

EVERYDAY BALLET MEDIA KIT

Real ballet designed for real people...

Tiekka began Everyday Ballet (EDB) in 2015 to bring the wonderful mind-body benefits of real ballet training to everyone regardless of age, body-type, or level of experience. EDB offers a comprehensive yet stress-free approach to the same exercises ballerinas do to condition their bodies. The method delivers ballet strength, tone, flexibility, balance, posture, and grace in a uniquely accessible, effective, and challenging format. Unlike anything in the fitness world today, Everyday Ballet makes the elite, 500 year-old art of ballet accessible as a holistic, modern fitness practice for all those who want its poise, posture, and power to grace their lives.

The inspiration for Everyday Ballet arose when, after a sixteen-year career dancing starring roles on many of the world's great stages, Tiekka discovered how much she needed ballet for everyday life! Amidst starting a family and going to college her body began to hurt. Neck and backaches, foot cramps, and hip pain left her thinking her ballet career was finally taking its toll. Only after returning to the ballet studio did she start to feel better. She realized her problems were not the inevitable results of aging or physical deterioration. Instead, sitting was the culprit--and ballet was the solution!

Knowing that many people feel intimidated about trying ballet, Tiekka designed Everyday Ballet to be highly accessible and easy to follow. The fluid ballet sequences emphasize posture, alignment, and core control that offer intensity without overstressing any one joint or muscle group. At the same time, Everyday Ballet lets your inner-ballerina shine with inspiring workouts that provide total body conditioning while learning a beautiful art form!

Everyday Ballet's spacious, light-filled TriBeCa studio offers simple wooden barres, muted tones, and tall arched windows that create an airy, open atmosphere. The gorgeous ballet music that accompanies each 60-minute session enhances the tranquility of the space. Signature BALLERINA BODY classes sculpt, strengthen, and elongate the entire body yet don't require any previous dance experience (but if you have some, that's fabulous, too!). Each session includes core strengthening, ballet barre exercises, stretching, and free-standing exercises. EDB's highly trained instructors provide every client with exceptionally friendly and effective ballet training. Whether students opt for a group class, private, or semi-private session, Everyday Ballet is sure to deliver an inspiring and body-transforming experience.

In addition to studio classes, Everyday Ballet is available worldwide through Membership access to an expanding streaming video library of ballet workouts for every mood, schedule, and fitness goal. Tiekka demonstrates and guides each exercise, all set to beautiful ballet music. Whether in the studio or online, Everyday Ballet offers the ultimate combination of elegance, posture, and fitness.

About Tiekka Tellier

During her sixteen-year career in professional ballet Tiekka danced starring roles on many of the world's great stages. She was featured as Principal Dancer with Houston Ballet and performed internationally as a Guest Artist. Her dance career spanned an extensive repertoire—providing a deep working knowledge of both the iconic standards of classical ballet and many of the most important contemporary and modern works of the twentieth century.

As a ballerina, Tiekka has been recognized with medals at the Prix de Lausanne and the USA International Ballet Competition. She has been featured on the cover of *Dance Magazine* and is also the recipient of the Princess Grace Foundation Award in dance.

As an instructor, Tiekka has taught ballet at all levels (children to professionals) at dance studios and ballet companies across the US. She is also extensively trained in yoga, pilates, and dance rehabilitation exercise.

In addition to her lifelong ballet experience, Tiekka has authored an educational book entitled *Microcultures: Ballet Dancers*. She also holds a B.A. in Art History from Columbia University, where she graduated as Salutatorian of her class.

Tiekka has created Everyday Ballet using her deep love and knowledge of ballet in order to offer a uniquely effective and inspiring fitness practice that makes the exquisite mind-body benefits of real ballet technique accessible to all.