



Balance

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 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	Stand on one foot for 3-5 minutes. Move the other leg freely. Repeat on the other side.	5-10
2	Beginning Ballet: Balance and Foot Articulation OR Pointe/Demi-Pointe: Balance on Flat	30
3	Port de Bras: Floating Arms AND Repeat balance from Day 1. Add floating arms.	20
4	Port de Bras: Floating Arms AND Visualize floating arms while following along as instructed: Beginning Ballet: Follow-Along Centre Barre OR Add floating arm movements to the exercises: Beginning Ballet: Follow-Along Centre Barre	40
5	Visualizing floating in your pirouette and balance positions: Beginning Ballet: Pirouette Preparation OR Advanced Beginner Ballet: Balance and Pirouette from 5th OR Intermediate Ballet: Pirouette - Double	30

Day	Exercise	Minutes
6	<p>Reflect - How do your arm movements, balances, and pirouettes change when you visualize floating?</p> <p>Repeat any exercise or class from Days 1-5. Write your reflections.</p>	15-35
7	<p>Pilates 1: Hundred and Swimming</p> <p>OR</p> <p>Pilates 3: Warm-Up for Ballet Stretches and Extensions</p>	30
8	<p>Beginning Ballet: Détourné à Terre</p> <p>OR</p> <p>Advanced Beginner Ballet: Promenade</p> <p>OR</p> <p>Intermediate Ballet: Stabilization and Placement</p>	30
9	<p>Watch or practice:</p> <p>Pirouette Preparation from 5th Position</p> <p>OR</p> <p>Piqué Turn En Dehors</p>	10-15
10	<p>Beginning Ballet: Spotting</p> <p>OR</p> <p>Advanced Beginner Ballet: Rond de Jambe & Pirouette Preparation</p> <p>OR</p> <p>Intermediate Ballet: Placement & Technique</p>	30
11	<p>Define - Look up the word “balance.” Write down a definition you find, or create your own. Read your definition every day this month.</p>	10
12	<p>Read your definition of “balance.”</p> <p>AND</p> <p>Demi-Pointe: Placement</p>	30

Day	Exercise	Minutes
13	<p>Read your definition of “balance.”</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Beginning Ballet: Balance and Foot Articulation</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe/Pointe: Foot Articulation and Relevé</p>	30
14	<p>Read your definition of “balance.”</p> <p style="text-align: center;">AND</p> <p>Lie down or sit on the floor. Take 10 deep breaths. Gently stretch your sore and tight muscles.</p>	15
15	<p>Read your definition of “balance.”</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Beginning Ballet: Détourné à Terre</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe/Pointe: Piqué à la Seconde</p>	30
16	<p>Experiment - The Balancé ballet step comes from the French “balancer,” meaning to swing, sway, rock, or counterbalance. The French term for a ballet balance en Demi-Pointe is Équilibré, meaning balanced or stabilized.</p> <p>Sway back & forth with a Balancé step or any rocking movement. How does your center of gravity feel? How do you feel emotionally when you do this movement?</p> <p>Then balance in any ballet position. How does your center of gravity feel? How do you feel emotionally when you find stillness?</p> <p style="text-align: center;">Reflect and Write. How do movement and stillness help you find balance?</p>	15

Day	Exercise	Minutes
17	<p>Read your definition of “balance” and reflections on movement and stillness.</p> <p style="text-align: center;">AND</p> <p>Focus on moments of movement and stillness while you dance:</p> <p style="text-align: center;">Beginning Ballet: Tombé & Écarté Devant</p>	30
18	<p>Read your definition of “balance” and reflections on movement and stillness.</p> <p style="text-align: center;">AND</p> <p>Focus on moments of movement and stillness while you dance:</p> <p style="text-align: center;">Advanced Beginner Ballet: Adage</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe/Pointe: Blue Danube</p>	30
19	<p>Read your definition of “balance” and reflections on movement and stillness.</p> <p style="text-align: center;">AND</p> <p>Choose 3 steps from your Day 17-18 classes to practice on your own. Combine the steps, experimenting with moments of movement and stillness.</p>	10
20	<p>Read your definition of “balance” and reflections on movement and stillness.</p> <p style="text-align: center;">AND</p> <p>Focus on moments of movement and stillness while you dance:</p> <p style="text-align: center;">Repeat a class from Day 17 or 18.</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Ballet: Adage and Pas de Basque</p>	30
21	<p style="text-align: center;">Apply - Find balance outside of the dance studio.</p> <p>Write down 1 activity you do that requires physical balance and 1 that requires emotional balance. How can you channel your ballet balance while performing these activities?</p>	5

Day	Exercise	Minutes
22	Read your definition of “balance” and notes from Day 21. Visualize yourself channeling ballet balance outside of the studio. AND Beginning Ballet: Follow-Along Centre Barre	35
23	Read your definition of “balance.” Visualize yourself channeling ballet balance outside of the studio. AND Beginning Ballet: Pirouette Preparation OR Advanced Beginner Ballet: Promenade OR Intermediate Ballet: Placement & Technique	30
24	Read your definition of “balance.” Visualize yourself channeling ballet balance outside of the studio. AND Pilates 1: Hundred and Swimming OR Pilates 3: Warm-Up for Ballet Stretches and Extensions	30
25	Read your definition of “balance.” Visualize yourself channeling ballet balance outside of the studio. AND Beginning Ballet: Spotting OR Advanced Beginner Ballet: Balance and Pirouette from 5th OR Intermediate Ballet: Pirouette - Double	30
26	Rest - Watch a ballet performance that inspires you. (Search online.)	5-60

Day	Exercise	Minutes
27	<p>Read your definition of “balance.”</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Beginning Ballet: Tombé & Écarté Devant</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Advanced Beginner Ballet: Rond de Jambe & Pirouette Preparation</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Ballet: Adage and Pas de Basque</p>	30
28	<p>Read your definition of “balance.”</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Pilates 2: Hundred and Outward Hip Rotation</p> <p style="text-align: center;">AND</p> <p>Practice a step or combination from yesterday's class.</p>	40
29	<p>Read your definition of “balance.”</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Demi-Pointe/Pointe: Balance on Flat</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe/Pointe: Piqué à la Seconde</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe/Pointe: Piqué Turn En Dehors</p>	30
30	<p>Test - Test your balance in a ballet position of your choice.</p> <p style="text-align: center;">Warm up.</p> <p>Play a piece of music and sustain your balance until the music ends.</p> <p style="text-align: center;">Repeat on the other side.</p> <p style="text-align: center;">Stretch to cool down.</p>	10-30