

ALONZO KING LINES BALLET

HEART WITH LINES

The **HeART with LINES At-Home Lesson Plans** are suitable for everyone -- students, teachers and families.* We encourage you to move with HeART with LINES in order to:

- Keep embodiment a vital part of your ongoing learning
- Create structure to your daily schedule
- Generate wellness
- Share creative movement experiences with others either in your home or over the internet

Before you begin, to ensure your safety:

- Make sure your space is clear of obstacles
- Make sure you're dancing on a surface that isn't too slippery or too rough, select barefoot or sneakers accordingly
- Make sure you hydrate often and take breaks when you need to

*By joining our HeART with LINES classes you declare that you are in good shape and understand the nature of HeART with LINES activities. You fully accept and assume all responsibility for injury or damage that may result from your participation in the HeART with LINES online learning. You release and hold harmless Alonzo King LINES Ballet, its employees and teachers, other participants with respect to any or all injury or damages arising from the activity to the fullest extent permitted by law.

To access previous lesson plans, video and online content go to: <https://linesballet.org/education/kids-lines/>

Please consider making a donation to help support us in bringing you meaningful movement experiences and creative connections for kids and adults. [DONATE](#)

If you are interested in learning more about HeART with LINES in-school and after-school programs, please contact us at community@linesballet.org.

Be well,

--

Mary Carbonara

Associate Director, Community Programs

[Alonzo King LINES Ballet | Community Programs](#)

26 Seventh Street San Francisco, CA 94103

Office: 415-863-3040 ext. 228