

1. Introduction

H

istory of YoLarates™

What is YoLarates™?

The best of yoga, Pilates, and ballet, fused into a class by Lara. Lara Foldvari created this class in 2009. While she appreciated yoga, Pilates, and ballet, a 90-minute yoga class made her restless, a 60-minute Pilates class without music bored her, and she couldn't find an adult ballet class near to home. So, she brought the best of the three together, and decided to share the class with the community: the first barre class to be offered in Cheshire, CT USA.

At the inception of YoLarates™, there weren't many barre certifications to choose from. The few that were out there were expensive (thousands of dollars), and usually meant traveling to New York City or the UK for weeks at a time. Lara had to draw on her background to safely and effectively teach YoLarates™.

About Lara Foldvari

At the tender age of four, Lara's parents enrolled her at the René Jennings School of Dance in Holliston, Massachusetts, a suburb of Boston. A few years later, she began taking classes at the Boston Ballet with Ballet Mistress Sydney Leonard. When she was 11 years old, her family moved to Connecticut, and she immediately began studying ballet in earnest at the Connecticut Ballet in New Haven. (The current New Haven Ballet was formerly known as the Connecticut Ballet.) Here she trained with, among others, Robert Vickery, who is currently with the Pittsburgh Ballet. This is also when she started to perform in professional productions such as *The Nutcracker*, *A Midsummer Night's Dream*, and *Firebird*. Lara continued her studies- usually six days a week and full-days during the Advanced Summer sessions- until she left for college in 1985.

Here, she exercised with friends in her dorm room or the common area on their floor. Sometimes to music and exercises from a book, sometimes just dancing to the radio.

During the 1990s, Lara stayed fit with exercise videos on her VCR. Bodyweight training and aerobics were in heavy rotation.

By the year 2000, Lara had a DVD player and an assortment of Pilates workouts. She was living in New Haven, and was able to supplement her Pilates with a walk to adult ballet classes at the New Haven Ballet.

After a move across the state, she was unable to continue adult ballet classes, and the Pilates videos weren't holding her interest as they had before. In 2003, an acquaintance introduced her to the Lotte Berk barre videos. Lara was immediately and completely hooked!

Next came the Bar Method, followed by Bootybarre, Physique 57, Pure Barre, Fluidity, Grace Lazenby's All the Right Moves, and Fred DeVito's and Elisabeth Halfpapp's Core Fusion®. Some of these were more interesting and effective than others; some incorporated more yoga, some more Pilates, some more ballet, and some added a cardio and fitness aspect to the material. Lara could not get enough of barre!

When Lara learned that she was being laid off after a 20-year career in the pharmaceutical industry, she took this as an opportunity to return to her first love: ballet. It was too late to attain her dream of becoming a ballerina, but there was barre. Around this time, she added Ballerobica to her favorite list of DVDs. Ballerobica was created by Lisa Juliet, who had also left a career in pharma. The two connected on social media- the beginning of a relationship that has greatly influenced Lara's path in the barre industry.

Lara has always loved learning, so she began to gain as much knowledge as she could. As mentioned earlier, there wasn't yet a convenient way to obtain a barre certification, so in 2009 she got a certificate from NESTA in Sports Yoga. This was soon followed by her Group Fitness Instructor Certification and Practical Pilates™ from AFAA (2010 and 2012).

And then, barre certifications started to become available around the country. Most of these were one-day trainings where you would get a certificate of

completion at the end of the day, and could go and teach the next day. Lara actually signed up for two of them, cancelling before the trainings as she just knew they weren't what she was looking for.

The same way that Lara enjoyed working out at home to exercise videos, she also liked the online learning platform. In her research, she found IBBFA- the International Ballet Barre Fitness Association- and to her delight, saw that Lisa Juliet was the creative force behind this online Barre Certification®.

Lara completed the Level 1 certification in 2015, followed by Level 2 in 2016, and Level 3, Stretch & Tone (now Special Populations), and Pre Natal Barre in 2017. Later that year, Lara became the first to remotely become a Master Barre Instructor with IBBFA. She can now train others to become teachers.

Her learning hasn't stopped. In 2018 she finally got certified in Ballerobica! She also became a certified and licensed PBT (Progressing Ballet Technique) teacher. After all these years, she is currently training with Inna Stabrova (through DVDs and Skype) on the Vaganova Syllabus – also known as the Russian Method of ballet. She completed her yoga 200-hour teacher training certification through Yoga Renew, and Pilates Mat certification through the American Fitness Professionals and Associates in 2019.

The time has come: Lara is more than ready to share YoLarates™ with the world, and to train others to help do so.

Prerequisites

- Group Fitness Instructor Certification from approved list
- Level 1 Barre Certification® from IBBFA (or another approved educator)
- Current CPR/AED certificate (not online)

Who and where to teach YoLarates™?

YoLarates™ is the perfect class to add to existing barre studios and ballet schools; it is also ideal for fitness, yoga, and Pilates studios that might not have barres, as the first YoLarates™ classes were taught barre-less, and the YoLarates™ Express class is still taught with only a 4-foot dowel for equipment.

If you have a love for barre, you will want to teach YoLarates™. Those with Pilates, yoga, ballet, and general fitness backgrounds will also love it.

Course Outline

After learning what YoLarates™ classes look like (there are a few standard classes), you'll learn the history of yoga, Pilates, ballet, and barre. We'll cover general fitness, musicality, and the equipment used in YoLarates™. Finally, you'll learn how to structure a safe, exciting, and fun class.

Because you already have your group fitness and barre certifications, we will not review anatomy and physiology in this course.

The exercises listed are the basics to include in a YoLarates™ class. If you have a Pilates certification, yoga 200-hour teacher training, or ballet training, you can pull from your repertoire. Just be sure to always keep the class balanced