

basic Ballet for All Bodies

: resources for participants :

some interesting things & inspirations

What kind of bodies do Ballet? This dancer is fighting for change

<https://www.facebook.com/bbcworldservice/videos/2496725880645443>

Ballet is for everyone

<https://thisgirlcan.com.au/news/ballet-for-every-body-how-adult-ballet-centre-rocked-this-girl-can/>

Lesbians are doing Ballet in New York City

<http://www.ballez.org/mission/>

Ballet is also for older people!

https://www.youtube.com/watch?v=Z_gltQkRVMA

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