

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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