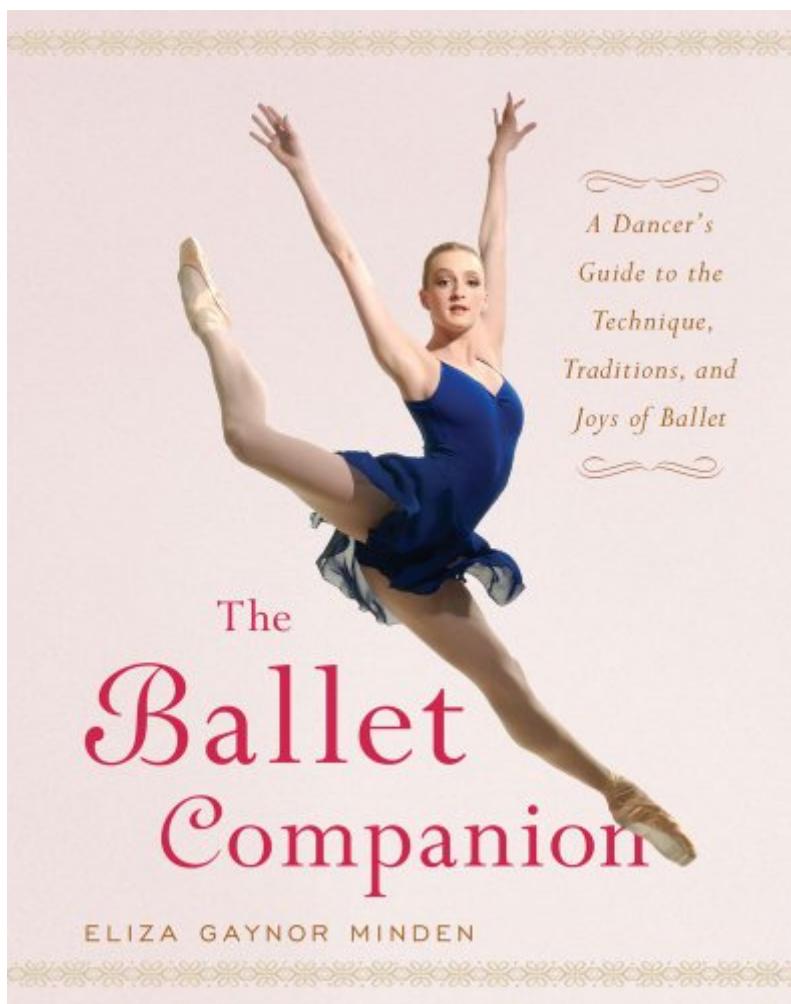


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# The Ballet Companion: A Dancer's Guide To The Technique, Traditions, And Joys Of Ballet



## **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 dancers' testimonials on the back of the book (a pretty impressive list, by the way) are something I agree 100% on. This book has every single little thing on ballet you can think of - the anatomy & physiology of it, dance history (court ballets, ballet blanc, tutus, famous ballerinas through the centuries, the development of the NYCB, ABT, and even modern dance), pictures leading you through a typical ballet class, tooooooons of advice on injuries, proper eating habits, and so much more. You name it, this book has it! This is a truly wonderful book, and I recommend it to any aspiring ballet dancer.

I bought this book on Kindle based on all the starred reviews, but the Kindle edition has no illustrations. This is deceptive, and I should have been informed before purchase. It's not the same book without illustrations.

I've just taken up ballet as an adult student and have found this book to be a fantastic companion for my journey into the ballet world for the first time. This book covers everything from basic positions to ballet history, must see live ballet listing, to a comprehensive glossary of all the french/Italian terms. Beautiful photos too well presented and well written with a little hint of humour.

I bought this book for my 10 year old granddaughter, who started dancing at age 3, but only recently began taking classes at a more serious ballet school. She just took her first RAD test (Royal Academy of Dance), and was beyond thrilled to see the RAD included in this book. I think it made her feel like a part of the larger dance community. Having just glanced at this book myself (I basically bought it based on recommendations), it seems to be very comprehensive, but also interesting, vs what it could be- technical, dull and a real turn-off for younger readers.

I am very impressed with the content and quality of this book. Eliza Gaynor Minden does a fantastic job of outlining the art of ballet from its history to basic steps to classroom etiquette. She writes in a way that makes this book accessible and useful for any dancer from tween to adult. The photographs are beautiful and the ribbon bookmark is a nice touch. This is a book that I know I'm going to keep in my personal library and refer to again and again.

I purchased this book as a new dancer, looking to have tips and pointers that many of the students had learned after years of practice and, mainly, just a glossary of the ballet terms and their meaning.

I ended up purchasing three books, this being the best book by far. This book included much helpful information from a historical perspective, quick tips, and further information on ballet whether you are an aspiring dancer or just a viewer. This makes the perfect gift for the young and old girl/boy who is interested in the dance world. For reference: It is about 8 by 9.5 inches, very beautiful thick silk pages, has a ballet pink ribbon for a bookmark. Perfect gift that could pass off as collector's edition.

Loving it so far! Lots of great information

Great book! I recently started ballet for adults classes and the ballet companion gave me valuable insights about technique, history and etiquette. Must read for beginners!

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