

How Ballet Has Evolved And How It Can Help You

Contributed by SvetlanaMarintcheva
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Despite the evolution of ballet, it still continues to be full of grace and beauty. It is one of the more difficult art forms to master. To become a ballerina takes practice, dedication and a number of years of work. However this does not bar the average person from learning ballet. Ballet cannot be learned in an instant but you can start with some elementary skills and improve your skills as you learn.

When you decide to start to study ballet there are a number of ways that you can go about it. Of course there are many ballet fitness videos for you to use in your own home. These may be a good way to try out ballet to see if you really are interested in pursuing the study of ballet. Additionally, there are group ballet classes. These are perhaps a good choice for those who are really wanting to get a taste of ballet dancing. Here you may not pay as much money as you would for a private class, but you could still get some one on one instruction.

Having the right attire is a part of preparing yourself for ballet classes. The right shoes are very important. There are a number of materials that are used for ballet slippers. Your shoes should fit closely to the foot and be comfortable. They should not be too loose or too tight. Clothes should also allow you to move but at the same time not be too loose. They should allow your instructor to see your body lines when you dance.

Ballet has a number of advantages which will probably become more apparent as you progress. You may find that your endurance is increased, your muscles are better toned and more flexible, plus you may lose weight. This is because ballet is often quite strenuous. When you learn ballet you will be stretching and pushing your body to achieve more. You may see your body changing in response to this exercise.

Ballet is not just about physical improvement. It can sometimes be helpful emotionally too. Dance can give you some of these emotional advantages by giving you the opportunity to express yourself in a unique way. Emotions can be released through body movement, these emotional freedoms can also act as a great stress reliever. Confidence can be boosted as well through ballet. When you study how to move and express yourself through movement, you just may feel more confident about yourself.

About the Author:

Svetlana Marintcheva of Adagio Ballet takes pride in offering lessons and provides more information on her website about dancing.