

# **PROGRESSING BALLET TECHNIQUE TEACHERS COURSE**

**PBT** or **PROGRESSING BALLET TECHNIQUE** is an innovative program developed by Marie Walton-Mahon for students to understand the depth of training muscle memory in achieving their personal best in classical ballet and other dance styles. After gaining the knowledge and experience of the program in Australia, Callie Roberts is now fully endorsed to offer PBT workshops to students & teachers across Europe.

This workshop is designed for teachers who wish to learn all 3 levels of Progressing Ballet Technique and incorporate this wonderful teaching tool in classroom to help students enhance ballet and other dance technique training by developing muscle memory and improving their understanding of core stability, weight placement and alignment.

## **What are the benefits of the PBT program?**

Progressing Ballet Technique gives students a better understanding of how to engage the right muscles in order to dance safely and correctly. Before long you will see huge improvements in students alignment, stability, strength, posture, turnout, control and balance. And....it's fun!

As a teacher it is always nice to have something fresh to bring in to the studio. After teachers courses most teachers keep up the program for their own conditioning as well as sharing it with their students. The benefits are endless!

## **DESCRIPTION:**

The **Progressing Ballet technique Teachers Course** will take place on Sunday the 11<sup>th</sup> of June 2017 at DanzArt Studio Zagreb, from 10:00-17:00 h.

## **REQUIREMENTS:**

- ✓ Bring a bottle of water along with plenty of snacks.
- ✓ Teachers are to wear comfortable clothing and bare feet. Feet and claws need to be bae. You can roll tights/leggings/tracksuit bottoms up.
- ✓ It is recommended to bring a note pad and pen to take notes. Once you have booked on the course, you will need to print off the "Workshop Notes" from the website <http://pbteurope.com/>. You can either print these out or save them on your tablet (if you have one) and bring them along.

- ✓ The instructor will provide an electric pump, so it is advisable to arrive on time if you require your ball to be pumped up.
- ✓ Refunds will be offered up to 2 weeks before the course. If you need to cancel in the 2 weeks leading up to the course, you will be offered the option to transfer to another course without any charge.

### **EQUIPMENT REQUIREMENTS FOR PBT:**

- ✓ You will need a size appropriate ball. Your legs should be at a right angle when sitting on top of it. The following chart shows a slight variation of recommended heights for the different ball sizes you can choose from.

Under 4'8" – 55cm ball

4'8" to 5'6" – 65cm ball

5'7" to 5'10" – 75cm ball

5'10" to 6'4" – 85cm ball

\*\*\* (You must bring your own ball).

- ✓ You will also need a resistance band. 2.7m is best as you can utilize it for the port de bras exercises. These can be purchased online. For teachers courses the instructor will have with her available to purchase on the day red resistance bands cut to the ideal size (2.7m) with a cost of €12. If you are bringing your own, bring two hair bands so you can secure the band to your wrists and have your hands free.
- ✓ You will need a smaller soft ball. It can be purchased from <https://www.physique.co.uk/Rehabilitation-Exercise/Yoga-Pilates/ResistABall>
- ✓ The instructor will have it available to purchase on the day also for the amount of €8.
- ✓ You will also require a squash ball for the foot strengthening exercises, which can be purchased from the instructor on the day for €4.
- ✓ If you wish to purchase equipment on the day, please bring the correct money.
- ✓ It is also recommended to bring a mat to lie on if you think you would be more comfortable. (DanzArt will provide mats).
- ✓ If you wish to purchase PBT Digital Download, DVDs or Music, please visit: <http://www.progressingballettechnique.com/pbt-shop/>

Please do get in touch if you have any questions at all.