



Slow Down

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're 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	Sit still, paying attention to your breath.	5
2	Learn these exercises so you can do them without looking at the video: Adage – Relevé Lent and Grand Rond de Jambe Repeat the exercises, synchronizing your movements with breath.	30
3	Read about the ballet Adage in Dancers Forum . AND Watch Tart Adage from <i>Alice's Adventures in Wonderland</i> (The Royal Ballet) AND Watch Rose Adage from <i>Sleeping Beauty</i> (The Royal Ballet)	15
4	Listen to Joby Talbot's Suite from Alice's Adventures in Wonderland: The Flower Garden . Warm yourself up. Then listen to the music again while dancing freely.	15
5	Review or learn an adage exercise. Then focus on synchronizing your movement with music: Adage – Relevé Lent and Grand Rond de Jambe OR Advanced Beginner Ballet - Adage	15 OR 30
6	Reflect – Write about how you feel after five days of Adage movements.	5
7	Focus on synchronizing your movement with music: Beginning Ballet – Demi-Plié OR Advanced Beginner Ballet - Adage	30
8	Choose any slow song. Walk or move in sync with the music.	5

Day	Exercise	Minutes
9	Observe how the dance and music convey emotions as you watch these performances. Write down the emotions you observed: Knave of Hearts Pas de Deux from Alice's Adventures in Wonderland (The Royal Ballet) AND Ball Variation from Cinderella (Dutch National Ballet)	10
10	Focus on your emotions as you dance. After class, write down one emotion you observed while you were dancing: Beginning Ballet – Demi-Plié OR Advanced Beginner Ballet – Adage OR Intermediate Ballet – Adage and Pas de Basque	30
11	Breathe – Breathe deeply for 5 minutes. Observe your breath and emotions. After 5 minutes, write down one observation.	7
12	Focus on your breath and notice your emotions. After class, write down one emotion you observed while you were dancing: Beginning Ballet – Demi-Plié OR Demi-Pointe/Pointe – Balance on Flat	30
13	Walk across the room as slowly as you can. Repeat two more times, trying to go more slowly each time. What physical sensations, emotions, or thoughts did you notice? What did you notice about your surroundings?	10
14	5-Minute Warm-Up AND Take any 30-minute ballet class. AND Stretch for 10 minutes.	45
15	Focus on your awareness of other dancers. Synchronize your movements with your instructor: Beginning Ballet – Balance and Foot Articulation OR Demi-Pointe/Pointe – Balance on Flat	30
16	Center – Lie on the floor and do a full Pilates mat sequence.	30

Day	Exercise	Minutes
17	Focus on your awareness of other dancers. Synchronize your movements with your instructor: Beginning Ballet – Balance and Foot Articulation OR Beginning Ballet – Detourné a Terre OR Intermediate Ballet – Adage and Pas de Basque	30
18	Choose a step or exercise from yesterday's class to practice on your own.	10
19	Play a calm piece of music. Stand on one foot in any position for the duration of the piece. Repeat on the other foot.	10
20	Advanced Beginner Ballet - Promenade	30
21	Choose – Find a piece of music with a slow tempo that inspires you to dance. It can be a classical adagio or any other genre.	15
22	30-minute Pilates mat sequence AND Beginning Ballet – Passé to Attitude OR Advanced Beginner Ballet - Promenade OR Intermediate Ballet – Extensions and Splits	60
23	Choose three ballet steps you've learned or practiced this month. Warm yourself up, and go over the steps on your own.	15
24	Dance with the music you chose on Day 21. As you improvise, incorporate the three steps you chose yesterday into your movements.	15
25	Practice choreographing an adage exercise: Advanced Beginner Ballet – Adage	30
26	Choreograph – Using the music you chose on Day 21 and the steps you chose on Day 23, choreograph an adage for yourself.	30

Day	Exercise	Minutes
27	Beginning Ballet – Passé to Attitude OR Advanced Beginner Ballet - Fondu OR Intermediate Ballet – Extensions and Splits AND Practice your adage choreography.	40
28	Listen to your music and visualize your adage choreography. AND Do a full Pilates mat sequence .	40
29	Practice your adage choreography.	15
30	Warm Up and Perform – Choose any full Pilates mat sequence and two 30-minute ballet classes to warm up. Then perform your choreography for an audience, a camera, or yourself!	2 hours