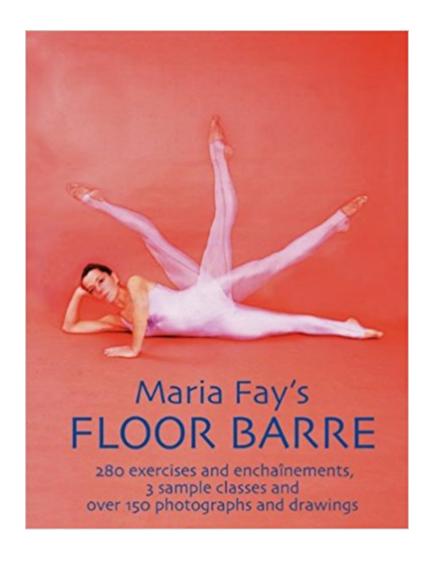
The book was found

Maria Fay's Floor Barre





Synopsis

A collection of exercises for dancers, to be performed lying on the floor, to improve and enhance technqiue and prevent injuries.

Book Information

Paperback: 168 pages Publisher: Dance Books Ltd (September 5, 2000) Language: English ISBN-10: 1852731311 ISBN-13: 978-1852731311 Product Dimensions: 7.4 x 0.4 x 9.7 inches Shipping Weight: 11.4 ounces (View shipping rates and policies) Average Customer Review: 4.5 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #290,239 in Books (See Top 100 in Books) #22 in Books > Arts & Photography > Performing Arts > Dance > Ballet #73 in Books > Arts & Photography > Performing Arts > Dance > Classical #8750 in Books > Arts & Photography > Music

Customer Reviews

This is a great book describing a wonderful and unique system of exercises for dancers. It is suitable not only for those who have suffered an injury and need remedial work, but also for fit dancers and students of dance who want to avoid injuries in the future.

I am a dancer and teachr of Pilates and found the knowledge correct. There were a few excercises I was new to.A/S

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