

ISSUE NO. 1 // VOLUME NO. 1 // MARCH 2018

BALLET I AM

YOUR JOURNEY STARTS TODAY



COVER PHOTO: "HAPPINESS" BY ASHISHP.PHOTOGRAPHY

In this month's first issue Elly and Janet (Ballet Dancers) give us an insight into Ballet and it's accessibility in issue one of ' Ballet I AM'. Also featured in this issue includes original poems, top ballet tips, exclusive photos and more.

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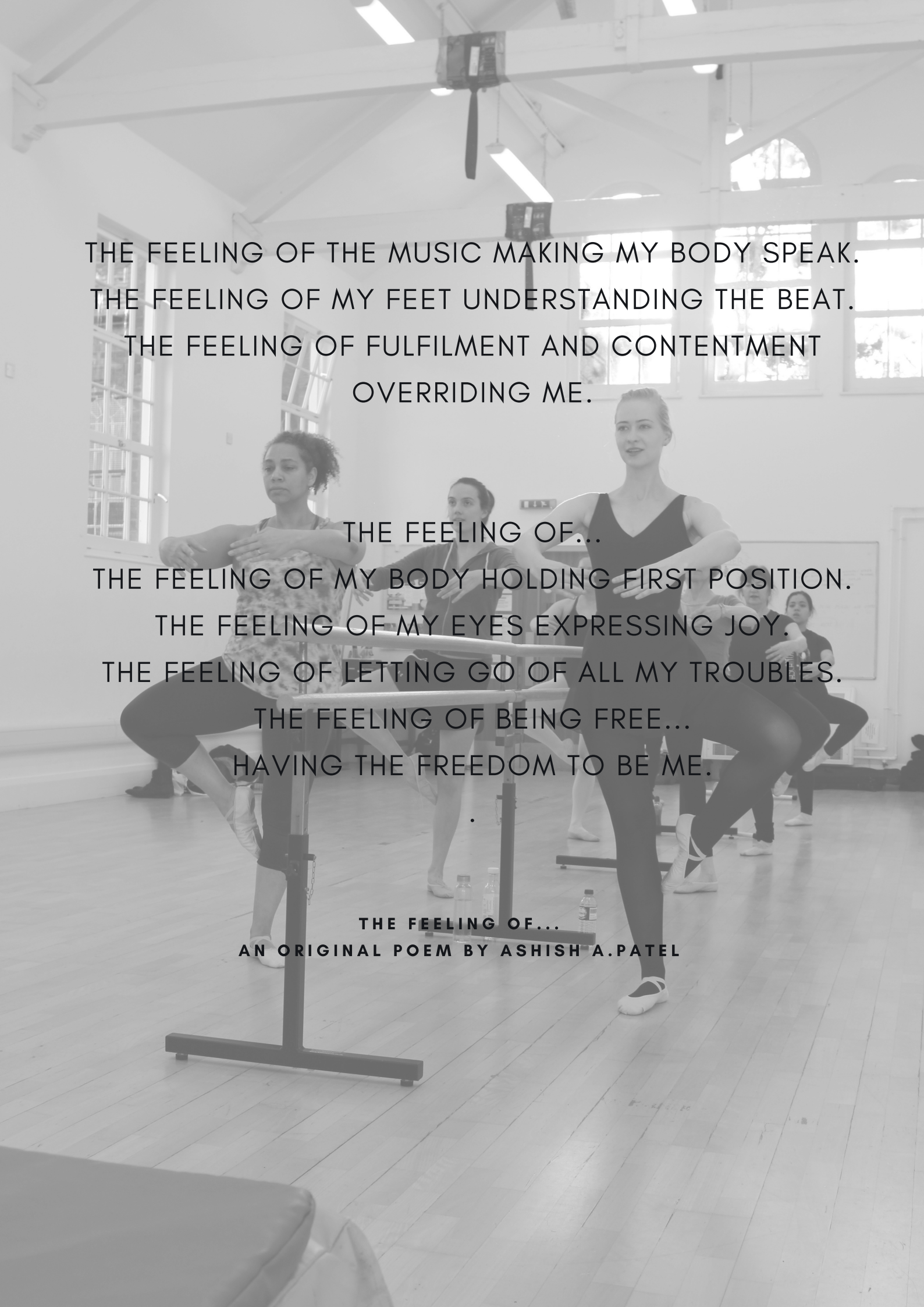
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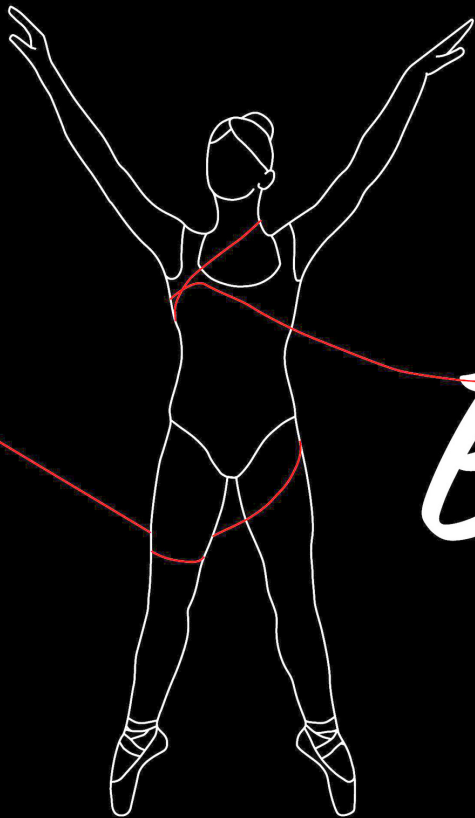




