

Having trouble viewing this email? [Click here](#)



A Vermont
Performing Experience

BURKLYN

Ballet Theatre

Newsletter | Summer 2015 | Week 3

July 12 - July 18, 2015



Forward this email
to a Friend

Spotlight:

Ms. Helen Starr



This week Ms. Helen taught variations class. She taught the dancers the fairy variations from *The Sleeping Beauty*. She had the girls in groups of three so she could spend more time with each dancer. She saw some amazing progress this week! Make sure you say thank you for putting so much effort into each one of you!

She is a gift to us and we are beyond lucky to have her with us each summer.

Next week, look for interesting facts about John Gardner and Amanda McKerrow!!!



Stronger Inner Thighs...

As a dancer having strong inner thighs will help you maintain your turn out and help adduct or pull the legs together. Which is great for many dance movements, especially fast movement like petite allegro. Going back to the basic pliés will be a great way to strengthen your inner thighs; however, there are a few other great things to do to work more of your deeper inner thigh muscles.

Side lying series are a great way to work your inner thighs. Lying on your, laying propped up on your elbow other arm in front of you. Bend your top knee and place it in front of you keeping the bottom leg straight and in line with your torso. Flex the bottom leg up lifting it as high as it will go. Then gently lower the working leg to about an inch off the ground. Remember to keep the hips stacked, pelvis in neutral and to keep breathing. Repeat 10 times on each side.

To challenge your inner thigh strength stay lying on your side bottom hand under your head and the top hand placed in front of you, having both legs extended place the magic circle under your bottom ankle the padded side pressing into the mat and the other padded side under your top ankle. Inhale to begin exhale pull your navel to spine as you then press the circle down. Inhale and control the magic circle back up. Repeat 10 times on each side.

Ballet Spelling Bee

This week the dancers took part in the Ballet Spelling Bee!

They were given Burklyn Ballet Bucks if they had the correct spelling of the words given. The dancers with the most Burklyn Ballet Bucks at the end of the game won prizes!

Top three winners were...

Hannah Burnstein
Isabelle Lockhart
Emma Bentley



Sore Feet?...



With the heat and humidity this week there are a lot of sore, swollen feet! Keep up with your icing regime! Other ways to combat the tired feet... When you are not dancing, elevate! Keep yourself hydrated! Drink more water! If ingrown toenails are bothering you, make sure to soak those feet in HOT water and lots of Epsom salts!



2016 Audition
Tour and Master

Fun Facts

The Sleeping Beauty
Premiere: January 15, 1890
Carlotta Brianza was the first ballerina to perform as Aurora

Le Corsaire Premiere: January 23, 1856
Carolina Rosati was the first ballerina to perform as Medora

Giselle Premiere: June 28, 1841
Carlotta Grisi was the first ballerina to perform as Giselle

Dancer Spotlight



Shiva Shambayati, 13

Hometown:
the San Francisco, CA area

Favorite Ballet:
Giselle

Performance this week:
will appear as a Peasant

Favorite Food:
Mac N' Cheese

Interesting Fact:
She plays the tuba!

Class Series

Would you like your home studio to host a 2016 Burklyn Ballet Theatre Audition and Master Class? We are currently booking our audition tour and taking reservations for our master class series. For more information, Contact Christina Paolucci at info@burklyn.com

Counselor of the Week



Dagny Hanrahan

Dagny is originally from New York City. She currently is a Coryphee at [Sarasota Ballet](#) of Florida.

Favorite Ballet:
Theme & Variations
Romeo & Juliet

Favorite Role: The Principal role in *Who Care's* by George Balanchine

Favorite Food:
a scone from Alice's Tea Cup in NYC

Interesting Fact:
Dagny loves baking creatively to make recipes healthier.

Copyright © 20XX. All Rights Reserved.

[Forward this email](#)



This email was sent to burklyn@gmail.com by burklyn@gmail.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Burklyn Ballet theatre | PO Box 923 | Denville | NJ | 07834