

Ballet Technique - Embodied Movement Principles

for Dance, Yoga, Pilates, and Fitness Instructors

offered by

Wendy Masterson

CP, RSME, IDME, GYROTONIC®, MFA Dance

Ballet as an art form has a standard pedagogy based on traditional and classical techniques from the 1600's. The primary schools of Checchetti, Vagonova, Royal Academy of Dance, Bournonville, Legat, and Paris Opera have similar yet distinct curriculums. These curriculums are often taught from a visually oriented and external point of view.

In contrast, a somatically-based dance pedagogy founded upon moving from the "inside-out" creates more of a process-driven approach. This approach tends to be kinesthetically sound and leads to less injury that most dancers face during their careers. The application of the somatic lens to the general public is easily accessed and supports a safe environment to learn ballet movement, gain flexibility and strength, and find expression through motion.

Section I: Plie & Tendu

All ballet movement correlates and is built from the plie and the tendu. Understanding how these two elements sequence into movements on the floor, in the air, turning, jumping, and leaping is key to providing a safe and strong foundation for ballet movement regardless of professional or amateur.

Topics include:

Embodiment Principles of Flexion and Extension
Skeletal Mobility & Alignment
Connectivity of the Lower Limbs & Spine & Core
Sequencing

Course Includes:

5 hours in class + 2 hours Follow-Up

CEU: 14 hours

Cost: \$245

If taken in conjunction with
Embodied Movement Course

Cost: \$230

Section II: Port de Bras

The carriage of the arms coordinates with the motion of the torso and legs. Connecting the movement of the arms through the spine leads to stability, directionality, and quality of motion.

Topics include:

Developmental Principles of Sensory and Arm Integration
Skeletal Mobility of the Upper Limbs
Connectivity of the Upper Limbs, Spine, and Sensory Organs
Sequencing

Other offerings: Breathing: The Lungs, Omentum, & Diaphragms; Touch & Facilitation; Developmental Movement & Motion

Wendy Masterson is an internationally recognized master teacher, choreographer, somatic practitioner, and arts administrator. She is the owner of The Motion Space LLC in Great Falls, MT and the Director of Program Development for the Kinesthetic Learning Center (KLC) in Durham, NC. Wendy has an MFA in Dance, is a Certified Practitioner, a registered Somatic & Infant Developmental Movement Educator, a GYROTONIC® trainer, and a Reiki Master practitioner. Ms.

Masterson's career as a dance educator spans 35+ years of working with prestigious universities, dance companies, and arts festivals including Interlochen Arts Academy (MI), Vail International Dance Festival (CO), The Bolshoi Ballet, The Royal Ballet, The Paris Opera Ballet, and the Martha Graham Dance Company, . She also serves as Treasurer on the international Board of Directors for Body-Mind Centering Association. Wendy has presented at the International Association of Dance, Medicine & Science conferences in Washington, DC, Seattle, WA, and Basel, Switzerland.