

## "The Benefits of Ballet for Adults"

It is no longer news to have adult ballet classes in schools and dance academies. This trend is increasingly gaining fans and its practitioners know the benefits for the body and mind when practicing it, regardless of their age. However, many adults still have fears and doubts about this kind of dance class, so I decided to address this issue to help clarify these doubts, both for those who want to start and for teachers and directors to have a stronger basis to help their students.

First of all, let's contextualize; when we speak of "adult ballet classes", I am referring to an age range of 40 to 60 years. I am using this range to facilitate the understanding about the characteristics of these students, since each age group has specific psychological conflicts characteristics, and to promote healthy development, it is important to stimulate the resolution of these conflicts, so we need to know them. Of course this age division is not stagnant and we can identify these conflicts in other phases, more or less advanced. Between 20 and 40 years, we speak of the "young adult", who has already passed through the formation of his "inner self" and begins to mobilize for the construction of stable and deep relationships, with a greater affective relationship. Already from the age of 40, the so-called middle age, the individual is more strengthened and turned to the "production", "to express". Generally the adult ballet class is composed of students from these two age groups, but the point is that these are not students who already have dance training, we are speaking of adults who either have an old or very little experience or no experience at all with dance.

The Ballet brings countless benefits! Physically speaking, the practice provides improvement in physical conditioning, balance, motor coordination; it improves posture, muscular strength, functional mobility, speed, and body awareness. Studies have proved the benefits of dance in the treatment of some diseases such as depression, cancer, schizophrenia, hypertension; and also in cases of Parkinson's, Alzheimer's and dementia, as well as in preventing diseases. On the psychological side, the results are also valuable! It helps your memory, in executing functions, in psychomotricity; it improves your mood, cognitive performance, and helps your social life. When I talked about the age groups, I mentioned the psychological conflicts and the importance of solving them, so we should offer our adult students the possibility of strengthening their "inner self" and dance is one of the means for them "to express themselves" "So that they" produce "incredible things, even more than just being able to dance.

Adult ballet is also breaking the barriers of prejudice by attracting more male students, who are still only a few, but find many advantages in dancing. Two other points connected with this theme and worth reflecting upon is the question of "adult ballet becoming trendy in schools" and I disagree, as this class has been around for a long time and I believe that it is now receiving due attention, so I encourage all schools to offer and encourage their practice. About what is the best method of ballet, I say that it is the one practiced by professionals trained and prepared, with safety, care and focus on the adult, reflecting everything we have mentioned above.

**Cintia Diniz** (Brazil) - Psychologist, MBA in Psychology, studying Master in Psychology of Development and Education. RAD RTS, Ballet Teacher, classical, and contemporary choreographer. Columnist about the psychology of dance in the magazine, digital newspaper, and dance web sites. Consultant at ballet schools in Brazil.

**Contact:** [fb.com/decorpoementecomadanca](https://www.facebook.com/decorpoementecomadanca) / [fb.com/diniz.cintia](https://www.facebook.com/diniz.cintia) / [@diniz.cintia](https://www.instagram.com/diniz.cintia)

### References:

BEE, H. (1997). *O Ciclo Vital*. Trad. Regina Garcez. Porto Alegre: Artes Médicas.

LOPES, M. C. (2016). *Psicologia Da Dança: e-book sobre a história da psicologia da dança na ciência e na prática*. Rio de Janeiro: Ballet sem Estresse.

\_\_\_\_\_ (2017). *Desenvolvimento Humano. Psicologia Da Dança course, 4 article*. Rio de Janeiro: Ballet sem Estresse.