THE FEELING OF THE MUSIC MAKING MY BODY SPEAK.
THE FEELING OF MY FEET UNDERSTANDING THE BEAT.
THE FEELING OF FULFILMENT AND CONTENTMENT
OVERRIDING ME.

THE FEELING OF...
THE FEELING OF MY BODY HOLDING FIRST POSITION.
THE FEELING OF MY EYES EXPRESSING JOY.
THE FEELING OF LETTING GO OF ALL MY TROUBLES.
THE FEELING OF BEING FREE...
HAVING THE FREEDOM TO BE ME.

THE FEELING OF...
AN ORIGINAL POEM BY ASHISH A.PATEL



Ballet I Am

an Interactive Website

EDITORS NOTES

Capturing movement and learning about peoples own stories with Ballet has always interested us both. For us, learning about the accessibility of Ballet from direct practitioners of the dance form itself, certainly provided us with alot of inspiration and scope for this particular magazine.

We believe knowledge, understanding and movement definitely go hand in hand. Our main aim for this magazine was to give our audiences an exclusive seat into understanding the accessibility of Ballet in more depth. Whilst further being inspired by peoples stories, original poems and much more.

In the words of Merce Cunningham:

"You have to love dancing to stick to it. It gives you nothing back, no manuscripts to store away, no paintings to show on walls and maybe hang in museums, no poems to be printed and sold, nothing but that fleeting moment when you feel alive." [1]

We hope to inspire, engage and unite many to continue their love for dance and possibly pick up dance again. By becoming re-inspired and re-engaged with all the material that we'll offer within this exclusive monthly magazine.

ASH + DENISE (CO-CREATORS OF 'BALLET I AM')

[1] Merce Cunningham, Meredith Monk, Bill T. Jones, Walker Art Center (1998). "Art performs life: Merce Cunningham, Meredith Monk, Bill T. Jones"- AZ Quotes]



BALLET OWNERSHIP + BEYOND

What intrigues you about Ballet?

- I'm intrigued by the continuous striving of ballet, i.e. it is a mountain climbing expedition where the top of the mountain can never be reached as there's always something that can be improved on. Perfection in ballet is near impossible. I'm also intrigued by the physical strength, commitment, & mental discipline required to improve and to master more difficult moves. I also like the emotional release of expressing oneself to music.

Can you describe your own thoughts on Ballet ownership, censorship or body types?

"I have to admit that I do have the belief (even if it's a negative belief) that to do ballet really well, you do have to have a tall & slim physique with good muscular proportions. I believe that to be a professional, you do have to be blessed with a quite specific type of body.

However, I believe any person of any shape/size is welcome to have a go at the ballet in an amateur way and ballet will improve fitness, strength, & even body shape (with perseverance) for all people. It is particularly good at creating a nicely shaped bum (if done from an early age). People with different body shapes will find some aspects of ballet more easy or difficult than others, so there's something for everyone. Also, having said that one needs to be tall and slim, in my childhood/teen years, I often found that the best ballet dancers in my class were actually generally quite short and squat (still slim but more square shaped) meaning that their centre of gravity was lower and shorter limbs were easier to control and make look nice."

ELLY (BALLET DANCER)
#INTHESPOTLIGHTWITH



BALLET & ME

"Ballet has always been a key part of my life since my earliest memories (my mum is a dance teacher) so I think I've always felt it was accessible to me. I also have always been slim(ish) & kept very fit with lots of dance, cycling, trapeze, etc., so I think I've always felt that ballet was a key part of my life and therefore very accessible. Therefore, I suppose it being accessible is very important to me. I.e. I would be very sad if there wasn't a long-term local adult ballet class to attend and if touring ballet companies weren't visiting local theatres & art centres. In terms of the general populace, I think it would be good if ballet was considered as an accessible art form & the best route to fitness by more people."

