

DEBRA SPARKS DANCE WORKS



New Class at DSDW: Progressing Ballet Technique

Progressing Ballet Technique is an innovative program developed by Marie Walton-Mahon along with a team of physiotherapists for students to understand the depth of training muscle memory to achieve their personal best in classical dance. PBT is a non-traditional technique class using the aid of fitness balls, therabands (resistance bands), and a yoga mat to improve students understanding of core stability, weight placement, and alignment. Because it is difficult for students to feel what muscles initiate the correct alignment in ballet training, the fit ball, with its continuous mobility under the students' body, helps to give a sense of posture and weight placement while feeling each correct muscle group. This innovative program has received positive feedback from teachers, students, and professional ballet companies worldwide.

TAUGHT BY CERTIFIED PBT INSTRUCTOR, MELISSA BYRD
WEDNESDAYS 4:00-4:45PM
WWW.PBT.DANCE



Email debrasparksdanceworks5678@gmail.com for more information!

Register at debrasparksdanceworks.com/register

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