

Ruth E. Arensdorf
Ballet Teacher, Choreographer



Ruth warming up at Joffrey Ballet School in New York

Ruth began her classical ballet training at the age of four in Mandeville, Louisiana, with Kelly and Constantin Apetrei - Constantin having been trained at the Bolshoi Academy in Moscow, Russia. Moving to the Houston area at the age of nine, Ruth continued her Russian training with Karyn Simon-Poland of The Woodlands Civic Ballet, in The Woodlands, Texas. At age 13, she joined Houston Dance Theatre to continue her classical Vaganova training under the tutelage of Angela Jackson and Barbara Legault. During her three years with Houston Dance Theatre, Ruth participated in several Regional Dance America festivals, as well as numerous summer intensives, including two Vaganova Academy International Intensive programs featuring world-renowned Russian master teachers. During this time, she also began training in modern and pilates under award-winning choreographer and modern teacher Julie Berg. In the summer of 2002, Ruth attended the International Ballet School in Jackson, Mississippi, in conjunction with the USA International Ballet Competition. She was one of only four dancers chosen to receive full scholarships to dance programs throughout the country and the only dancer to receive a full scholarship to Joffrey Ballet School in New York City the following summer. In 2003, Ruth joined Jim and Bridget Payne, both formerly of Houston Ballet and Ballet West in Utah, to dance and train with Woodlands Ballet Theatre and Payne Academy of Dance. During this time she continued her modern and pilates training with Julie Berg and served as assistant rehearsal mistress for Woodlands Ballet Theatre. In 2006, Ruth joined Ballet Excelsior of Houston as a trainee, under the direction of Sonja Staines and Liza Pollok. For two summers, between 2006 and 2007, she traveled with the company on tours to Russia, Poland, Bulgaria, and Greece to support The Messiah Project. During her tenure at Ballet Excelsior of Houston, Ruth discovered her love of teaching ballet, a passion she continued to pursue with Progressions Performing Arts of Houston, Christian Youth Theater, and ImagiNation Theater in the years to come. Along with her extensive modern and ballet training, Ruth's dance experience also includes lyrical, jazz, and tap.

Ruth has had the privilege and extreme honor to train under the following teachers during her classical training and many ballet intensives. She attributes much of her dancing ability to the passion, demanding standards, and influence of these teachers.

Madame Alla Osipenko of Kirov Ballet; **Madame Tatiana Legat** of Kirov Ballet; **Laura Alonso** of Ballet National de Cuba; **Rhodie Jorgenson** of School of American Ballet and American Ballet Theatre; **Bernara Karieva**, Prima Ballerina of Bolshoi Ballet; **Natalie Ianomis** of Maly Theatre Lexingraf, St. Petersburg Conservatory, and Vaganova Academy; **Khazmin Adol**, principal at Maly Opera and Ballet Theatre; **Anna Marie Holmes**, Royal Winnipeg Ballet, The Royal Ballet, et al; **Julie Berg**, award-winning choreographer and modern teacher; **Mark Goldweber**, Ballet Master of Joffrey Ballet in Chicago; **Durinne Alanova**, Prima Ballerina of Boston Ballet; as well as many guest teachers from Houston Ballet, Joffrey Chicago, and American Ballet Theatre.