


May, 8-29, 2025

## Beginner Ballet and Stretch

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

► [Share](#) | [Print](#) | [Download](#)



**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](#)