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Maria Fay's Floor Barre

Maria Fay’s FLOOR BARRE
280 exercises and enchainments,
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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
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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 teacher of Pilates and found the knowledge correct. There were a few exercises I was new to.

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