



Comfort and Joy™

- 1 *Watch your favorite ballet.*
- 2 *Watch a ballet you haven't seen before.*
- 3 *Watch the same variation by different soloists and notice different styles.*
- 4 *Practice 3 different ways to make your ballet bun.*
- 5 *Stretch for 30 minutes every day.*
- 6 *Find a tennis ball or a roller and roll out those tight places.*
- 7 *Practice how to balance in soussus with your eyes closed.*
- 8 *Practice your balance on one leg while staring at something.*
- 9 *Make a new years resolution that will impact you dancing.*
- 10 *Make a list of the all the steps you know that turn or jump or both.*
- 11 *Make a list of the barre exercises you know and the steps they relate to in the center*
- 12 *Teach yourself a variation from your favorite ballet.*