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Unique Certification for Edmond Dance Teacher

EDMOND, OKLAHOMA—Local dance teacher, Amy Sabine, was recently awarded certification to teach Floor-Barre classes. She is one of only two people in the state of Oklahoma to receive this honor.

“All ballet students begin their classes at the barre to gain strength and balance,” explains Lisa Webb, the Owner/Director of Academy of Ballet and Theatre Arts (ABTA). The Floor-Barre incorporates the barre exercises and many elements of Pilates core training. It is particularly useful to achieve proper alignment of the spine and hips. Floor-Barre also helps dancers to use the proper muscles when executing steps and aids in the prevention and treatment of injuries,” Webb continues.

Sabine received her certification on Aug. 15, 2010, after completing a course instructed by Zena Rommett in New York City. Rommett is the originator of this system of training for dancers and athletes.

“Floor-Barre does wonders for the alignment of the body, whether the student is eight or eighty, a dancer or pedestrian. No matter what your experience with moving, it is easy to pick up and will quickly bring results if done a couple of times a week,” said Sabine.

Sabine will be teaching Floor-Barre at Academy of Ballet and Theatre Arts (ABTA) on Wednesday and Friday evenings beginning on Sept. 8 as part of the studio’s eight week session of open classes. She has been teaching at ABTA since Aug, of 2009.

To enroll in Floor-Barre classes at ABTA please call (405) 752-1422 or please visit [www.abtaonline.org](http://www.abtaonline.org). ABTA is recommended and endorsed by Tulsa Ballet.

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