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 expertAnna 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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