

## Basic Ballet for all Bodies – b Ballet FAB!

### NEW PARTICIPANT INFORMATION

**Where** 180 Shaw St, Artscape Youngplace, Studio #103 (Intergalactic Arts Collective)  
**When** Wednesday eves, 6:30-7:30pm. Begins Jan 11<sup>th</sup>, 2023 (10 sessions)  
**Who** taught by Sara Porter – <https://www.saraporter.ca/>  
**Why** because any *fear* you may feel is less than the *joy* you find in dancing w nice people!

ARRIVAL TO FRONT GLASS DOORS – 180 Shaw – The old Givins Shaw School.  
The door is scheduled to be open, but if you find it closed, text 416-894-3317.  
I'll come get you! Walk up the steps, turn left. #103 is last studio at the end of the hall.

Class size limited to 10 students.  
You will be asked to sign a safety waiver on arrival in the studio. (only 1<sup>st</sup> class)  
Masks are welcome but not required. The teacher will not be wearing a mask.  
Please stay home if you are feeling unwell in any way.

#### **What to bring**

Comfortable clothing (see below)  
Socks (ballet slipper are not required – the teacher wears socks)  
Water bottle  
Your sense of humour

#### **What to wear**

You can wear tights or sweatpants or jeans or shorts, jackets with buttons or a t-shirt. You can dress up or dress down! Wear your disco outfit, your ballgown, your pajamas (if that's what it takes). All costumes and couture are welcome.

CHANGING - There is a small private area in the studio to change your clothes. There are also washrooms down the hall to change, if you prefer. There is no water fountain, so please bring your own. (Small bottles can be filled at the bathroom sink).

#### **The Ballet class**

This gentle approach to dance technique encourages healthy alignment, build strength, extend flexibility, develop clarity and articulation in movement, working at a slow and gentle pace. The class incorporates clear technical form, employing humour and humility to find movement that feels comfortable and comfortably challenging. Please participate or pause aside as feels most comfortable for your body. Take care of yourself!

Please get in touch with any concerns [saraporterproductions@gmail.com](mailto:saraporterproductions@gmail.com)