

2025



4Pointe

**CONTACT**

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# ABOUT 4POINTE

**4Pointe is indeed a specialised tool designed to help dancers work in a more mindful, healthy, and economical way. Developed by Lynne Charles, this innovative method focuses on enhancing pointe technique while prioritising the dancer's well-being and longevity in their career.**

**By providing a structured yet flexible approach to pointe work, 4Pointe indeed serves as a valuable tool for dancers, helping them work more efficiently and safely while maintaining their artistic expression and aesthetic goals.**

## Benefits of 4Pointe:

- **Mindful approach:** A goal-oriented, specific method of pointe exercises that engages the entire body, encouraging dancers to work with awareness and precision, focusing on proper alignment and muscle isolation.
- **Health-conscious:** Designed to build strength, improve articulation, and develop endurance in a way that respects the dancer's body. It can be used for injury prevention and rehabilitation, making it a valuable tool for maintaining dancers' health.
- **Economical training:** 4Pointe exercises are primarily done at the barre, making efficient use of space and time. The method can be integrated into existing training regimens, complementing traditional pointe classes rather than replacing them.
- **Sustainable practice:** 4Pointe aims to reduce the risk of injury and promote longevity in a dancer's career. It adapts to the changing demands of contemporary choreography while maintaining classical principles.
- **Artistic and aesthetic focus:** The method enhances articulation and connection to the floor, allowing dancers to better express themselves artistically, preparing dancers for the challenges of both classical and contemporary repertoire.
- **Inclusive approach:** 4Pointe is designed to be adaptable to various skill levels and body types, promoting inclusivity in ballet training, benefiting dancers from beginners to professionals, as well as those returning from injury or pregnancy.
- **Holistic development:** The method not only focuses on physical technique but also emphasises the importance of the right mindset, encouraging dancers to work intelligently and understand their own bodies better.



# 4POINTE IS A METHOD THAT EXTENDS ITS BENEFITS BEYOND JUST DANCERS. IT SERVES DANCE EDUCATORS AND THOSE WHO WILL REHABILITATE DANCERS, INCLUDING DANCE COMPANIES AND SCHOOLS.

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## Teachers:

- Provides a structured approach to teaching pointe technique
- Offers tools to address individual student needs and challenges
- Helps in developing comprehensive training programs
- Enables teachers to promote safer, more efficient practice methods

## Rehabilitation Professionals:

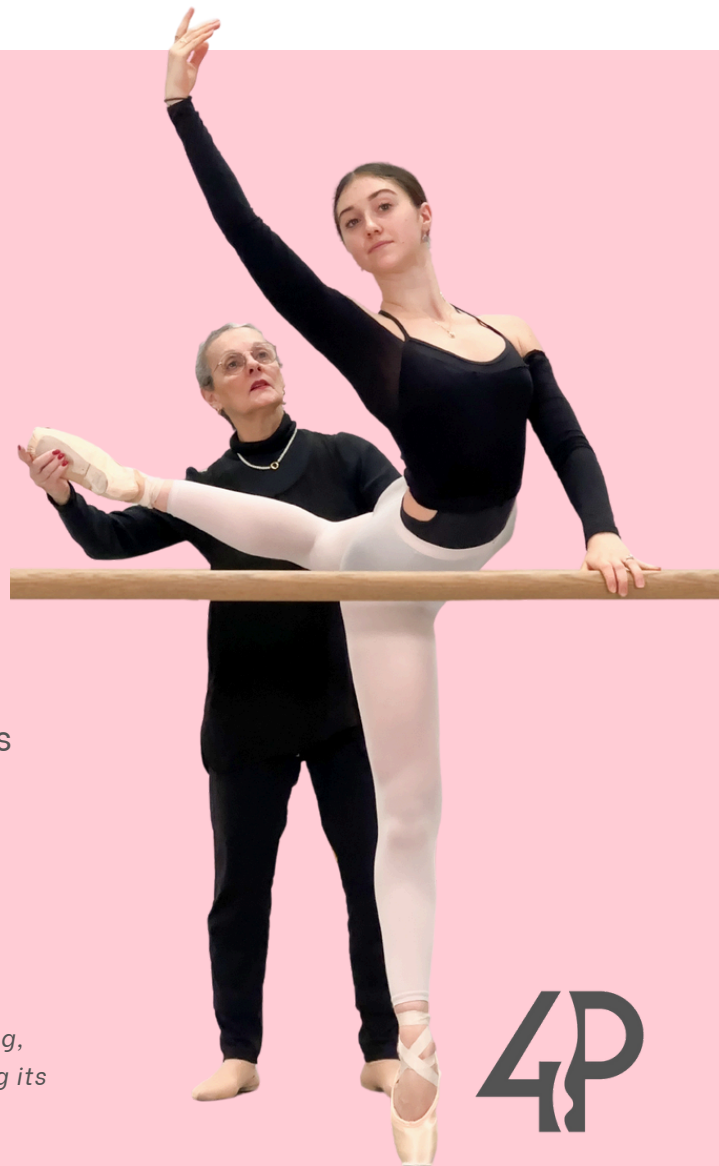
- Assists in creating targeted recovery plans for injured dancers
- Offers gentle, progressive exercises for rebuilding strength and technique
- Helps in assessing and improving dancers' alignment and muscle engagement
- Provides a framework for gradual return to full dance activities

