

## **Ms. Lara's Use of Therapeutic Barre in the Dance Classroom**

*As taught to me by my dance teacher during my formative years at her dance academy, Therapeutic Barre is a valuable asset for all dancers to have in their "tool box."*

### HISTORY AND EXPLANATION BEHIND THE EXERCISE:

Therapeutic Barre was created by JoAnna Kneeland, who was a Cecchetti Examiner. In the 60's she studied frame-by-frame film of the greatest dancers in the world, analyzing their movement. From this research, she developed the T.B. for the Harkness House to use as a thorough, quick company warm-up as they traveled on tour. A full ballet warm-up was not always possible within the time frame of travel and performance.

That said, T.B. is not a replacement for traditional barre (there is no substitute for full barre's plies, tendus, degages, rond de jambes, fondus, battements, etc. with proper turnout). As other instructors who are experienced in the professional dance world will agree, the idea behind the T.B. was to get everything gently moving, such as joints and major muscle groups. There is very little rotation or turnout involved, which is one reason it is only a pre-barre series and *not* replacement for barre in class. T.B. contains not only warm up exercises, but also movements that teach the body what it has to do when it moves to center floor: *how* to align the bones, place the weight, rotate the legs, use the feet, shift the weight from one leg to the other, and develop the tools to execute all the positions and movements you are expected to learn and execute center floor.

Further History:

[http://www.americanballetstory.com/...](http://www.americanballetstory.com/)

Other studios also promote the use of T.B.:

<http://www.dancemedicine.net/workshop...>

### MUSIC:

The soundtrack my instructor always used to accompany our T.B. warm up was "Healing Dance" by Raphael. It can be found on the album "Music to Disappear in II".