



Anatomy and Kinesiology for Ballet Teachers

Eivind Thomasen, Rachel-Anne Rist

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An introductory book on the areas of anatomy and kinesiology that apply to dancers. Written in clear, understandable language, it sets out the basic structures of the human body and shows their interactions. The scientific information is applied to functions of dancing such as stretching, breathing, balance, warming up, training effect, and growth spurts.

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