

Friday, August 14, 2015 - Saturday, June 25, 2016

## Ballet w. Kat Wildish at Ballet Arts

Company: Ballet Arts  
Venue: Ballet Arts  
Location: New York, NY

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Kyle Forman

<http://www.balart.com>

~Over three decades of teaching, Kat Wildish has developed a distinctive, systematic, and highly effective approach to dance education. In her beginner & intermediate technique classes, correct placement is the root of Kat's pedagogy. She gives a long barre and her entire syllabus is constructed to demand constant awareness of skeletal alignment, core strength, and proper weight distribution. Plus, she nags. The intricacy of her combinations ensures that students learn to pick up steps quickly and accurately, so they're ready for anything that another teacher—or an audition—might throw at them.

Kat's classes are sparked by humor, but her witticisms always have a purpose: She takes her students seriously, whatever their technical level. A broad spectrum of ages and body types are represented, and she attracts an unusually high proportion of men. Wildish never forgets that ballet is a performing art. Her repertory workshops offer anybody—professionals to complete novices—the chance to rehearse and appear in stagings of classical ballets. She also teaches four-week pointe/variations classes, exploring the fundamentals of pointe work and coaching dancers in classical variations (e.g., Amor from Don Quixote; Sugar Plum Fairy from Nutcracker). And finally, there is attitude: Wildish teaches more than technique; she cultivates a sense of individual presence. Her classes promote balance, focus, and grace as students move through class—and through life.

~These ballet classes are geared towards dancers of all intermediate levels. It's a great professional warm-up and a challenge for those moving up. Strengthen and point your feet, improve your turn-out and your body alignment and use this class as a means to develop your ballet technique, or, establish it. Classes are set to live accompaniment, and include barre work, dancing centre floor and dancing in leaps, jumps and turns

[www.KatWildish.com](http://www.KatWildish.com)

Ballet Arts  
130 West 56th Street  
New York, NY, 10019  
<http://katwildish.com/classes/page2.php>

Schedule  
September 26, 2014: 6:00pm

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