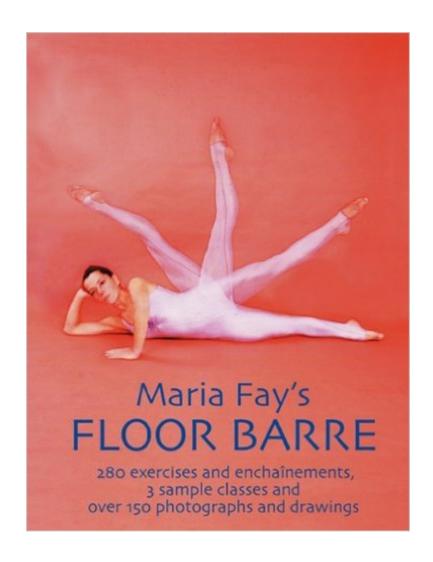
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Maria Fay's Floor Barre





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

Publisher: Dance Books Ltd (September 5, 2000)

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Average Customer Review: 4.5 out of 5 stars Â See all reviews (2 customer reviews)

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Customer Reviews

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.

I am a dancer and teachr of Pilates and found the knowledge correct. There were a few excercises I was new to.A/S

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