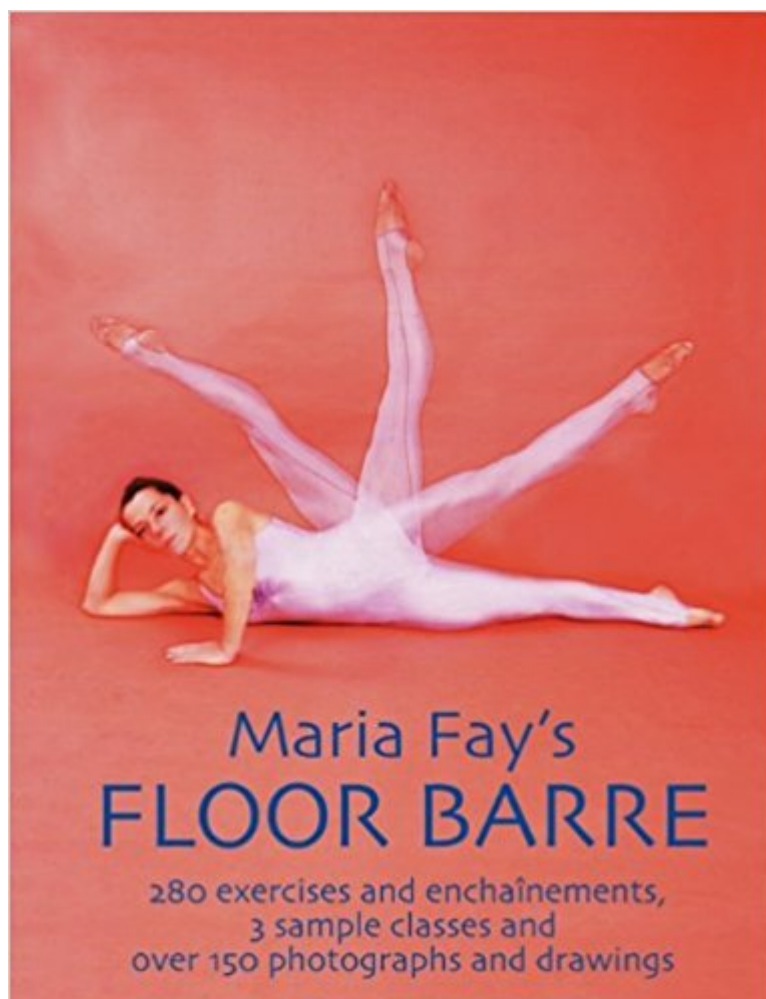


The book was found

Maria Fay's Floor Barre



Synopsis

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

Book Information

Paperback: 168 pages

Publisher: Dance Books Ltd (September 5, 2000)

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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 Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #290,239 in Books (See Top 100 in Books) #22 inÂ Books > Arts & Photography > Performing Arts > Dance > Ballet #73 inÂ Books > Arts & Photography > Performing Arts > Dance > Classical #8750 inÂ 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 teacher of Pilates and found the knowledge correct. There were a few exercises I was new to. A/S

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