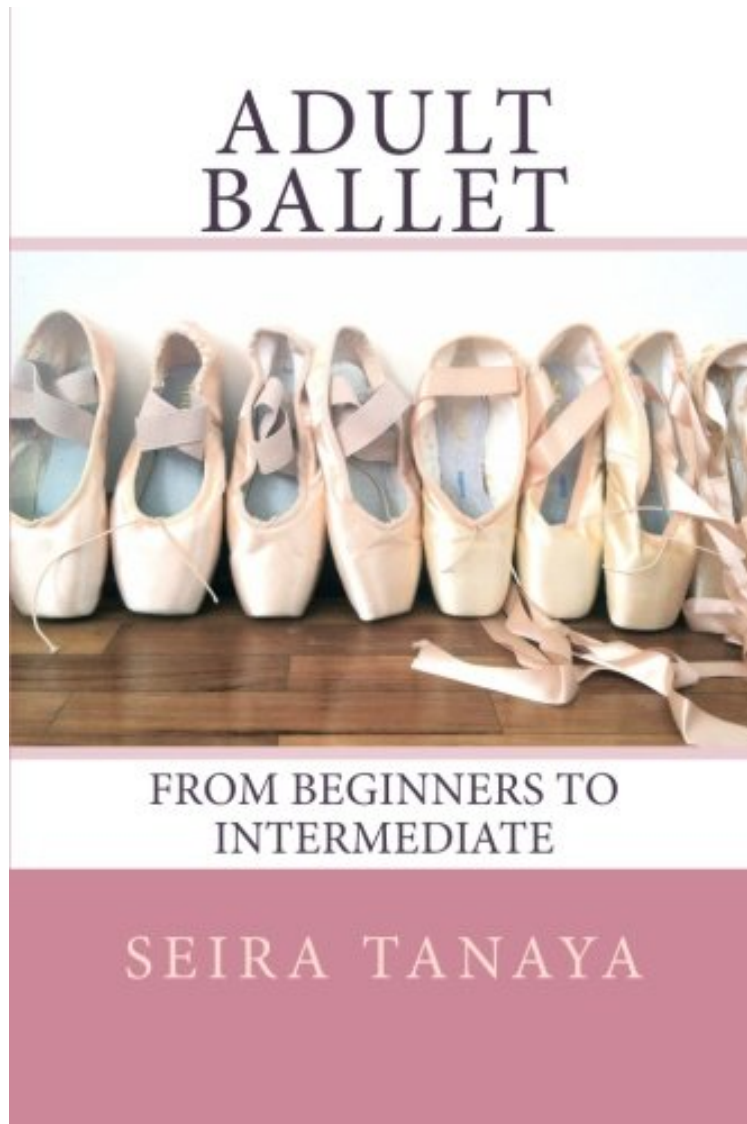


[FREE] Adult Ballet: From Beginners to Intermediate

Adult Ballet: From Beginners to Intermediate

Seira Tanaya

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Seira Tanaya : Adult Ballet: From Beginners to Intermediate before purchasing it in order to gage whether or not it would be worth my time, and all praised Adult Ballet: From Beginners to Intermediate:

0 of 0 people found the following review helpful. Insightful Book! Highly Recommended!By EastCoastMamaI loved this book. As an adult ballet dancer (I'm 44), I learned a ton about what it takes to take my dancing past the hobby level. I had never thought of investing in private lessons before, but now I am. I love how Seira wrote that she wanted to be able to dance like a professional ballet dancer -- to take pre-professional and professional level classes. That has become my goal, too. I highly recommend this book to those wanting to take their dancing to the next, next, NEXT

level.0 of 0 people found the following review helpful. This is an excellent book that truthfully and realistically confirms that one can ...By Lisa NiemeierThis is an excellent book that truthfully and realistically confirms that one can dance ballet at any age, for the rest of our lives. Its guidelines are spot on, its expectations for professional level of dance are realistic, and I love having a book that talks about and encourages the soul-feeding art of ballet as a life-long pursuit. Pursued safely and with proper instruction, we truly can dance the rest of our lives. Ballet is the best exercise for improving strength, balance, flexibility--all the things we particularly need to live a vital and healthy life as we age. Get it today!
3 of 3 people found the following review helpful. but a nice read for an adult beginnerBy Elle SpadeIt is much more anecdotal than technical, but a nice read for an adult beginner.

Thinking of taking up ballet for the first time as an adult? Or perhaps you're wondering if you're too old to go back to ballet? Coming back to ballet as an adult has been a rather surprising, interesting and rewarding journey for me. The author shares her journey of learning to dance ballet as an adult, which she found was different and challenging in ways very different from when she had been a child. She had to overcome challenges in flexibility and coordination, amongst other things. In this book, she gently introduces ballet to the adult beginner: how to choose the right class, what to wear and what to expect. She also shows you how to progress effectively in ballet, such as eventually going en pointe, developing artistry, taking ballet examinations and much more.