

The Feeling Balletbody Building the Dancer s Instrument According to BalletBodyLogic

Annemari Autere

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Annemari Autere : The Feeling Balletbody Building the Dancer s Instrument According to BalletBodyLogic
before purchasing it in order to gage whether or not it would be worth my time, and all praised The Feeling Balletbody Building the Dancer s Instrument According to BalletBodyLogic:

I am fascinated by how much time six-year-old children can spend making the thumb touch the index finger, then the middle finger, and so on. So taken by this little exercise, they get cross-eyed when asked to do both hands at the same time. While many parents and teachers believe that ballet lessons should start as early as five or six, Annemari Autere expounds on the contrary. In this book, she reveals how ballet students can effortlessly enhance posture, movements, and others in ballet. Erroneous myths are revealed and debunked as she explains, scientifically and through

experience, the ins and outs of a ballet dancer's instrument.