

BALLET I AM

THE MOVEMENT

'Ballet I AM: The Movement' is all about self-confidence, self-gratitude and self-healing. It's about reconnecting with the dance and letting it immerse you fully.

Throughout our project, we hope to build on peoples self-esteem. In order to fill them with even more strength. We hope that by touching on accessibility, we can reconnect many with the dance once more.

For example, if you have ever been told your body is not fit for dance or you simply do not fit the mould, then we want to change this steadily. By giving you a medium to express your thoughts, feelings and share your own ballet stories with each other.

Because for us, confidence is all about supporting others and listening to other people's journeys.

Therefore without further a do, let's start 'Ballet I AM: The Movement' and build up people's self-identities and confidence once more.

Change starts with you, change starts with us.

Be bold, be strong and be free.

Challenge: Let's get #BIAMthemovement trending shall we?

The Ballet I AM Team (Ash + Denise)