

May, 8-29, 2025

Beginner Ballet and Stretch

Company: World Arts East
Venue: World Arts East
Location: New York , NY

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BALLET AND STRETCH WORKSHOP

This all levels workshops introduces you to the fundamentals of ballet technique and strengthening exercises to get your body and muscles long and lean. The close of the workshop focuses on a dedicated stretch session to enhance flexibility and work on poses including splits, backbends, standing splits, etc.

STARTS APRIL 3
THURSDAY
8:15PM

LOCATION
115 W. 29 STREET
SUITE 1106, 11TH FLOOR

**PACKAGE: \$104 (4 SESSIONS)
DROP IN : \$26**

FOR INFORMATION & REGISTRATION
347-361-1661
WWW.WORLDDARTSEAST.COM

World ARTS EAST

World Arts East

Are you a mover or actor who would like to have a better understanding of ballet technique and stretching? This beginner level workshop is perfect for you!. You'll learn ballet fundamentals to get you strong and stretching techniques to get you flexible. No experience necessary.

World Arts East
115 W. 29 Street Suite 1106
New York , NY, 10001
347-361-1661
<https://www.worldartseast.com/events-2>

Schedule
May 8, 2025: 8:15pm
May 15, 2025: 8:15pm
May 22, 2025: 8:15pm
May 29, 2025: 8:15pm

[< back](#)

[previous listing](#) • [next listing](#)