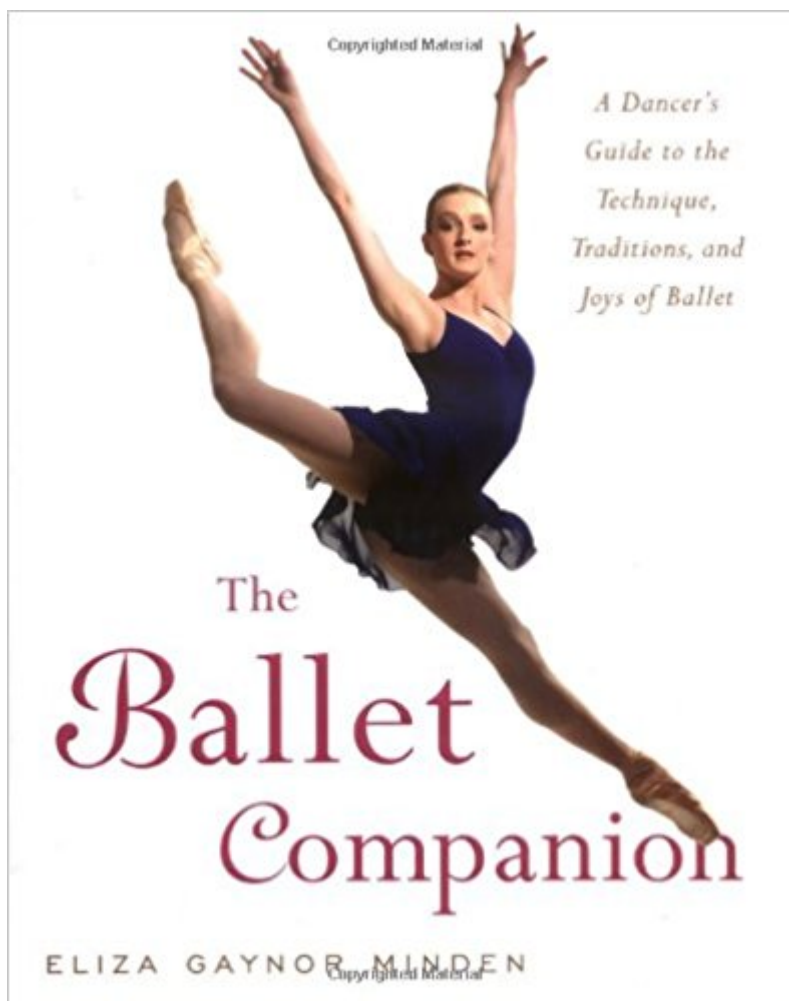




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# The Ballet Companion



## 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

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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"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 Villella, 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

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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