See more ideas about ballet books, dance teacher, ballet. I've always loved ballet and used to dream of being a dancer. Of course I never quite made it but I still love everything about ballet and I made this blog to express my love for the beauty of ballet. I hope you enjoy :) Ballet Class Dance Class Ballet Dance Class Syllabus Ballet Books Dance Teacher Dance Videos My Passion Super Powers. Classical ballet beginning syllabus - allegro center work. Classical ballet for beginners - allegro center practice syllabus. Royal Ballet Bolshoi Ballet Ballet Dancers Dark Fantasy Art Alvin Alley Boris Vallejo Ballet Lifts Ballet Books Miguel De Cervante Alexandra Cownie of International Dance Centre teaches ballet (and other) dancers to become professionals the smart and healthy way. She founded International Dance Centre in February 2012, after recovering from a career-ending knee injury by just working on her mindset. She shares her teachings and experiences in her book How To Be A Ballet Dancer, the master classes she teaches all around the world (Alexandra is currently touring Australia and New Zealand), as well as one-on-one Skype performance coaching with dancers in competitions in regard to stress, confidence, jealousy and performance results. The Giveaway. Alexandra is giving away How To Be A Ballet Dancer AND 100 Healthy Snacks to THREE readers. No matter your age, ballet is a fun way to strengthen your body while expressing yourself through the art of dance. If you're really passionate about it, you might even consider pursuing a professional ballet career. It won't always be... How to Become a Ballet Dancer. Download Article. Explore this Article. methods. 1 Taking Ballet Classes. 2 Dancing Pointe. 3 Becoming a Professional Dancer. Ever wondered what ballet dancers eat to maintain their strong but elegant physiques? Their jam-packed training sessions and back-to-back performance schedules can be gruelling, so how do they nourish their bodies? And how strict are their diets? As well as being a money saving strategy, I also think it's best to cook to make sure you get all the nutrients you need. I'll have a cheese sandwich with lettuce and shredded beetroot, because it's a good source of protein and carbohydrate, or chicken pasta with stir-fried vegetables. I have really cut down on refined sugars, so after lunch I'll have a piece of fruit or something sweet.” Andrew Ross/Birmingham Royal Ballet. Afternoon snack: Handful of nuts or a banana.