

[PDF] The Ballet Companion

Eliza Gaynor Minden - pdf download free book



Books Details:

Title: The Ballet Companion
Author: Eliza Gaynor Minden
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Description:

From Publishers Weekly Gaynor Minden, a former dancer who now heads a dancewear company, has been immersed in the world of ballet for much of her life, and in this book shares dancer-to-dancer advice, much of which is aimed at beginning-to-intermediate level dancers, or adults who are either starting or returning to a childhood passion; dancers who have been committed to the art for a couple of years will already know on the finer points of finding a school, how to behave in class and the basic positions and movements, though the crisp photographs of professionals demonstrating steps are quite useful. The chapter on pointework, Gaynor Minden's specialty, is more widely valuable, and the pages devoted to dancer health contain vital information on eating disorders, injuries and supplemental physical training that teachers and students of all levels would do well to

review. Brief sections called "The Curious Dancer" give introductions to ballet-related skills and trivia (how to apply stage makeup; ballet on Broadway), as well as intermittent features on great ballet companies and famous dancers of both early and modern times. Her explanation of the differences between the six major ballet styles, along with the superb glossaries of terms and dance history timeline, make this book a valuable resource for dance studios and a great primer for dancers in the early stages of training.

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Review "Everyone involved with or interested in ballet should read this book. Comprehensively researched and packed with valuable information, *The Ballet Companion* is a treasure-trove for ballet enthusiasts."

-- Kirk Peterson, Ballet Master/Choreographer, American Ballet Theatre

"This is the very book I would have loved to have discovered when I first started to study ballet."

-- Allegra Kent, former Principal Dancer, New York City Ballet and author of *Once a Dancer*

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"Unique and comprehensive, this is a wonderful companion and guide for anybody who loves dance."

-- Edward Villeda, former principal dancer, New York City Ballet and founding artistic director, Miami City Ballet

"Eliza Gaynor Minden captures our imagination, taking us into the magical world of ballet."

-- David Howard, internationally acclaimed master teacher and coach

"A superb reference book -- all the information today's students need but can't get just by taking class. Every dancer's library should have it."

-- Angel Corella, principal dancer, American Ballet Theatre

"This book is a broad canvas of the history, elements, and components of dance. It is must reading for those who love dance and wish to explore its functions and derivation."

-- Melissa Hayden, former principal dancer New York City Ballet, faculty, North Carolina School of the Arts

"This comprehensive guide to the world of ballet is a must-have for all dance enthusiasts."

-- Gillian Murphy, Principal Dancer, American Ballet Theatre

"A smorgasbord of information about the world of ballet!"

-- Alexandra Ansanelli, Principal Dancer, New York City Ballet

"This offers a wealth of information as well as being extremely interesting."

-- Mignon Furman, director, American Academy of Ballet

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