

# Ashleigh Cooper

Linz, AT

## Progressing Ballet Technique

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Progressing ballet technique is an innovative new program enabling various athletes and dancers in the awareness of their bodily limitations and working within the specified limits.

Being a qualified teacher in this knowledgeable program allows me to educate and inform students and professionals about the importance of understanding body alignment, core stability, muscle memory, and bodily awareness. During a dancer's career, whether it is professional or not, being educated on how one should be psychologically aware of how to prepare and feed our bodies the information on which it can fuel is essential.

Progressing ballet technique initiates an effective way of learning by replacing the floor with a gymnastics ball, which causes an unbalanced limited sense of gravity for the dancer to work within. This further allows the dancer to be fully aware

of the alignment and posture they may endure.

Alongside a traditional ballet class, PBT can help exhilarate the anatomical knowledge of how one should prepare, use, and move the body day in and day out.

### SHORT BIOGRAPHY:

Beginning dance at the age of two I found a love that has grown stronger over the years. At the age of eleven I was lucky enough to be accepted into the prestigious Elmhurst Ballet School and completed my professional training there until the age of eight-teen. After graduating I was given a guest contract with the Musiktheater Linz for three year. Now I am futhering my education with an MA in movement research.

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