## Dance Medicine Specialists:

- Serves as a tool for injury prevention strategies
- Aids in developing personalised treatment plans
- Helps in educating dancers about body awareness and proper technique

## Ballet Schools and Companies:

- Can be integrated into existing training programs
- Helps in standardising teaching methods across different levels
- Contributes to the overall health and longevity of dancers' careers



*4Pointe supports the entire dance ecosystem, including training, performance, injury prevention, and rehabilitation, highlighting its holistic approach to pointe work and dancer well-being.*



# 4POINTE OFFERINGS FOR INDIVIDUALS

Certification for dance educators, professional dancers, artistic directors, ballet masters, physiotherapists, and more.

## LEVEL 1 TEACHER TRAINING COURSE

**Duration: 3.5 days**

Day 1: Meet & Greet, Registration, Introduction to 4Pointe: Philosophy & Structure

Day 2: Learning 4Pointe & Teacher Demonstration with Lynne Charles, Methodic & Anatomy

Day 3: Rehabilitation, Pre-pointe, Teacher Demonstration with 4Pointe Students, Written Examination

Day 4: Teacher Demonstration & Practical Examination with 4Pointe Students, Certification/Mixer



## LEVEL 1 FEES

€1300 per teacher

\*Covers all course materials, including the first-year annual membership valued at EUR 250. This is an exclusive discounted rate only offered to first-time teachers for Level 1. Printed copy of the 4Pointe Teaching Manual is priced at EUR 50 and is included.

A 20% discount is applicable for 2+ teachers from the same school.

## LEVEL 2 & 3 TEACHER TRAINING COURSE

**Duration: 4 days**

Day 1: Meet & Greet, Registration, Introduction to Level 2 & 3: Philosophy & Structure, Learning Material, Teacher Demonstration with Lynne Charles and Teachers

Day 2: Learning Material, Teacher Demonstration with Lynne Charles and Teachers

Day 3: Learning Material and Practical Examinations

Day 4: Teacher Practical Examinations.

*\*Duration dependent on number of teachers.*



## LEVEL 2 & 3 FEES

€1375 per teacher

\*Covers all course materials, including the 4Pointe Level 2 & 3 Teacher Manual valued at EUR 55. Please note that the non-refundable deposit is the advance for the Level 2 & 3 membership valued at EUR 250.

Teachers must be Level 1 Certified to be eligible for Level 2 & 3.

# 4POINTE OFFERINGS FOR INSTITUTIONS

Certification for dance institutions who want on-site workshops for their faculty.

