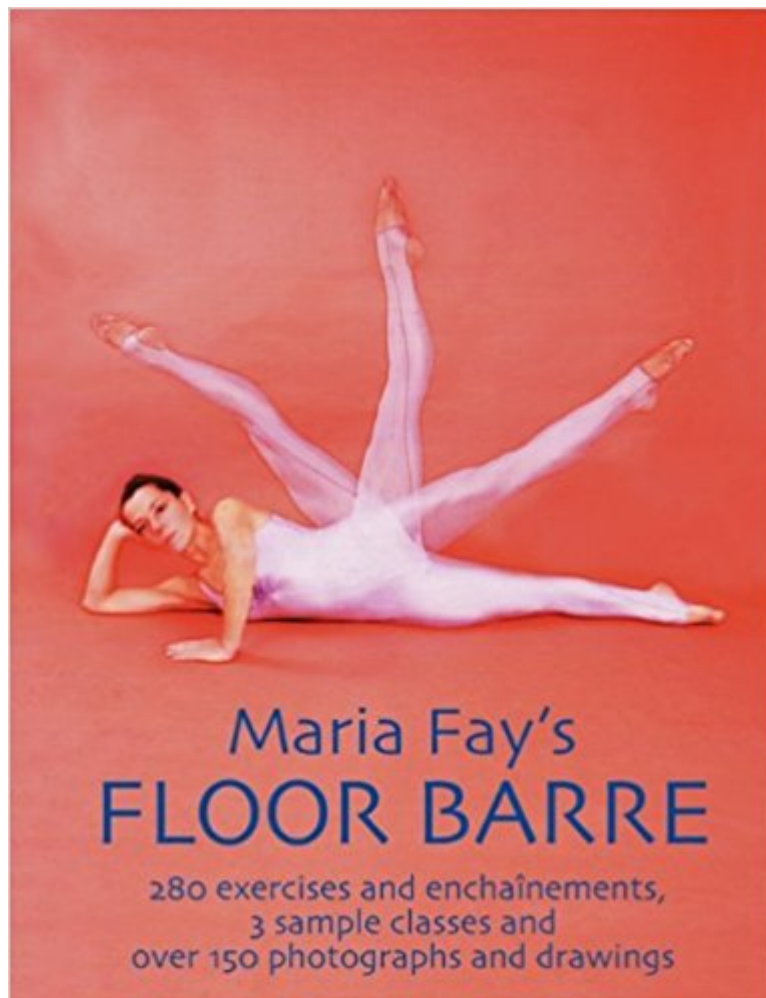


The book was found

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)

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: 4.4 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,165,247 in Books (See Top 100 in Books) #66 in [Books > Arts & Photography > Performing Arts > Dance > Ballet](#) #318 in [Books > Arts & Photography > Performing Arts > Dance > Classical](#) #37192 in [Books > Arts & Photography > Music](#)

Customer Reviews

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

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.

[Download to continue reading...](#)

Maria Fay's Floor Barre Ballet Barre & Center Combinations: Volume II: Music (Ballet Barre and Center Combinations) Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body How to Lay Tile Like a Pro: The Best How To Tile a Floor Step-By-Step DIY Guide for Beginners Laying a Tile Floor (with Pictures) Practical Pelvic Floor Ultrasonography: A Multicompartmental Approach to 2D/3D/4D Ultrasonography of Pelvic Floor Practical Pelvic Floor Ultrasonography: A Multicompartmental Approach to 2D/3D/4D Ultrasonography of the Pelvic Floor Maria Montessori and Her Quiet Revolution: A Picture Book about Maria Montessori and Her School Method Merlin, Morgan Le Fay and the Magic of Camelot | Children's Arthurian Folk Tales Grail (Le

Fay Series Book 3) The Last Place on Earth: With Mike Fay's African Megatransect Journals (v. 1&2) Raising the Barre: Big Dreams, False Starts, and My Midlife Quest to Dance the Nutcracker Essential Chords for Guitar, Mandolin, Ukulele and Banjo: 2nd Ed. Chord Fingering Charts for Major, Minor and Seventh Chords, Keys, Barre Chords, Arpeggio Scales, Moveable Soloing Scales Essential Chords for Guitar, Mandolin, Ukulele and Banjo: Second Edition, Chord Fingering Charts, Keys, Barre Chords, Arpeggio Scales, Moveable Soloing Scales, Blank Chord Boxes and Sheet Music Tiny House Floor Plans: Over 200 Interior Designs for Tiny Houses Measure and Construction of the Japanese House (Contains 250 Floor Plans and Sketches Aspects of Joinery) Life and Death on the New York Dance Floor, 1980–1983 Lost Liners: From the Titanic to the Andrea Doria The Ocean Floor Reveals Its Greatest Ships Dancing Lessons: How I Found Passion and Potential on the Dance Floor and in Life Competing Like a Pro: Spotlight Strategies to Help You Shine On and Off the Ballroom Floor Ballroom Dancing: Get on the Floor with Four Classic Ballroom Dances - and Add a Touch of Flowmotion Magic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)