Maria Fay's Floor Barre

María Fay’s FLOOR BARRE
280 exercises and enchainments, 3 sample classes and over 150 photographs and drawings

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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  
Publisher: Dance Books Ltd (September 5, 2000)  
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Best Sellers Rank: #290,239 in Books (See Top 100 in Books)  
#22 in Books > Arts & Photography > Performing Arts > Dance > Ballet  
#73 in Books > Arts & Photography > Performing Arts > Dance > Classical  
#8750 in Books > Arts & Photography > Music

**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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