## LEVEL 1 TEACHER TRAINING COURSE

**Duration: 3.5 days**

Day 1: Meet & Greet, Registration, Introduction to 4Pointe: Philosophy & Structure

Day 2: Learning 4Pointe & Teacher Demonstration with Lynne Charles, Methodic & Anatomy

Day 3: Rehabilitation, Pre-pointe, Teacher Demonstration with 4Pointe Students, Written Examination

Day 4: Teacher Demonstration & Examination with 4Pointe Students, Certification/Mixer



## LEVEL 1 FEES

€1250 per teacher\*  
*Plus Travel*

\*A minimum of 2 teachers

**Institutions will cover all travel, accommodation, and per diems for the entirety of the workshop for Lynne Charles.**

\*Covers all course materials, including the first-year annual membership valued at EUR 250. This is an exclusive discounted rate only offered to first-time teachers for Level 1. Printed copy of the 4Pointe Teaching Manual is priced at EUR 50 and is included.

## LEVEL 2 & 3 TEACHER TRAINING COURSE

**Duration: 4 days**

Day 1: Meet & Greet, Registration, Introduction to Level 2 & 3: Philosophy & Structure, Learning Material, Teacher Demonstration with Lynne Charles and Teachers

Day 2: Learning Material, Teacher Demonstration with Lynne Charles and Teachers

Day 3: Learning Material and Practical Examinations

Day 4: Teacher Practical Examinations.

*\*Duration dependent on number of teachers.*



## LEVEL 2 & 3 FEES

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# TESTIMONIALS

## 4POINTE CERTIFIED TEACHERS & DEMONSTRATORS

### 4Pointe Level 1-3 Certified Teacher

“We have found this method invaluable for adult and college students, guiding them seamlessly on their varied paths from vocational training to professional careers. The structured and thorough approach caters to the unique needs of each individual, allowing them to cultivate their strengths and develop new skills. Importantly, this method is safe for all levels and abilities, significantly decreasing injuries within our program. We have observed a remarkable improvement in our pre-professional dancers’ use of their feet onstage. 4Pointe is helping students to achieve their goals with confidence and excellence!”

**Shayla Bott**

*Chair, Department of Dance & Professor, Dance at Brigham Young University*



### 4Pointe Level 1-3 Certified Teacher

“4Pointe is appropriate for all different types of bodies on many different career trajectories. It supports the healthy development of the foot and ankle with the level of attention to detail and precision that the art form demands. I absolutely love the way the muscular development of the feet and ankles supports the alignment of the whole body. It allows dancers to gain control of their bodies and communicate through the articulation of the feet and lower legs. I am thrilled to have this knowledge informing my teaching practices. 4Pointe is methodical and organized in a way that allows the teacher to continue to grow and expand for many years.”

**Maeve Dougal**

*Director of Education + Co-Founder, OPEN SPACE & Artistic Board of Examiners, ABT ° National Training Curriculum*



### 4Pointe Level 1 Certified Teacher

“As a director of a large London dance school passionate about enhancing education and training, I was immediately drawn to 4Pointe and became a Level 1 Certified Teacher in December 2024. Encouraging my main teaching faculty to join me was a natural next step.

Lynne Charle’s programme feels like the missing ingredient we’ve long needed. Her emphasis on vocal, tactile, and musical collaboration was delivered with passion and purpose. Rather than passive learning, the thoughtful assessments ensured we graduated with complete efficiency, reflecting her dedication to 4Pointe’s impact on the future of dancers.



# TESTIMONIALS

## 4POINTE CERTIFIED TEACHERS & DEMONSTRATORS

I feel I've entered an exciting new area of training with vast potential, from safer beginner pointe preparation to fortifying dancers of all levels, both recreational and professional. I'm proud my school now has three 4Pointe Level 1 Certified Teachers, including myself, and plan to have a fully certified faculty in time. We've started adding 4Pointe to our timetable and aim to offer at least six classes per week at different levels later this year.

Thank you Lynne for your dedication and what you are gifting to teachers and dancers of the future."

