

Ballet: Les Sylphides

Choreography: Michael Fokine

Music: Frédéric Chopin

## The Story and History

Les Sylphides is a timeless masterpiece by Frédéric Chopin that captures the beauty of classical ballet. Composed in 1887, it is the first ballet without a story and instead takes the form of a dream so the audience can explore their own interpretations. Set in a forest glade, it tells the story of a young man who meets and falls in love with a group of sylphs (mythical faeries). He is transported to an enchanted world where the sylphs twirl around him in graceful movements and dance under the starlight. As his dream advances, the enchantment slowly fades and he finds himself left with only memories of his brief journey into this magical realm.

This classic work of art has been captivating audiences for generations. From its sweeping score to its lyrical choreography, Les Sylphides continues to be adored by viewers all over the world. It first premiered at the Maryinsky Theatre in 1909 with Vaslav Nijinsky as its lead dancer, but was later revived and performed around Europe including Vienna's Ballet d' Action in 1911 and Paris Opera Ballet in 1912. Since then, it has been performed by some of the world's most iconic dance companies such as The Royal Ballet and New York City Ballet. Its blend of expressive gestures and ethereal music creates an atmosphere like no other - whether experienced on stage or watching it from afar, every performance offers something unique and unforgettable.

The choreography for this ballet consists mostly of naturalistic postures and steps often mimicking everyday activities such as skipping or walking which gives off a sense of innocence. Combined with Chopin's intimate score which incorporates elements from both classical European music as well as Polish folk music ensures that each performance will feel truly unique.

Overall, Les Sylphides is an exquisite example of classical ballet preserved for generations to come. Its poetic story allows us to escape into an otherworldly realm and experience true beauty within music and movement - taking us away from our daily cares so we can appreciate something extraordinary yet familiar at once.