-Minute Floor Warm-Up AND Practice Demi-Plié and Relevé with Lateral Breathing.	15
	OR	OR
	5-Minute Floor Warm-Up AND Beginning Technique – Demi-Plié	35
5	Beginning Technique - Follow-Along Centre Barre	26
6	Reflect – Write about how you feel after your first five days of practice.	5
7	5-Minute Floor Warm-Up AND Lesson on Adage - Relevé Lent and Grand Rond de Jambe	20
	OR	OR
	30-Minute Pilates Warm-Up AND Lesson on Adage - Relevé Lent and Grand Rond de Jambe	45
8	Advanced Beginner Ballet – Promenade	26
9	Lesson on Synchronization - with Breath	18

Day	Exercise	Minutes
10	<p>Beginning Technique - Follow-Along Centre Barre</p> <p>OR</p> <p>Advanced Beginner Choreography - "Free to Be Me"</p>	<p>26</p> <p>OR</p> <p>36</p>
11	Breathe and Move – Breathe deeply and audibly. Move freely with your breath.	5
12	<p>(Beginners) 5-Minute Floor Warm-Up AND Curtsey and Bow</p> <p>OR</p> <p>(Intermediate) 5-Minute Floor Warm-Up AND Tombé Pas de Bourrée</p>	<p>10</p> <p>OR</p> <p>10</p>
13	<p>Beginning Technique - Follow-Along Centre Barre AND</p> <p>Advanced Beginner Choreography - "Free to Be Me" <u>30:00-end</u> Dance or watch.</p>	31
14	<p>5-Minute Floor Warm-Up AND</p> <p>Choose your own music. Improvise <u>ballet movements</u> in sync with your breath.</p>	10
15	<p>5-Minute Floor Warm-Up AND</p> <p>Choose your own music. Improvise <u>ballet movements</u> in sync with your breath.</p> <p>OR</p> <p>30-Minute Pilates Warm-Up AND</p> <p>Choose your own music. Improvise <u>ballet movements</u> in sync with your breath.</p>	<p>10</p> <p>OR</p> <p>40</p>
16	Reflect – Leave a question or comment in the Discussion Forum.	5
17	<p>Demi-Pointe Choreography - Blue Danube <u>10:30-end</u></p> <p>OR</p> <p>Pointe Choreography - Blue Danube</p>	<p>20</p> <p>OR</p> <p>30</p>
18	Search online for Blue Danube music by Strauss. Listen to the full piece.	10

Day	Exercise	Minutes
19	Battements en Demi-Pointe AND Demi-Pointe Choreography - Blue Danube <u>23:45-end</u> OR Pointe Choreography - Blue Danube	30 OR 30
20	Search online for Blue Danube music by Strauss. Practice the choreographed arm movements. OR Demi-Pointe Choreography - Blue Danube <u>23:45-end</u> Practice the choreographed arm movements.	10 OR 5
21	Breathe in Stillness – Listen to Blue Danube. Focus on your breath.	10
22	Battements en Demi-Pointe AND Demi-Pointe Choreography - Blue Danube <u>23:45-end</u> OR Demi-Pointe Choreography - Blue Danube <u>10:30-end</u> OR Pointe Choreography - Blue Danube	30 OR 20 OR 30
23	Lesson on Breath - Plié and Relevé	12
24	5-Minute Floor Warm-Up AND Jump once as high as you can. Exhale on the ground and inhale in the air. Repeat two more times.	10
25	Listen to Blue Danube. Improvise <u>ballet movements</u> with the music.	10
26	Perform – 5-Minute Floor Warm-Up AND Blue Danube Choreography <u>23:45 to end</u> OR Battements en Demi-Pointe AND Blue Danube Choreography <u>23:45-end</u>	10 OR 30
27	Go for a walk, jog, or run. When you finish, stretch. Hold each stretch for 6 slow breaths.	30
28	Advanced Beginner Ballet – Promenade OR Advanced Beginner Choreography - "Free to Be Me"	26 OR 36

Day	Exercise	Minutes
29	<i>Breathe and Stretch – Slow your breath and spend a full 15 minutes on stretches of your choice.</i>	15
30	<i>Breathe and Move – Breathe laterally with movement of your choice.</i>	5
	OR	OR
	Lesson on Breath – Lateral Breathing	12