

thewashingtonballet

JULIE KENT, ARTISTIC DIRECTOR

Wellness Kit

Do you know what the secret ingredient to wellness is?

CREATIVITY

That's right! A Healthy Diet + Exercise + Creativity =

WELLNESS

What art form provides all three?

DANCE

Dance has an outstanding positive effect on both physical and psychological well-being.

That is why the Washington Ballet would like to share this wellness kit with you.



Birthday Offering cast members, courtesy of The Washington Ballet

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8 REASONS DANCE IS GOOD FOR YOU:

1) Dance Reduces Stress and Lifts your Mood

Dancing to music raises your spirits because it makes your body release endorphins, which are hormones that make you feel good.

2) Dance is Exercise

Dancing burns calories and helps you stay in shape. In a one- hour dance class, you can burn 250 – 400 calories!

3) Dance is Good for your Heart

It improves cardiovascular fitness, strengthens heart muscles, increases circulation, decreases blood pressure, and lowers the risk of coronary heart disease.

4) Dance Improves Balance and Coordination

Dance is great for improving control over your body, balance timing, and coordination.

5) Dance is Good for Bones and Joints

Dance is a weight-bearing activity, meaning it is great for your bones. Weight-bearing exercises has been proven to increase bone density and help reduce the risk of osteoporosis.

6) Dance is Good for your Mind

Dancing boosts creativity, brain function, and improves your memory.

7) Dance Builds Confidence

Dance builds confidence by giving you a sense of success and achievement when you master it.

8) Connection

Dancing gives us a sense of connection whether we are dancing with a friend or loved one, appreciating another culture through their dance and music or experiencing a performance with fellow audience members.



Nardia Boodoo, photo by Procopio Photography

Wellness Kit

Connect with TWB Digitally

While we cannot connect in person at this time, we continue to share our performances and classes online.

We invite you to connect with us at www.washingtonballet.org, on [Facebook](#) and on [Instagram](#).

Here is what we are offering for dancers and movers of all ages:

- ❖ Free Live Classes on Instagram and Facebook Live @washingtonballet
- ❖ Dancer takeovers on Instagram featuring a peek into the life of a dancer
- ❖ Inspirational Videos created by our dance company members and students
- ❖ Video clips of our performances



Victoria Arrea, photo by Procopio Photography

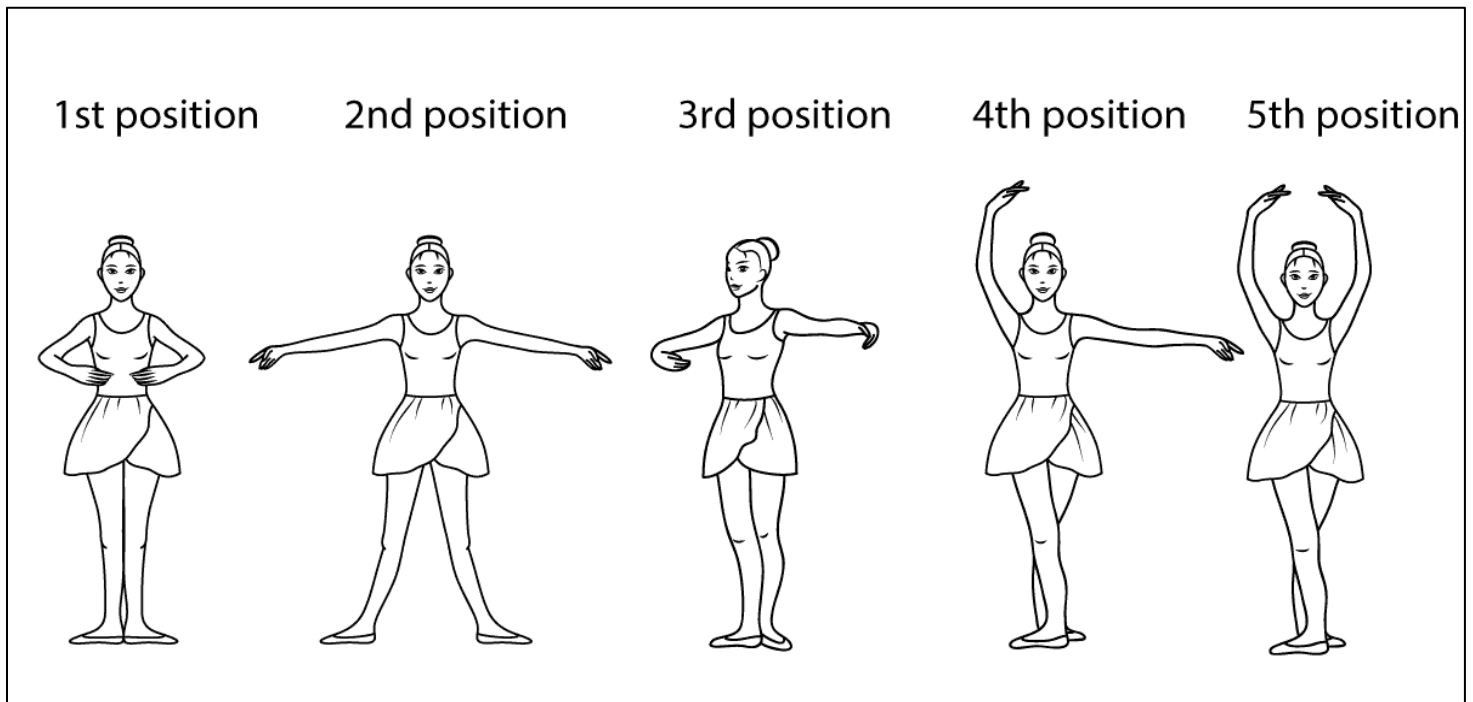
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Spark Creativity & Enhance Wellness with Dance at Home

