

# Jack Waldas

Linz, AT

## Organic Ballet - Health and High Performance

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Breathing Body Ballet (BBB) is a teaching method designed to facilitate the well-being, artistic expression and technical skill of the dancer. Our primary objective in this workshop is to convey classical dance as an organic art-form based upon natural human movement, thereby guiding dancers to the fulfillment of their potential. BBB ascertains that a dancer's health is not a rival of aesthetic beauty and virtuosity, but rather its foundation. We see ballet in a state of evolution wherein many influences (i.e. GYROKINESIS®, Spiraldynamic®, Yoga) are co-creating the art-form of today, ensuring that classical dance is perpetually renewed, both artistically and pedagogically.

We firmly believe that all dance can be most effectively learned and healthfully practiced when the outer form is a result of the inner dynamic of movement. It is our pedagogical experience that teaching the basic

inner impulse of a movement before requiring a strict external shape is a much more successful method. We understand the human body to be an interconnected, net-like structure that allows the breath to influence the whole body. The BBB method focuses on this tensegral relationship between breath, myofascial connections and 3D movement to impart the dancer with a more integral experience of his own body - that is to say all parts and self-perceptions become a unified self-awareness. This is an ideal state of being for optimal coordination and performance.

In this workshop the participants will perform exercises based upon the waves, circles, and spirals of full body respiration and convert these organic movements into ballet vocabulary.

At the end of the active class we would like to pose questions such as:

- What further roll could this breath-body-mind connection play in your work as a dancer or teacher in furthering your (or your students) body awareness? In technical improvements? In health and injury prevention?
- Does „turning in “help you to“ turn out“?
- Do you see a correlation between minimal muscular tension and maximal coordinative abilities?

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SHORT BIOGRAPHY:

**Waldas**

Studies: Ballet School New York

Engagements: soloist: New York Theater Ballet, state theaters of Mannheim, Augsburg, Innsbruck and Linz.

Educations. Spiral Dynamik®, dance medicine, yoga therapy, Current studies: postgrad movement research, Bruckner Private Univ.

**Whyte**

Studies: Rambert School of Ballet + Cont. Dance

Engagements: state theaters of Braunschweig, Augsburg, Gärtnerplatz Munich Gyrotonic®/Gyrokinesis® Instructor, current studies: