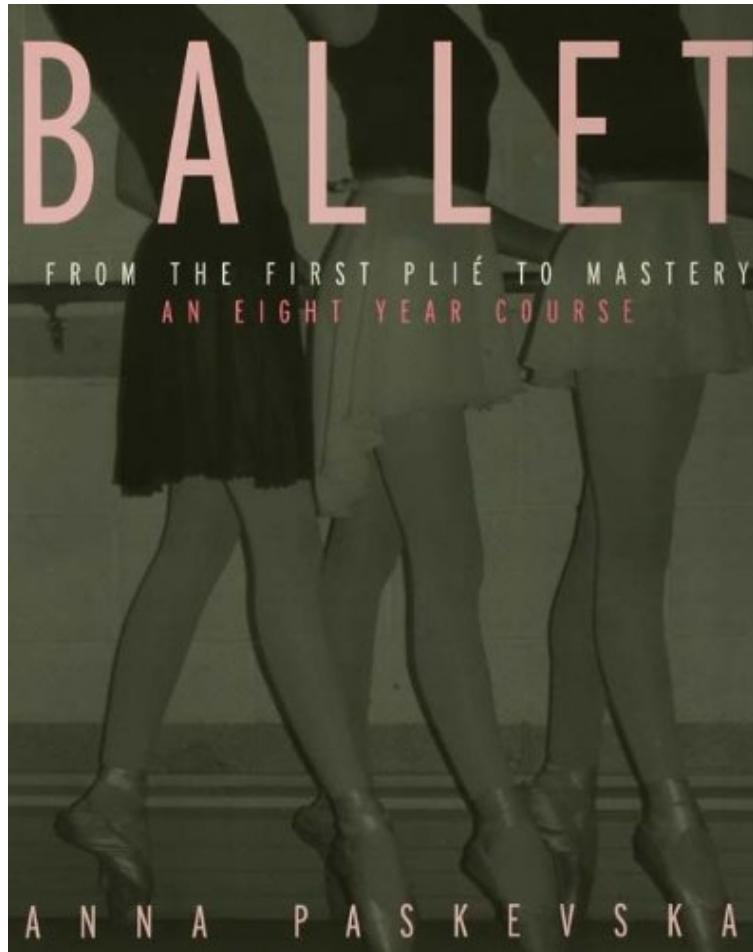


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## Ballet: From the First Plie to Mastery, An Eight-Year Course

Anna Paskevska

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**Anna Paskevska : Ballet: From the First Plie to Mastery, An Eight-Year Course** before purchasing it in order to gage whether or not it would be worth my time, and all praised Ballet: From the First Plie to Mastery, An Eight-Year Course:

4 of 4 people found the following review helpful. best one yetBy Sharon FriedmanI have been living with ballet teachers and students for years now (my family) and I am a martial art teacher myself so this is a subject I learned and practiced myself. The writer is an exellent teacher and writer. The progression is precise and explained and something to look up to in todays teachers. She takes the body from the initial stages and builds it from the core with great care and inteligence and does so well with good exercises and lesson plans which hold a treasure of hints and pointers to good form, movement and tone.A wonderful buy for myself and I reccomend it to everyone who may benefit from the Russian ballet.21 of 21 people found the following review helpful. excellent for teachersBy A Customerthis is a perfect guide for a syllabus for a dance school.That is what I'm doing with it. I am a professional ballet dancer that has danced with major dance companies in the USA. I needed a good guide to teach young beginners I am

teaching. This book is a perfect guide in teaching young beginners through to advance students. The stretches taught are real perks for the students to gain the flexibility they need for the years new steps. Also the strengthening back exercises are exactly what children need in order to do arabesques and other steps. I am also a pilates instructor and these stretches and strengthening floor exercises are perfect. I wouldn't recommend this book to a child since it is very detailed in words but to a 12-13 year old that likes to read and dance it might be just what she likes! and it will give her some good pointers. Best of luck. T.T.0 of 0 people found the following review helpful. I love it so far, still reading. By N.Timm. This is a great guide to keep your classes on track, syllabus for each level. I am still reading though.

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About the Author Anna Paskevska is Chair of the Dance Department at the Chicago Academy for Arts. She previously served on the faculties of Indiana University and the University of Louisville, Kentucky. She is the author of Both Sides of the Mirror: The Science and Art of Ballet.