

January 23 - March 27, 2021

Absolute Beginner Ballet with Anna Lederfiend

Company: Ailey Extension
 Venue: Ailey Extension Online
 Location: New York, NY

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Kyle Froman

Learn the fundamentals of the ballet technique in a welcoming and supportive environment with ballet expert Anna Lederfiend.

This workshop is designed for students to learn the basics of ballet terminology and class etiquette through detailed explanations and practice. Students will gain an understanding of correct body alignment, footwork coordination, and musicality while dancing easy-to-follow combinations.

Additional benefits include:

- improving balance
- toning the body
- increasing flexibility
- developing core strength

Workshop Schedule

Saturday, March 20

- 12:00pm - 12:55pm: Ballet Barre with Warmup and Intro to Port de Bras
- 1:00pm - 1:45pm: Center Footwork and Adagio
- 1:45pm - 2:00pm: Q&A

Saturday, March 27

- 12:00pm - 12:55pm: Ballet Barre with Warmup and Coordination of Port de Bras
- 1:00pm - 1:45pm: Center Footwork and Adagio with Coordination of Port de Bras
- 1:45pm - 2:00pm: Q&A

Ailey Extension
 Virtual
 New York, NY, 10019
<https://www.alvinailey.org/extension/workshops/absbegballet>

Schedule
 January 23, 2021: 12:00pm
 January 30, 2021: 12:00pm
 March 20, 2021: 12:00pm
 March 27, 2021: 12:00pm

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