

ABOUT EVERYDAY BALLET

Classical Ballet Training Especially for Adults

Everyday Ballet makes elite classical ballet training accessible to women of all ages and abilities with ballet lessons designed especially for adults! Everyday Ballet creator Tiekka Tellier, herself an award-winning former Principal Ballerina, saw that many people who like the idea of doing ballet were missing out.

“Women would so often tell me they felt intimidated about doing ballet, especially since most instruction is geared towards kids and professionally-minded youth. I always thought it was a shame because ballet offers such wonderful fitness and wellness benefits! I wanted to create ballet training especially for adults so that all women could experience this beautiful practice that embodies both femininity and strength.”



In 2015, Tellier founded Everyday Ballet to create empowering, body-positive ballet training especially for adults. Designed for all levels, her innovative studio classes and streaming workouts offer a comprehensive yet stress-free approach to the same

exercises ballerinas do to condition their bodies. A friendly follow-along format guides students through fluid ballet sequences that emphasize posture, alignment, and core control in a refreshingly calm but challenging way that exudes both mindful movement and beauty.

And now, Everyday Ballet even offers an online training option. Their latest creation, BALLERINA BASICS, streams ballet lessons complete with training guides and tutorials. Now ballet lovers everywhere can experience firsthand the transformative fitness and grace of authentic classical ballet training!

ABOUT BALLERINA BASICS

Streaming Ballet Training for Adults



Everyday Ballet's BALLERINA BASICS gives the elite 500 year-old art of ballet a modern update that offers women everywhere the chance to indulge their ballet dreams with graceful, authentic ballet training. This innovative online workout program brings ballet out of the studio and directly into viewers' lives with streaming ballet lessons designed especially for adults--and no special clothing, equipment or experience needed!

Appropriate for all levels, BALLERINA BASICS provides a comprehensive yet stress-free approach to the same exercises ballerinas do for strength, tone, flexibility, posture, and grace. Expertly crafted ballet barre, arm, and cardio sequences strengthen and sculpt like only ballet can with elegant movement that inspires the senses.

Each month new videos add more skills with 5 - 30 minute routines that can be combined for a custom ballet workout. The program also includes detailed tutorials, training guides, and exclusive insights gleaned from a life in professional ballet.



Everyday Ballet creator Tiekka Tellier is an award-winning former Principal Dancer with over 45 years of ballet experience. Since founding the company in 2015, she has dedicated herself to creating beautiful, effective ballet training designed especially for adults.

ABOUT OUR NYC STUDIO

All Everyday Ballet instructors are professional ballerinas who provide exceptionally friendly and effective ballet training. Our spacious, light-filled TriBeCa studio offers simple wooden barres, muted tones, and tall arched windows that create an open, inviting atmosphere in which to experience the elegance of ballet technique.

Signature BALLERINA BODY classes sculpt, strengthen, and elongate muscles with ballet barre, arm, cardio, and stretching exercises that don't require any previous dance experience. Personalized instruction, small class sizes, and classical music make for a tranquil and inspiring workout that trains good posture, full-body tone, and flexibility.



With Everyday Ballet, indulging your Inner-Ballerina is both fun and rewarding. We invite you to make a deep mind-body connection through the grace and power of Ballet.

**ABOUT EVERYDAY BALLET CREATOR & FOUNDER
TIEKKA TELLIER**

Tiekka Tellier is an award-winning former Principal Dancer with over 45 years of ballet experience. She created Everyday Ballet to make the grace and power of authentic ballet training accessible to women of all ages, body types, and levels of experience.



“Ballet unites strength and beauty through movement. It teaches embodied grace and empowered femininity.”

TIEKKA TELLIER

During sixteen years in professional ballet, Tiekka danced starring roles on the world’s great stages, first as a Principal with Houston Ballet and later as an International Guest Artist. She holds medals from the Prix de Lausanne and USA International Ballet Competitions and is the recipient of the Princess Grace Foundation Award in dance.

As an instructor, Tiekka has over 35 years of experience teaching ballet at all levels. Her teaching style draws from her belief that ballet is an instrument of possibility and empowerment for *every body*. In addition to ballet expertise, Tiekka’s pilates, yoga, and dance rehabilitation experience informs her holistic, body-positive approach to ballet technique.

Tiekka founded Everyday Ballet in 2015 after experiencing how much ballet helped with the aches and pains of everyday life. After retiring from the stage, starting a family, and pursuing a college degree, she had backaches, foot cramps, and hip pain that left her thinking her ballet career was finally taking its toll. But shortly after returning to the ballet studio, these ailments faded away. That's when she realized her problems were not inevitable results of wear and aging. Instead, sitting was the culprit and ballet was the solution!



Since then Tiekka has dedicated herself to creating beautiful, effective ballet training designed especially for adults. Everyday Ballet combines her lifelong passion and expertise into innovative studio and online programs with the mission of bringing the transformative power and grace of classical ballet training to women everywhere.

