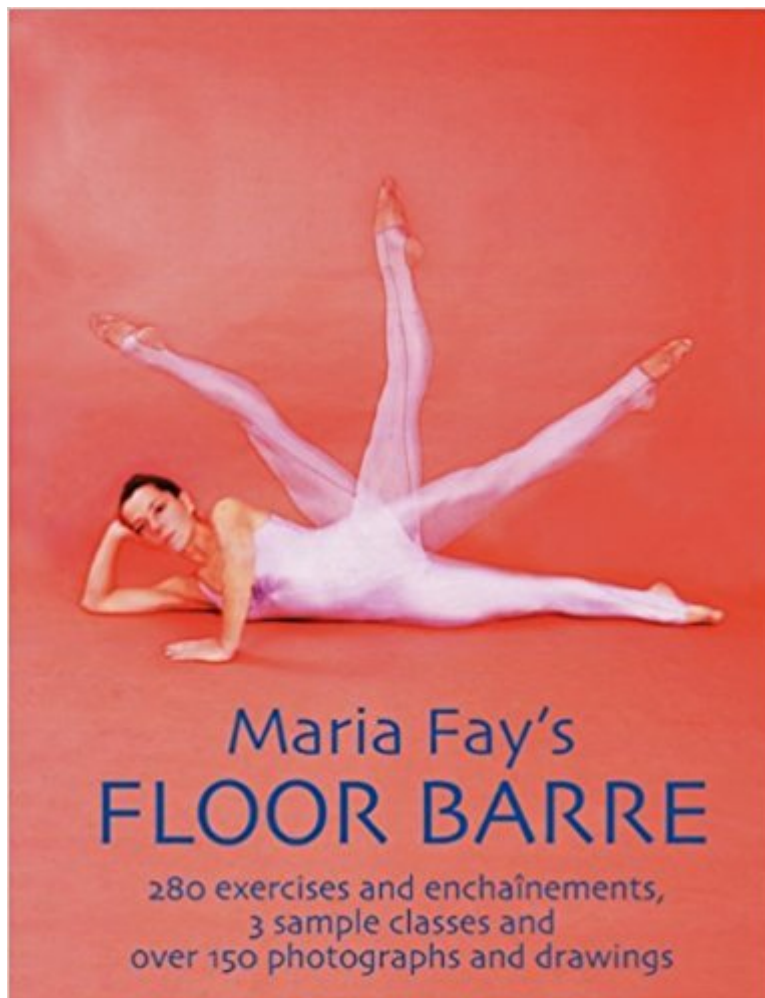




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Maria Fay's Floor Barre



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

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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 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.

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