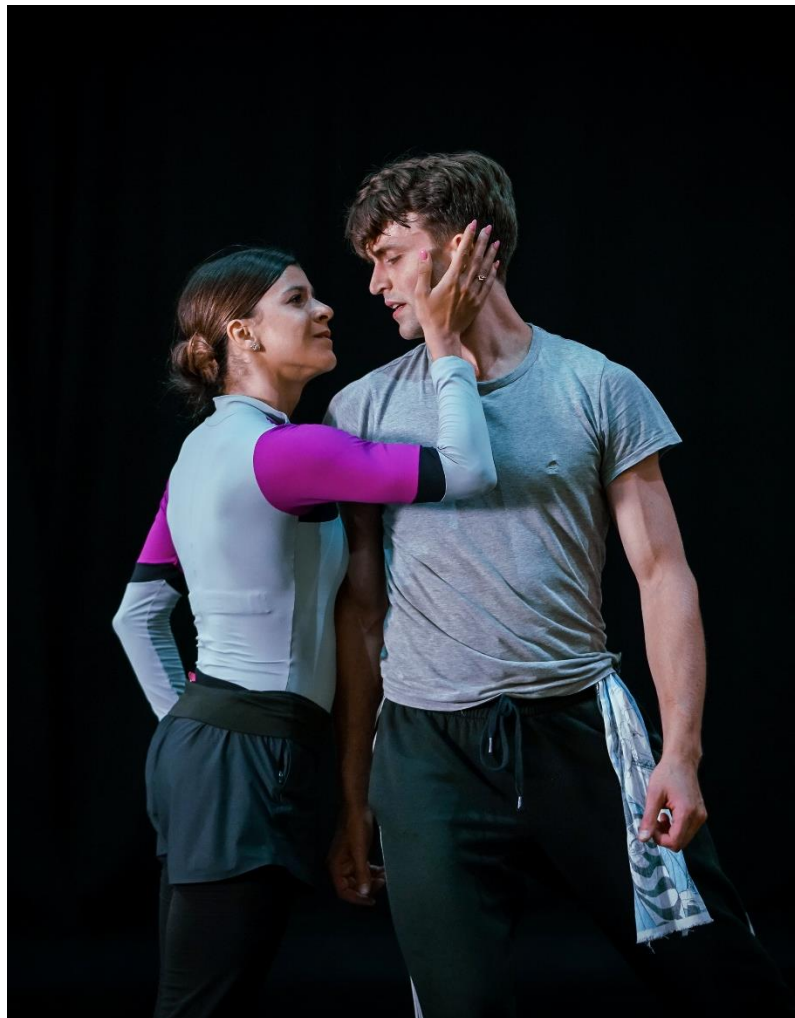


Heart of Ballet Project

Feasibility Study

Exploring why ballet inspires us

(The 2-minute read)



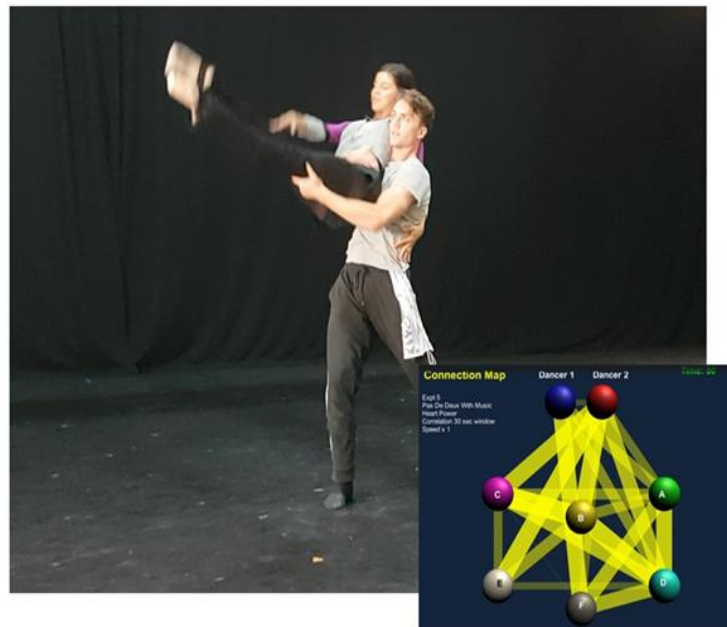
The Heart of Ballet

Ballet has a way of moving us, sometimes literally! Whether watching a breathtaking performance or being part of the art, dance has the power to transport us, inspire us, and even bring us to tears. Why does it have such a profound effect on us?

That's exactly what the Heartbond team set out to explore in their "Heart of Ballet" study. The goal? To measure whether the deep emotional connection we feel during ballet can be tracked through heart rate synchronisation between dancers and their audience.

The Experiment

In collaboration with Collision Unknown and two world class ballet dancers, Heartbond used heart rate monitors to measure synchronisation between performers and a small audience. The study tested different types of performances that were improvised vs. choreographed, with and without music to see which moments created the strongest connection.



The Key Findings

- **Ballet brings people together.** Every audience member left feeling more connected and inspired than when they arrived.
- **Synchronisation peaks during emotional moments.** The highest heart rate synchronisation happened during a choreographed Pas De Deux with music—suggesting that well-rehearsed, emotional storytelling is especially powerful.
- **Dancers and audiences connect deeply.** Heart rates didn't just synchronise among audience members but also between the audience and dancers, showing a real-time, shared emotional experience.
- **Familiarity with ballet plays a role.** Those more familiar with ballet showed greater synchronisation, raising interesting questions for future studies on how to engage new audiences.

What This Means for Dance and Beyond

This small study suggests that ballet's ability to move us isn't just metaphorical, it's measurable. When we feel deeply connected to a performance, our hearts literally beat in sync, creating a shared emotional experience.

Could this research help shape future performances? Could it apply to other art forms? Heartbond hopes to expand the study with larger audiences, live performances, and even different styles of dance to uncover more about the power of synchronisation and human connection.

In the end, the wonder of ballet might not be so mysterious after all, it's simply the power of art bringing us together, one heartbeat at a time.