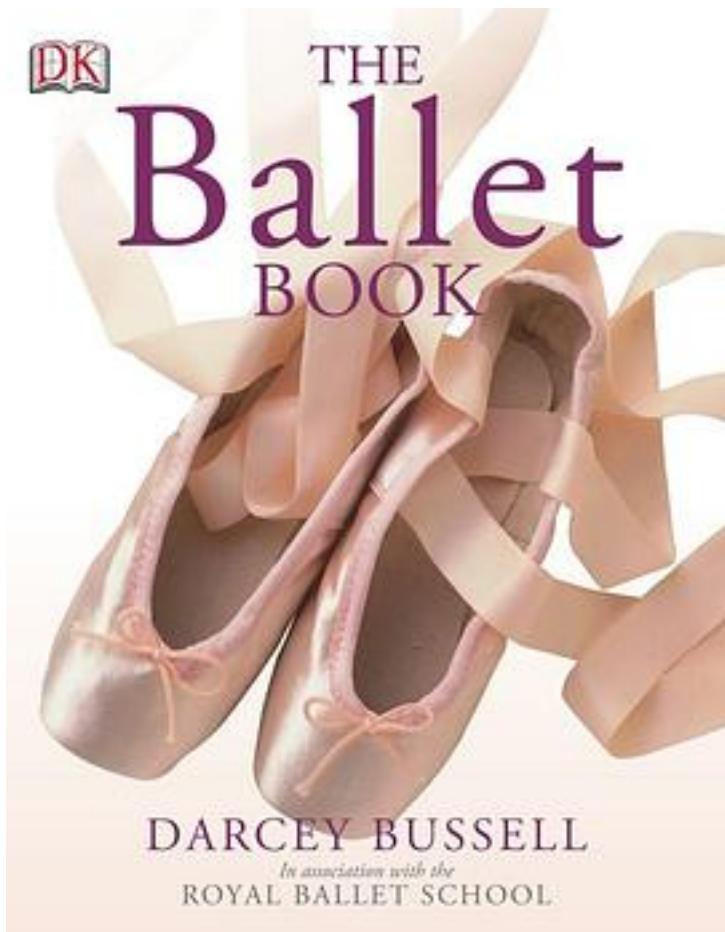


The Ballet Book



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Produced in conjunction with Canada's world-famous National Ballet School, The Ballet Book is a definitive instructional resource for youth and their parents who are

beginning to explore the possibilities and delights of ballet. The book illustrates in meticulous detail -- and through more than 100 photographs - every position, step and pose involved in barre work, pointe work, alignment, classical ballet poses, attitudes, allegros, batteries, pirouettes and arabesques. Age-appropriate and comprehensive, it is a motivational guide, with information on deciding to dance; finding a teacher; musical accompaniment; finding the ideal studio; what to wear and grooming; positions, steps and poses; and exercises and nutrition. The Ballet Book is a strong guide for both boys and girls.

作者介绍:

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