ELLY (BALLET DANCER)
#INTHESPOTLIGHTWITH



BALLET & ACCESSIBILITY

"Having no direct access to the professional world or the audition/selection processes for dance schools (for trainee professionals), I can't really know whether they accept more diverse body shapes these days or not. Logically, as unfortunate as it may be for some people, there must be a limit regarding how diverse professional ballet dancers' bodies can be, as they must all still look visually appealing on stage for the audience (i.e. to be able to create nice lines and look delicate or strong, or whatever's required for the characters). For example, the body shape of a professional gymnast may be incredibly strong & fit, but it won't be great for ballet as it may be considered too muscular to look right in certain costumes etc. In the amateur world, all body types are accepted in ballet, but this is only natural for dance classes that must be open to all people who want to try (both for adults and children). They cannot discriminate. However, I do believe that the slimmer & generally fitter a person is, the easier they will find it to do ballet and to improve (but I suppose the same is true for all types of dance and also all sports & physical activities)".

ELLY (BALLET DANCER)
#INTHESPOTLIGHTWITH

BELINDA'S STORY

What intrigues you about Ballet?

"The feeling of freedom and self-expression when I move, the intellectual and physical challenge of improving, the stress relief from my day job as I get immersed in a class."

Can you describe your own thoughts on Ballet ownership, censorship or body types?

"I hear lots of stories - often women my age who were put off ballet in their youth because they were told they were too big or too clumsy. I really feel aggrieved for those women who have missed out on everything I have enjoyed about ballet."

How important do you believe the accessibility of Ballet is to you?

"I feel privileged to have access to ballet classes that are at the right standard and quality for me, led by teachers who are committed to working with older dancers. I live in a rural location - so accessibility is important and I suspect others are not so fortunate."

Finally do you believe that Ballet has evolved in terms of its accessibility/acceptance to body types over the years?

"I find no evidence that ballet has evolved in accessibility/acceptance but I do not have children and so may be wrong. I hope that ballet may have become more acceptable socially for boys but i have no evidence."

Belinda (Ballet Dancer-49 Years of Experience)



Ballet I AM PRESENTS

The Exclusive Poem's Series.

By Ash & Denise

THE EXCLUSIVE POEM'S
SERIES

CLOSER THAN SKIN

Closer than Skin
This not giving in
know's where you begin.
A striving for beauty
intrinsicly true
But extrinsicly lit
Again that's not you.
Aesthetically striving
To put flesh on the dance
My flesh, your dance
my desire, your decision.

To all the me's and all the you's
that long to be together.
To all the you's and all the me's
that just cannot be together.
In the dance that demands
so much more than you give.
That demands an acceptance to be.
Without this acceptance
That may come from without knowing where is the dance?

AN ORIGINAL POEM BY DENISE

Ballet I AM PRESENTS

THE EXCLUSIVE POEM'S
SERIES

The Exclusive Poem's Series.

By Ash & Denise

FOUND

Not lost but found.
Not lost now bound.
Not lost
Not lost

Feeling alive
Feeling free
Feeling Light

Not lost but found.
Not lost now bound.
Not lost
Not lost

Sensing sound
Sensing beauty
Sensing poise
Sensing freedom

Not lost but found.
Not lost now bound.
Not lost
Not lost

Finding ballet
Finding myself
Finding you
Finding me
Finding...what it means to be free.

AN ORIGINAL POEM BY ASH

The Exclusive Poem's Series.

By Ash & Denise

QUESTIONS

What does it mean to feel?
What does it mean to fly?
What does it mean?

What does it mean to feel confident?
What does it mean to feel liberated?
What does it mean?

What does it mean to feel?
What does it mean to fly?
What does it mean?

What does it mean to lose yourself in the dance?
What does it mean to feel every heartbeat?
What does it mean to feel every note of the music?

What does it mean to feel?
What does it mean to fly?
What does it mean?

What does it mean to engage with the dance?
What does it mean to immerse yourself?
What does it mean?

AN ORIGINAL POEM BY ASH



BALLET WITH DENISE (EXCLUSIVE EXTRACT)

"Cultivating a feeling of lengthening of the spine in particular. Creating space between the vertebra. A feeling of two-way pull, reach & lengthen much like a tree- feet firmly placed on the floor like the roots of a tree and the trunk- the core. The body is strong and lengthened. And the head- like the branches of the tree- growing upwards towards the light. 2 way pull- head lengthening upwards. Feet and legs lengthening downwards at the same time."

"Imagine holding an elastic band in one hand. The band is loose and wobbly. But hold the other end of the band with your other hand pulling it in the opposite direction-and the band becomes taut, strengthened and lengthened with form."

"The curves of the spine are important. Ballet does not seek to eradicate curves but in the process of lengthening the curves become reduced. The stance cultivates a poised, engaged body that is free from tension."

Photography: AshishP.Photography

Interviewer: Ash Patel

Poem Writers: Ash & Denise

Interviewees:

Elly G (**Interview One**)

Belinda M (**bonus interview two**)

Concept: Ash + Denise



**CREDITS &
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