**Samantha Melville-Smith PDPTC, RAD RTS, AISTD, BA hons**  
*Director and Founder Inspire Ballet & Dance London*

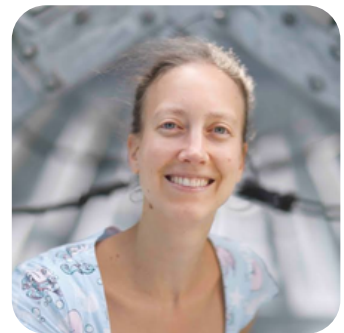


### 4Pointe Level 1-3 Demonstrator

"I had the amazing opportunity to be a demonstrator for the Level 2 & 3 teacher training. One of the things that I was stunned by was how welcome Lynne made me feel, as an adult amateur dancer. Although I was surrounded by beautiful preprofessional and professional dancers, she ensured I never felt out of place, and gave equal attention to everyone. For adult amateur dancers, such detailed ballet training is rarely available, especially detailed pointe technique. I learnt so much over the week, since I was able to repeat the exercises enough to be able to transfer the knowledge from my brain into my body. This was aided even more by the diverse perspectives brought by the different teachers who were attending the training.

I find the 4Pointe method very beneficial, since it allows me to discover new muscles in my legs, feet and ankles that you never felt before. During the 4Pointe teacher training I felt like my brain was literally making new connections throughout the week! Because the exercises have a fair number of repetitions, it allows you to really zoom into the quality of the movement and pay attention to all the details of ballet posture while you are doing it. Moreover, since the majority of the exercises are two hands on the barre, it also makes sure you feel safe. This is very important for adult dancers, for whom fear of pointe and lack of confidence are real issues. I think the 4Pointe training is a great tool to build confidence by getting more in touch with what is happening in your feet—something most adults never really get to think about!"

**Dr. Marieke van Vugt**  
*Associate Professor of Cognitive Modeling, Bernoulli Institute of Mathematics, Computer Science and Artificial Intelligence, University of Groningen, The Netherlands*



# TESTIMONIALS

## 4POINTE CERTIFIED TEACHERS & DEMONSTRATORS

### 4Pointe Level 1 Certified Teacher

As an adult ballet dancer, teacher, and medical professional, I have spent nearly five years studying 4Pointe with Lynne—both as a private student and as one of her first Level 1 certified 4Pointe teachers and method demonstrators. I cannot say enough about the method and how it has improved both my technique and that of my students, not only in pointe work but in overall ballet technique. The alignment, strength, and articulation developed through this carefully designed method are unmatched.

What resonates with me most is Lynne's holistic approach to her students and teachers. She sees the individual in front of her and provides guidance with a strict yet compassionate touch, inspiring them to work harder and improve. This holistic perspective deeply aligns with my own values as a nurse.

I would also add that 4Pointe helped me safely return to pointe after 20 years away.

#### **Lori Bogagn**

***Adult Ballet Dancer, Ballet Teacher, and Medical Professional***



### 4Pointe Level 1-3 Demonstrator

“I’ve had the privilege of working one on one with Lynne for many years, and it’s been an honor to demonstrate for her teacher trainings. I’ve always appreciated how her approach continually evolves. Lynne has helped me recover from a serious foot surgery, and thanks to her guidance, I came back stronger and more mindful. The 4Pointe method has significantly improved my range of motion, articulation, and strengthening of the intrinsic muscles. Demonstrating for Lynne allows me to see firsthand how the method develops through each level, which has been an invaluable experience as a dancer.”

#### **Madeline Bleich** **Professional Dancer**





# TESTIMONIALS

## 4POINTE ADVOCATES

### Certified 5 Faculty Members in 4Pointe Level 1 - 2023

“Lynne Charles’ ingenious pointe work training, is absolutely revolutionary in the best sense of this word. I believe that Ms Charles’ methodology has the potential to help dancers be as at home in their pointe shoes as well as in bare feet.”

#### **Mavis Staines**

***Freelance Teacher & Coach, Former Artistic Director of the National Ballet School of Canada***



### Hosted 4Pointe Masterclasses for Students

“4Pointe is a well-designed, intelligent method of training pointe work. Its emphasis on alignment, strength, and articulation will serve dancers and help them to prevent injuries as they adapt to the rigour’s of ballet training and ballet career.”

#### **Patrick Armand**

***Former Artistic Director of the San Francisco Ballet***



### Inspired Lynne Charles to Create the 4Pointe Method

“Lynne is the most articulate, wise and progressive teacher of pointe work I have ever seen. Her pedagogic demeanour puts to shame even the most capable dancer teachers of our time. Her 4Pointe is Genius!”

#### **Renato Paroni**

***Ballet Master at the English National Ballet***



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