At-Home Ballet Work Out



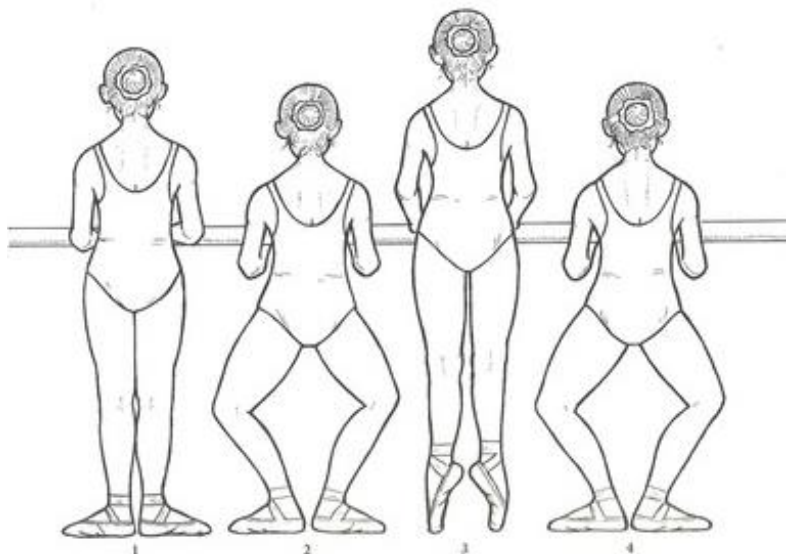
1. Plié & Relevé

Repetitions: 20

Targets: thighs, abs, ankles, and feet

Stand with your feet in first position (heels together, toes turned out about 45 degrees), legs straight, and hands gently resting on the back of a chair. Plié by bending your knees out over your toes (only lower about half-way down). Straighten your legs (squeezing your inner thighs together as you extend), and then lower your heels. With your spine tall and abs tight, rise up onto the balls of your feet. Repeat.

Plié & Relevé



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At-Home Ballet Workout

2. Parallel Plié Pulse

Repetitions: 20

Targets: glutes, thighs, abs, ankles, and feet

Stand with your feet parallel and together, hands on the back of a chair. Press up onto the balls of your feet and bend your knees into a deep plié by lowering your hips as far down as you can, squeezing your inner thighs together (knees should stay touching). Lift up halfway (knees should stay bent), and then return to deep plié position. That is one rep.

