



**New Dance Workshop –Spring House  
805 N Bethlehem Pike  
Spring House, PA 19477**

**We are thrilled to announce:**

**Progressing Ballet  
Technique Workshop  
With Melissa Byrd, Certified PBT Instructor**

**8 week Workshop  
Saturday 11:00am-12:00pm  
November 21-January 30  
(November 21, December 5,12,19  
January 9,16,23,30)  
Ages: 9-up (in-person or zoom)  
\$80**

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, theraband's (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.

PLEASE REGISTER ONLINE THROUGH SPRING HOUSE LINK ON OUR WEBSITE  
[WWW.NEWDANCEWORKSHOP.COM](http://WWW.NEWDANCEWORKSHOP.COM)

CONTACT MISS JEN FOR MORE INFORMATION!  
NEWDANCEWORKSHOP@GMAIL.COM



## Equipment Needed:

1) Yoga Mat 2) Fit Ball (Fit balls come in 2 sizes at Five Below. Younger students under 5'0 should get the 22in FitBall, older student 5'0 and above should get the 25/26in Fit Ball) 3) Small Toy Ball (No soccer, basketball, or hard playground balls, These are too big and too firm) 4) Theraband All PBT equipment can be found at Five Below Store!

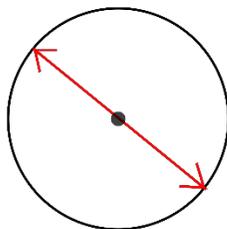
*\*\* for trials of class and at home we can supplement the fit ball with a chair, therabands with leggings or stretch pants, and the small toy ball/fusion ball with a pillow or paper towel roll, etc.*



## Exercise Ball

Also known as a 'Swiss Ball' or 'Fit Ball'

Using your height to size up your ball : Under 4'8" = 45 cm ball, 4'8" – 5'3" = 55cm ball, 5'4" – 5'10" = 65cm ball, 5'10" – 6'4" = 75cm ball



**\*\*The measurement of the ball is diameter (measuring from one side of the ball to the other)**



## Fusion ball

Known as a Soft Stability Ball or Pilates Soft Ball.  
A Soft Toy Ball can be used and found in many toy shops.

Size: Between 20 to 23cm in diameter.

Or closest to 54cm (22") in circumference  
(measurement around the ball)



## Resistance Band

Also known as a TheraBand

9.8 feet / 3m in length & 6" / 15cm wide

Medium strength

Note: the color of the strength changes depending on the supplier.