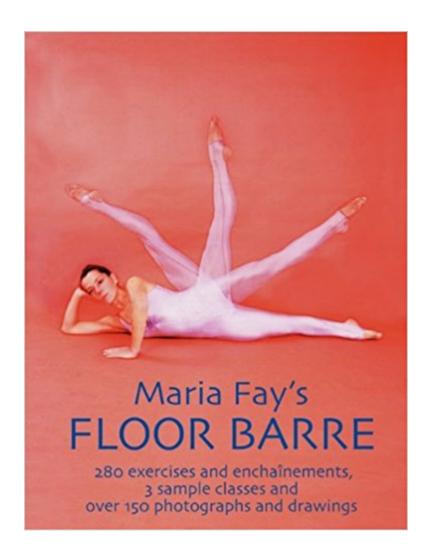


The book was found

Maria Fay's Floor Barre





Synopsis

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

Book Information

Paperback: 168 pages

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Average Customer Review: 4.4 out of 5 stars 2 customer reviews

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Customer Reviews

I am a dancer and teachr of Pilates and found the knowledge correct. There were a few excercises 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.

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