4. Reaching Rond de Jambe

Repetitions: 10 per side

Targets: thighs, hips, abs, and arms

Stand tall in first position with your right hand resting on the back of the chair. Pull your abs in tight and lift your left leg in front of your body as high as you can, keeping your back straight and tall. Raise your left arm to create a half moon shape. Point your toes. Slowly open your leg out to the side, lowering your arm into second position by reaching it out to the side of your shoulder, elbow slightly bent, palm facing front. Circle your leg (rond de jambe means "circle of the leg") behind you, reaching your arm overhead back into a half moon shape (third position) leaning forward from your hips to bring your torso parallel to the floor. Slowly lift back up, keeping your spine straight, and lower your leg and arm back into first position. That is one rep.

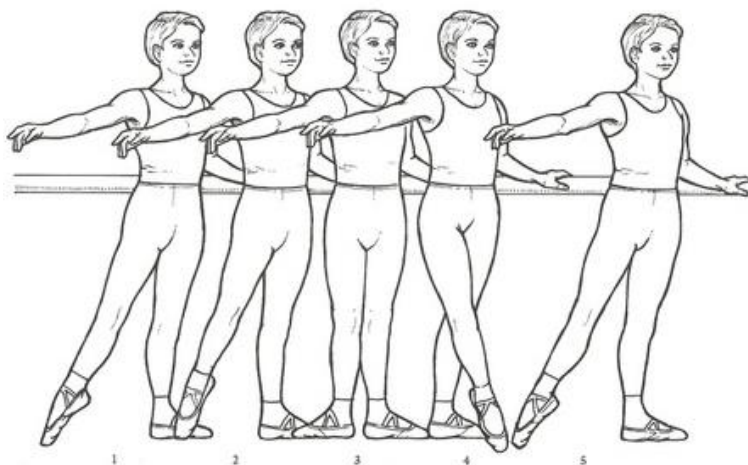
3. Plié Pulse to Passé

Repetitions: 20 per side

Targets: thighs, hips, abs, calves, and arms

Stand tall in fourth position (from first position take one step forward with your left foot, keeping it turned out, and cross it in front of your right) with your right hand resting on the back of the chair, left arm in second position. Rise up onto the balls of your feet, and then plié bending both knees out to the sides. Extend your right leg straight (keeping heel lifted), as you lift your left knee out to the side and lightly touch your left (pointed) toes just outside your right knee. Bring your left arm overhead into fourth position.

Rond de Jambe



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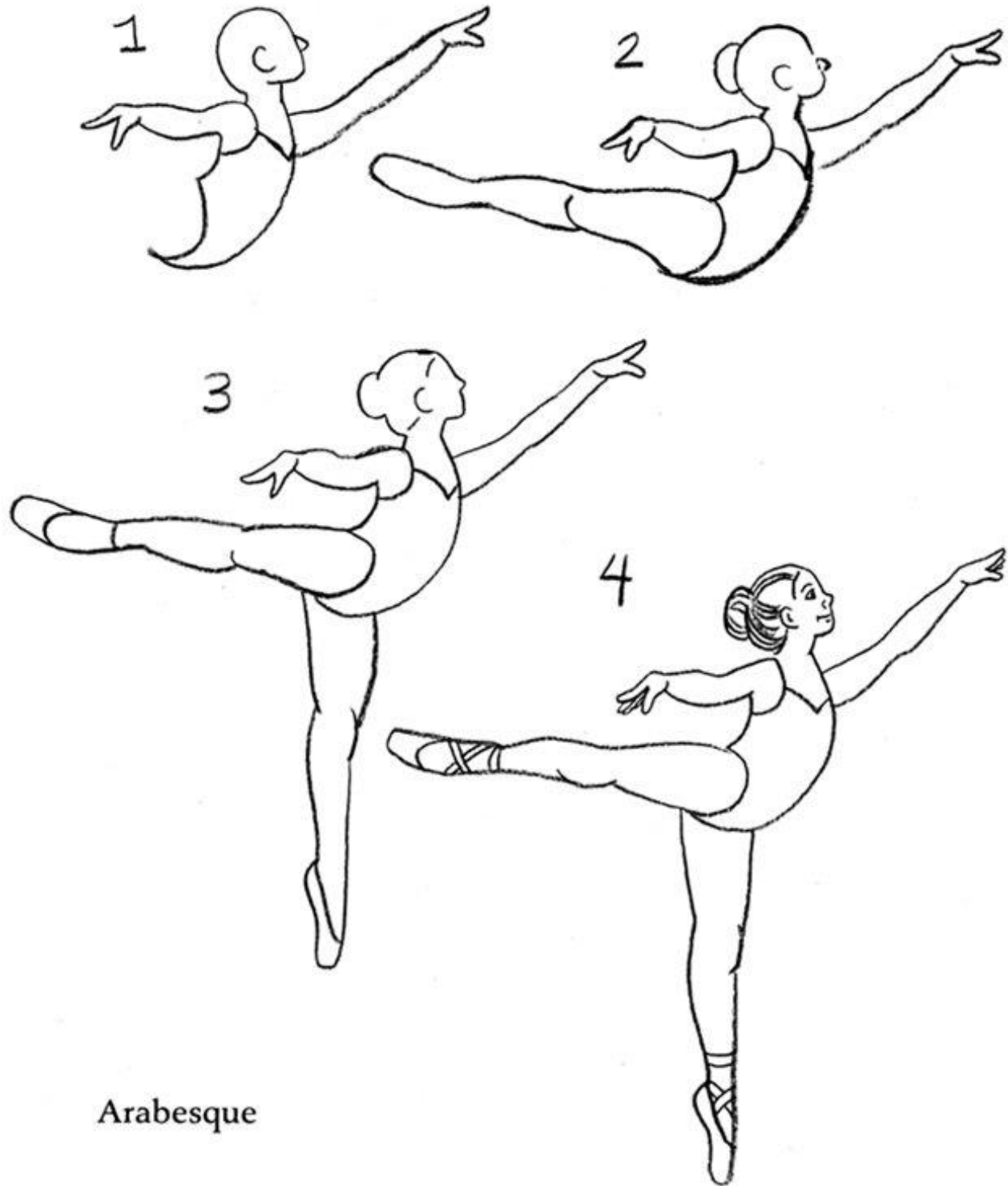


