

BALLET AS A PRACTICE FOR WELL-BEING

Inclusive Dance Program has created a ballet practice to liberate the body physically and psychologically. With IDP ballet's practices you will reach many goals:

- Less stress
- Self-esteem
- Pleasure in an art practice
- Development of creativity and senses
- Engagement in an active practice to keep your body moving and toned

The practice of Ballet will improve your blood circulation, your coordination and the tonus of your muscles. Mentally and emotionally, it will enhance your self-esteem, reanimate intellectual capacities and creativity and it will loosen up enclosed emotions such as: anger, frustration, isolation, unhappiness...

Anxiety and depression are widespread in the US and touch every year millions of adults and children. Ballet practice can become an outlet for those emotions that can become painful to manage. Ballet movements are carriers of emotions: through creativity and sensorial experiences each and every one can find new sensations, a better understanding of what can block their emotions. Creating a safe environment, where senses are highlighted, can help during difficult times.

Another advantage of the ballet practice is to provide a conscience on the posture of your body. During a ballet class, you will travel through different exercises that restructure the position of your upper body. Gaining a better posture will improve your well-being. It will release muscular pains as well as creating a better self-esteem. Ballet practice will also improve your balance.

Aging is a factor of loss of balance, and through the ballet practice seniors can gain back a better balance.