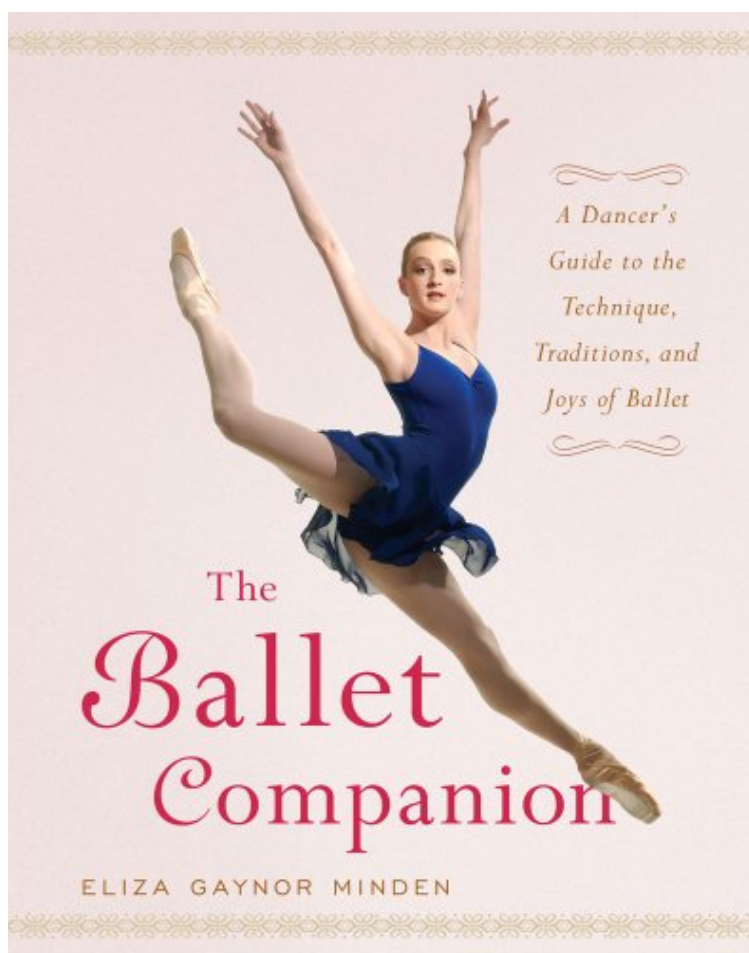


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# The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet (English Edition)



*Par Eliza Gaynor Minden*  
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## Description :

Prsentation de l'diteurA New Classic for Today's Dancer The Ballet Companion is a fresh, comprehensive, and thoroughly up-to-date reference book for the dancer. With 150 stunning photographs of ballet stars Maria Riccetto and Benjamin Millepied demonstrating perfect execution of positions and steps, this elegant volume brims with everything today's dance student needs, including: Practical advice for getting started, such as selecting a school, making the most of class, and studio etiquette Explanations of ballet fundamentals and major training systems An illustrated guide through ballet class -- warm-up, barre, and center floor Guidelines for safe, healthy dancing through a sensible diet, injury prevention, and cross-training with yoga and Pilates Descriptions of must-see ballets and glossaries of dance, music, and theater terms Along the way you'll find technique secrets from stars of American Ballet Theatre, lavishly illustrated

sidebars on ballet history, and tips on everything from styling a ballet bun to stage makeup to performing the perfect pirouette. Whether a budding ballerina, serious student, or adult returning to ballet, dancers will find a lively mix of ballet's time-honored traditions and essential new information.

Revue de presse "Everyone involved with or interested in ballet should read this book. Comprehensively researched and packed with valuable information, *The Ballet Companion* is a treasure-trove for ballet enthusiasts." -- Kirk Peterson, Ballet Master/Choreographer, American Ballet Theatre "This is the very book I would have loved to have discovered when I first started to study ballet." -- Allegra Kent, former Principal Dancer, New York City Ballet and author of *Once a Dancer* "This is the very book I would have loved to have discovered when I first started to study ballet." -- Allegra Kent, former principal dancer, New York City Ballet and author of *Once a Dancer* "Unique and comprehensive, this is a wonderful companion and guide for anybody who loves dance." -- Edward Villella, former principal dancer, New York City Ballet and founding artistic director, Miami City Ballet "Eliza Gaynor Minden captures our imagination, taking us into the magical world of ballet." -- David Howard, internationally acclaimed master teacher and coach "A superb reference book -- all the information today's students need but can't get just by taking class. Every dancer's library should have it." -- Angel Corella, principal dancer, American Ballet Theatre "This book is a broad canvas of the history, elements, and components of dance. It is must reading for those who love dance and wish to explore its functions and derivation." -- Melissa Hayden, former principal dancer New York City Ballet, faculty, North Carolina School of the Arts "This comprehensive guide to the world of ballet is a must-have for all dance enthusiasts." -- Gillian Murphy, Principal Dancer, American Ballet Theatre "A smorgasbord of information about the world of ballet!" -- Alexandra Ansanelli, Principal Dancer, New York City Ballet "This offers a wealth of information as well as being extremely interesting." -- Mignon Furman, director, American Academy of Ballet

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