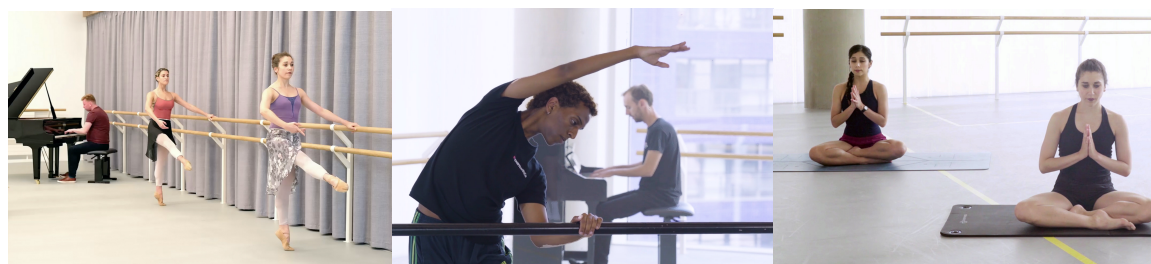


04 January 2021

English National Ballet's BalletActive

English National Ballet's on-demand video platform hosts a wide variety of ballet-based online classes for all levels and abilities.

Whether trying ballet for the first time, rediscovering a passion for dance, maintaining your ballet practice or just looking to build fitness at home, English National Ballet's BalletActive has something for everyone.



Building on the popular series of classes which ENB made available online during the UK's first lockdown, BalletActive offers an even wider variety of classes from beginners to advanced level. The classes are especially designed for those participating at home and in smaller spaces, giving people the opportunity to actively engage with ballet-based exercise from home with a monthly or annual subscription..

The recently launched 'Beginners Ballet' series with English National Ballet dancer Sarah Kundi covers the basics of ballet, introducing first to fifth positions and starting at the barre. There are improver to advanced level Ballet Masterclasses run by the Company's ballet master Renato Paroni de Castro and ballet mistress Mayumi Ganley, advanced level classes with ENB's Artistic Director Tamara Rojo, Barre Fit classes, a contemporary series which explores the core fundamentals of contemporary dance, a beginners series for young people and much more.

Also available on BalletActive is a range of yoga, meditation and strength and conditioning sessions available to complement ballet practice and help to build ballet strength.

All classes on the BalletActive platform are pre-recorded, with new classes added periodically. New classes this month include seated workout classes for those with limited mobility, aimed to improve a range of motion, developing coordination and musicality, and a contemporary series with Alleyne Dance, a multi-disciplinary dance company based in London. An exciting Flamenco series with dancer and choreographer Jose Agudo is coming soon.

Participants can give BalletActive a try by signing up for a 7-day free trial at <https://active.ballet.org.uk>.

BalletActive is part of English National Ballet's new digital platform ENB at Home which also includes the Company's digital season of five new dance films created in collaboration between filmmakers and choreographers and Ballet On Demand which plays host to recordings

of world class ballet productions from the Company's archives which are available to rent for 72hr periods.

-ENDS-

English National Ballet is a National Portfolio Organisation supported by Arts Council England.

English National Ballet is grateful for the generous grant it has been awarded through the Government's Culture Recovery Fund, which allows it to continue to create, perform and serve its audiences.

NatWest is Principal Partner of English National Ballet.

For further information and images, please contact Laura Nixon, Senior Press Officer, on laura.nixon@ballet.org.uk or 07741659109

Notes to Editors

Ballet Active

7-day free trial then £9.99 a month, cancel anytime; or £99.99 for an annual plan

Stream to your favourite devices

<https://active.ballet.org.uk>

About English National Ballet

English National Ballet has a long and distinguished history. Founded in 1950 as London Festival Ballet by the great English Dancers Alicia Markova and Anton Dolin, it has been at the forefront of ballet's growth and evolution ever since.

English National Ballet brings world class ballet to the widest possible audience through performances across the UK and on eminent international stages including The Bolshoi Theatre and Palais Garnier; its distinguished orchestra, English National Ballet Philharmonic; and being a UK leader in creative learning and engagement practice, building innovative partnerships to deliver flagship programmes such as English National Ballet's Dance for Parkinson's.

Under the artistic directorship of Tamara Rojo CBE, English National Ballet has introduced ground-breaking new works to the Company's repertoire whilst continuing to honour the tradition of great classical ballet, gaining acclaim for artistic excellence and creativity. 2019 saw English National Ballet enter a new chapter in its history with a move into a purpose-built state-of-the-art home in East London which brings a renewed commitment to, and freedom for, creativity, ambition, and connection to more people, near and far, than ever before. www.ballet.org.uk

About Arts Council England

Arts Council England is the national development body for arts and culture across England, working to enrich people's lives. We support a range of activities across the arts, museums and libraries – from theatre to visual art, reading to dance, music to literature, and crafts to collections. Great art and culture inspires us, brings us together and teaches us about ourselves and the world around us. In short, it makes life better. Between 2018 and 2022, we will invest £1.45 billion of public money from government and an estimated £860 million from the National Lottery to help create these experiences for as many people as possible across the country. www.artscouncil.org.uk