



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

Day	Exercise	Minutes
10	<p><b>Beginning Technique - Follow-Along Centre Barre</b></p> <p>OR</p> <p><b>Advanced Beginner Choreography - "Free to Be Me"</b></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 <b>Curtsey AND Bow</b></p> <p>OR</p> <p>(Intermediate) 5-Minute Floor Warm-Up AND <b>Tombé Pas de Bourrée</b></p>	<p>10</p> <p>OR</p> <p>10</p>
13	<p><b>Beginning Technique - Follow-Along Centre Barre</b> AND</p> <p><b>Advanced Beginner Choreography - "Free to Be Me" <u>30:00-end</u></b> Dance or watch.</p>	31
14	<p><b>5-Minute Floor Warm-Up</b> AND</p> <p>Choose your own music. Improvise <u>ballet movements</u> in sync with your breath.</p>	10
15	<p><b>5-Minute Floor Warm-Up</b> AND</p> <p>Choose your own music. Improvise <u>ballet movements</u> in sync with your breath.</p> <p>OR</p> <p><b>30-Minute Pilates Warm-Up</b> 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 <b>Discussion Forum.</b>	5
17	<p><b>Demi-Pointe Choreography - Blue Danube <u>10:30-end</u></b></p> <p>OR</p> <p><b>Pointe Choreography - Blue Danube</b></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	<b>Battements en Demi-Pointe AND Demi-Pointe Choreography - Blue Danube <u>23:45-end</u></b> OR <b>Pointe Choreography - Blue Danube</b>	30 OR 30
20	Search online for Blue Danube music by Strauss. Practice the choreographed arm movements. OR <b>Demi-Pointe Choreography - Blue Danube <u>23:45-end</u></b> Practice the choreographed arm movements.	10 OR 5
21	Breathe in Stillness – Listen to Blue Danube. Focus on your breath.	10
22	<b>Battements en Demi-Pointe AND Demi-Pointe Choreography - Blue Danube <u>23:45-end</u></b> OR <b>Demi-Pointe Choreography - Blue Danube <u>10:30-end</u></b> OR <b>Pointe Choreography - Blue Danube</b>	30 OR 20 OR 30
23	<b>Lesson on Breath - Plié and Relevé</b>	12
24	<b>5-Minute Floor Warm-Up</b> 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 – <b>5-Minute Floor Warm-Up</b> AND <b>Blue Danube Choreography <u>23:45 to end</u></b> OR <b>Battements en Demi-Pointe AND Blue Danube Choreography <u>23:45-end</u></b>	10 OR 30
27	Go for a walk, jog, or run. When you finish, stretch. Hold each stretch for 6 slow breaths.	30
28	<b>Advanced Beginner Ballet – Promenade</b> OR <b>Advanced Beginner Choreography - "Free to Be Me"</b>	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
	<b>Lesson on Breath – Lateral Breathing</b>	12