

PROFESSIONAL DANCE CLASSES

BALLET WITH YOUN HUI JEON



© Theater Reutlingen

DATES
10.07 – 14.07.2023

TIME
10:00 – 11:30

PLACE
BANANNEFABRIK

Ballet classes for modern Dancers.

As a preparation for the body and mind, the class is focused on efficient and articulated movements in the form of ballet. By recognising the images and characters of exercises we will try to give the body a chance to move with less force as possible and to strengthen the muscles at the same time. The musicality is also one of the most important elements of the class and it will help the body to approach the proper energy in order to make the exercises successfully. Through the continuous movements in the space we will try to get the body together and to get feel free.

MORE INFORMATION AND REGISTRATION
WWW.DANSE.LU | CONTACT@DANSE.LU