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How to Draw a Ballerina



Arabesque

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Eun Won Lee and Gian Carlo Perez in *Méditation from Thaïs*



Photo by xmbphotography

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How to Make Coffee Filter Dancers

Here's a list of what you'll need:

- Coffee Filters
- Washable Markers
- Pipe Cleaners
- Tiny Elastic Hairband
- Scissors

Instructions:

- 1) Flatten out the coffee filters as best you can and place your coffee filters on a backing sheet. It helps make less of a mess.
- 2) You are going to want to use TWO coffee filters, one on top of the other for this craft. The colors from the top one will bleed into the bottom one and you will end up with two nearly identical pieces to make the dresses for your dancers.
- 3) Color your coffee filters with TWO or THREE bold colors. Make sure you color most of the coffee filter, leaving little white space. If you use too many colors, you may end up with brown filters.
- 4) Carefully drop water all over the coffee filters, using an eye dropper, or a small spoon, until it is completely soaked through. They should be completely wet, but they should not be sitting in a pool of water.
- 5) Dry the coffee filters. You can let them air dry overnight, place them outside in the sunshine or put them in the oven on super low (120F) for approximately 20 minutes.
- 6) While you are waiting for the coffee filters to dry, you can make the form for your person using TWO pipe cleaners. Gently bend the first pipe cleaner in half, but do not pinch the fold in the middle to make the head of your dancer.



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7) Line up the second pipe cleaner behind the one that is folded in half, a little below where the “neck” of your dancer will be. Wind the two “arms” around the middle pipe cleaner several times to make a body. Keep winding until you have about 2.5 inches of pipe cleaner left on both sides.



8) Bend the bottom pipe cleaners at a right angle to make small “feet” for your dancer.

9) When your coffee filters are dry, separate them. You will have two nearly identical, colorful coffee filters for the dress.

10) Fold one of the coffee filters in half and keep folding it in half until it is about this size.



11) Cut a tiny point off from the tip.

12) Unfold the coffee filter until it is only folded in half. Cut two small slits about 1/4 inch away from the middle hole. These will be the holes for the “arms” to go through.



13) Bring the pipe cleaner “arms” up over the doll’s head. Then carefully slide each arm through one of the small slits you cut into the coffee filter. Carefully pull the coffee filter down over the body. The head should easily fit through the bigger hole in the coffee filter.



14) Repeat this step with the other coffee filter and the feet.

15) Bunch the coffee filter around the doll into the shape of a dress. Wrap a tiny elastic around the dress, roughly at the position of the waist so that it looks like a belt.

16) Shape your ballerina’s arms in any position you want.