

SHAPE

**Get Inspired by Alvin Ailey American Dance Theater
Need a motivation makeover? Look no further than these breathtaking photos!**

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By Abby Lerner



Discover What Ignites Your Passion

"For me, dance has ignited my passion for life. Dance is about sharing and teaching." —Rachael McLaren

Photo by Andrew Eccles



Become What You Are Capable Of

"To be who you are and become what you are capable of is the only goal worth living." —Alvin Ailey

Alicia Graf Mack, photo by Andrew Eccles



Don't Forget To Let Loose

"Sometimes, if I really just want to have fun, I put on my iPod and free dance to 80s and 90s music as loud as it will go, full-out in my hotel room for an hour. I love to just jam!" —Linda Celeste Sims

Matthew Rushing and Linda Celeste Sims, photo by Andrew Eccles



Remember: Creativity Never Ceases

"The creative process is not controlled by a switch you can simply turn on or off, it's with you all the time." —Alvin Ailey

Ghrai DeVore, photo by Eduardo Patino



What, Exactly, Do You Want To Do?

"I want to help show my people how beautiful they are. I want to hold up the mirror to my audience that says *this* is the way people can be, *this* is how open people can be." —Alvin Ailey

Akua Noni Parker, photo by Richard Calmes



Embrace Your Curves

"The thing I love most about my body is my curves. You don't see a lot of dancers with an hourglass figure so I've learned to embrace them." —Megan Jakel

Megan Jakel and Marcus Jarrell Willis, photo by Richard Calmes



Step Out Of Your Shell

"I was introverted as a child. But when we were in dance class, where you had to project and express yourself, it was a release. Somewhere along the way, I realized I loved being able to step out of my shell." — Jacqueline Green

Photo by Andrew Eccles



Love Your Body

"Love your body and love yourself, and never take your body for granted—you only have one!" —Rachael McLaren

Photo by Andrew Eccles



Do What You Love

"I've learned that you have to have a strong love and passion for what you do. If not, then there's just no point in doing it." —Jamar Roberts

Jamar Roberts and Alicia Graf Mack, photo by Andrew Eccles



Don't Let Others Tear You Down

"Don't take things personally... when you are giving your all and you really care about something, and you feel that someone doesn't have your best interest at heart and you feel they're approaching you negatively, turn it around. Use that energy to push you towards your goal." —Briana Reed

Photo by Andrew Eccles



Let Go Of The Reigns

"I've been a control freak for most of my dance career—I can drive myself crazy. Now I try to take my lessons as they come. It's a new thing for me, just trying to bring the passion back in day by day." —Demetia Hopkins

Photo by Paul Kolnik



Don't Be Defeated

"Maya Angelou once said, 'We may encounter many defeats, but we must not be defeated.' Hold on to that quote, because I certainly do." —Artistic Director Robert Battle

Megan Jakel and Marcus Jarrell Willis, photo by Richard Calmes



See Alvin Ailey In Action

See these incredible bodies in action when Alvin Ailey American Dance Theater returns to Lincoln Center for the Performing Arts for the first time in 13 years for a seven-performance engagement June 12-16, 2013. Artistic Director Robert Battle will showcase diverse repertory anchored by a world premiere by celebrated choreographer Ronald K. Brown, along with encore performances of 2012-2013 season premieres and repertory favorites, including Alvin Ailey's acclaimed American masterpiece Revelations. For ticket info or to find an Ailey performance near you, visit alvinailey.org or lincolncenter.org.

Alicia Graf Mack, photo by Andrew Eccles