

Inspiration Through Dance - by Ella, February 2026

For my study passage, I have chosen the words of the famous prima ballerina Alicia Markova.

Dame Alicia Markova was the first British prima ballerina and a founder dancer of the Royal Ballet and English National Ballet. She is commemorated by a plaque at her childhood home, where she developed her love of dancing. Her father built a stage in the garden on which she performed with her sisters.

Markova is an inspiration to me, as she faced many challenges in life, such as shyness, poverty, sexism, anti-semitism, and not being considered 'pretty' enough to succeed. She did not let any of this stop her and travelled the world, becoming one of ballet's greatest ambassadors. She promoted the importance of history, tradition, and style and was very proud of her religion, which almost ended her career multiple times.

I love dancing. I think it is in my blood, as many women on my family's side danced growing up. Markova said, "To dance is to be out of yourself. Larger, more beautiful, more powerful." This feels very true - when I dance, I feel happy, I don't care about people's opinions, and I can just move with the music. It calms me and helps me remember that I am in control of how I feel and the choices I make. Dancing gives me strength and makes me feel like a better version of myself. I find inspiration in knowing that a British Jewish girl from down the road was able to achieve so much doing something she loved.