

Perfecting your rises

Kimberley Berkin and her husband, Michael, have delivered super ballet workshops at Starbrite and for our pointe students to keep practising their pointe work in a safe and controlled environment, we recommend using Kimberley's YouTube lessons to keep analysing and perfecting your technique.

We recommend that you start by watching [this lesson](#) first then apply the information into the rise exercises we have been executing within our own lessons.