



Adult Ballet: From Beginners to Intermediate

Seira Tanaya

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Thinking of taking up ballet for the first time as an adult? Or perhaps you're wondering if you're too old to go back to ballet? Coming back to ballet as an adult has been a rather surprising, interesting and rewarding journey for me. The author shares her journey of learning to dance ballet as an adult, which she found was different and challenging in ways very different from when she had been a child. She had to overcome challenges in flexibility and coordination, amongst other things. In this book, she gently introduces ballet to the adult beginner: how to choose the right class, what to wear and what to expect. She also shows you how to progress effectively in ballet, such as eventually going en pointe, developing artistry, taking ballet examinations and much more.

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