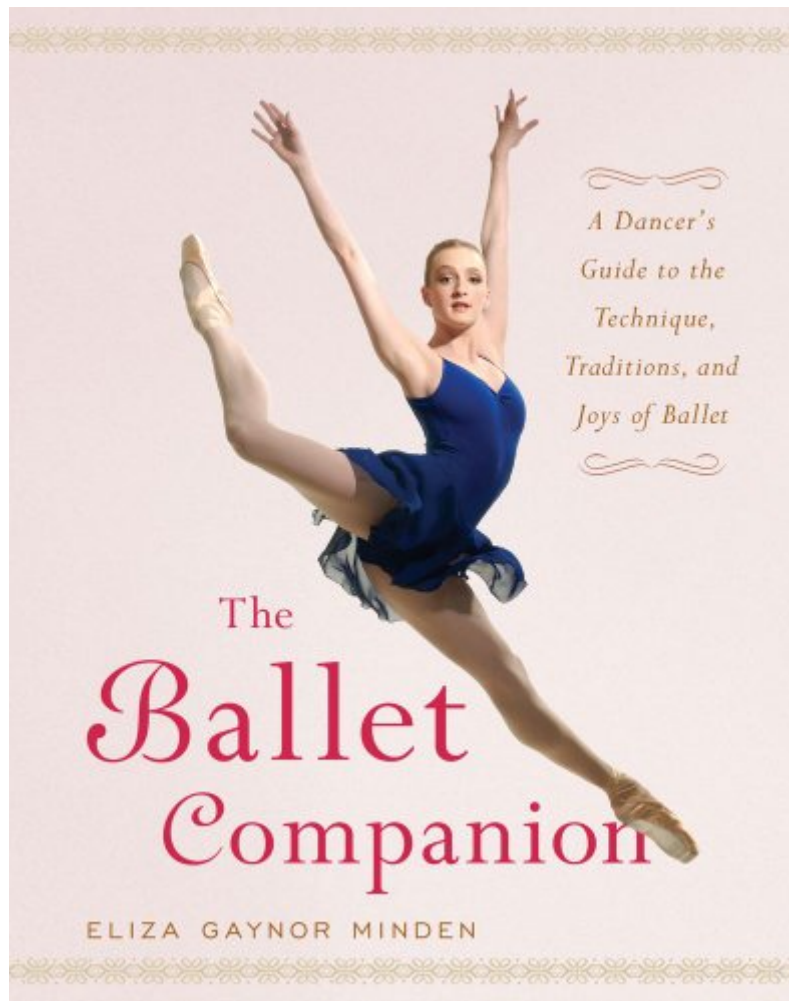


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# The Ballet Companion: A Dancer's Guide To The Technique, Traditions, And Joys Of Ballet



## Synopsis

A 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.

## Book Information

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## Customer Reviews

THE BALLET COMPANION by Eliza Gaynor Minden is a book for everyone whose life is touched by dance -- to any degree, in any capacity -- whether dance is your life, or you're an occasional audience member, or you are godparent to a young dancer. The book is illustrated by, and intended equally for, males and females. The author writes to de-mystify the dance, but this will take none of the magic away. In fact, the reader will love the art with renewed vision and passion after reading her book, which is rich with photos and drawings, and alive with color. For future dancers: Others may tell you some of what is in this book, but here you will find information no one else may think of sharing with you. You will learn how to send the signals to your teacher, parents, choreographer, ballet mistress, casting director, fellow dancers, audience -- and most of all, to yourself -- that you are serious about becoming a contributing presence in the world of dance. For teachers of dance: Your identity and your lifework are validated at the outset (see p. 3, Teacher's Credentials). Essentials of what students need to do to maximize their openness to their teachers are stated clearly and with a sense of humor. Respect and regard for the studio and one's faculty and classmates, grooming, conduct in the theatre: these are only a thimbleful of the relevant, vitally important topics covered to everyone's benefit. For parents and relatives of dancers: This book presents not only the essentials of classical ballet training and technique, but also the highest standards of courtesy, consideration, integrity and (one might say) civilization, to empower a new generation.

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