

## *Ballet Resources*

### **Floor Barre Virtual Classes**

- ❖ [Floor Barre Class - 24mins](#)
- ❖ [Barre au Sol Class with ballerina Chloe Lopes Gomez - 30mins](#)
- ❖ [Floor Barre Exercises to Improve Posture - 20mins](#)
- ❖ [Floor Barre Class - 20mins](#)
- ❖ [Soloist Ballet Dancer YuanYuan Zhang Teaches Floor Barre - 30mins](#)
- ❖ [Floor Barre with Kim Amundsen - 30mins](#)

### **Pilates Studios (General Bay Area)**

- ❖ [Simply Balanced](#)
- ❖ [Bright Star - Pilates & Gyrotonic](#)
- ❖ [ITT Pilates](#)
- ❖ [Inner Stellar - 1 on 1 Private Sessions](#)

### **Local Ballet Classes - Dance Series for People with Parkinson's**

- ❖ [San Francisco Ballet - Dance Series for People with PD](#)
- ❖ [LINES Ballet - Online PD Movement Class](#)

### **World Ballet Day Info (annual, worldwide, all live streamed)**

- ❖ [World Ballet Day - Tues October 19, 2021](#)

### **World Ballet Day in the Past (recordings of livestreams)**

- ❖ [San Francisco Ballet - World Ballet Day Highlights 2015](#)
- ❖ [San Francisco Ballet - World Ballet Day Highlights 2017](#)
- ❖ [The Royal Ballet morning class in full - World Ballet Day 2018](#)
- ❖ [The Royal Ballet morning class - World Ballet Day 2019](#)
- ❖ [Hong Kong Ballet - World Ballet Day 2019](#)
- ❖ [The Royal Ballet class - World Ballet Day 2020](#)
- ❖ [Mariinsky Theatre class - World Ballet Day 2020](#)
- ❖ [Paris Opera Ballet - World Ballet Day 2020](#)
- ❖ [The Australian Ballet - World Ballet Day Highlights 2020](#)
- ❖ [English National Ballet company class - World Ballet Day 2020](#)

### **Livestream Ballet Company Classes**

- ❖ [Mariinsky Theatre - Ballet Master Class by Yuri Fateev](#)

### **Ballet Interviews**

- ❖ [New York City Ballet's Lauren Lovette](#)
- ❖ [The Royal Ballet's Mayara Magri](#)

### **Company Rehearsals**

- ❖ [The Royal Ballet Rehearses The Sleeping Beauty](#)
- ❖ [Pacific Northwest Ballet Rehearses Swan Lake Pas de Quatre](#)
- ❖ [The Royal Ballet Rehearses Mayerling](#)
- ❖ [The Royal Ballet Rehearses The Sleeping Beauty Pas de Deux](#)

### **Classical Ballet Playlists**

- ❖ [Classical Ballet Music](#)
- ❖ [Tchaikovsky, Minkus, Delibes](#)